

Hawaiian Chicken Curry

Muriel Miura Kaminaka - Honolulu, HI
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Yield: 6 to 8 servings

*1 medium onion, minced
1 clove garlic, minced
1 teaspoon ginger, minced
2 tablespoons butter or
margarine
2 tablespoons curry powder
2 tablespoons cornstarch
1 teaspoon salt
1 cup chicken broth
1/2 cup skim milk
1 cup coconut milk
1/4 teaspoon monosodium
glutamate
2 tablespoons sherry
three pound stewing
chicken, cooked, boned and
cut into bite-size pieces*

Preparation Time: 30 minutes**Cook Time: 25 minutes**

In a saucepan, saute' the onion, garlic and ginger in butter. Blend in the curry powder, cornstarch and salt.

Stir in the broth, milk, coconut milk, monosodium glutamate and sherry. Cook over medium heat, stirring constantly, until the mixture thickens.

Add the chicken and reheat.

Serve over steamed rice and top with any desired condiments. (Suggested condiments: grated coconut, mango chutney, chopped macadamia nuts, chopped peanuts, chopped crisp fried bacon minced green onion, chopped hard-cooked eggs and banana slices.)

(This recipe may use three 6-1/2 ounce cans of cooked chicken in place of the stewing chicken.)

Per Serving (excluding unknown items): 1032 Calories; 84g Fat (71.7% calories from fat); 18g Protein; 56g Carbohydrate; 12g Dietary Fiber; 64mg Cholesterol; 3392mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 16 1/2 Fat.