

INDIAN SPICED CHICKEN

INGREDIENTS

1 tbsp. (15 mL) vegetable oil
12 chicken thighs, skinned
4 cups (1 L) thinly sliced onions
1/2 cup (125 mL) orange juice
1/2 cup (125 mL) sodium- reduced chicken stock or vegetable stock
2 tbsp. (25 mL) mild curry paste
3 cloves garlic, minced
1 tbsp. (15 mL) grated ginger root
3 tbsp. (45 mL) all-purpose flour

TOPPING

2/3 cup (150 mL) thinly sliced red onions
1/2 tsp. (2 mL) salt
2 tbsp. (25 mL) lime juice or lemon juice
3/4 cup (175 mL) plain yogurt
2 tbsp. (25 mL) chopped fresh coriander



PREPARATION

In a dutch oven, heat oil over medium-high heat; brown chicken, remove from pan and drain fat from pan.

Fry onions, stirring occasionally, until almost softened, about 10 minutes. Add chicken back to pan.

Whisk together orange juice, stock, curry paste, garlic and ginger; pour onto chicken.

Cover and cook in warming drawer (max temperature) for 4 to 6 hours or until juices run clear when chicken is pierced.

Scrape onions off chicken. With slotted spoon, transfer chicken to platter; cover and keep warm.

Whisk flour with 1/4 cup (50 mL) water; whisk into slow cooker.

Cover and cook on high until thickened, about 10 minutes. Pour over chicken.

Make topping.

Sprinkle onion with salt; let stand for 15 minutes.

Rinse in cold water; pat dry.

In small bowl, toss onion with lime juice.

Top each serving with yogurt then red onion. Sprinkle with coriander.