

Vindaloo Chicken

<i>Ingredients</i>	<i>Directions</i>
<p>1 tsp (5ml) fenugreek seeds 1 tsp (5ml) mustard seeds 5 tbsp (75ml) olive oil 2 c (500ml) chopped red onions 1 tbsp (15ml) minced garlic 1 tbsp (15ml) minced ginger 1 tbsp (15ml) tomato paste 2 tbsp (30ml) garam masala 1 tsp (5ml) cayenne powder 1 tsp (5ml) turmeric powder 1 lb chicken breasts 2 large potatoes cut into large chunks 1 can (540ml) pureed tomatoes 3 c (750ml) chicken broth 2 tbsp (30ml) wine vinegar 1 tbsp (15ml) brown sugar 1 tbsp (30ml) ground cinnamon 4 green chili peppers(whole)(Anaheim or any other hot pepper) Salt to taste, Cilantro for garnish.</p>	<p>In a large saucepan on medium heat, sauté fenugreek and mustard seeds in the oil until it starts to pop. Add the onions, garlic, ginger, tomato paste and spices. Cook until softened, about 5 minutes. Add the chicken & potatoes. Stir for about 5 minutes and then add in remaining ingredients. Bring to a boil, reduce heat to med-low, cover and simmer until chicken and potatoes are cooked – 20-30 minutes. Stir occasionally. Remove lid and cook 5 to 10 minutes longer to thicken the sauce slightly. Garnish with fresh chopped cilantro before serving.</p> <p>Serve with steamed basmati rice and a side of cooked spinach (with a little butter)</p> <p>Wine Pairing <i>Serve this recipe with ...</i> Light un-oaked reds or sweet whites</p> <p>Beaujolais Pinotage Gewurztraminer</p>