

Chicken Curry With Coconut, Basil And Mango

Serves 6

Note: Serve this curry, which can be made a day ahead, with basmati rice, steamed green beans and naan, available at Indian markets and restaurants.

1/4 C. flour
2 T. curry powder
1 t. salt
1/4 t. cayenne pepper (optional)
2.5-3 lbs. boneless, skinless chicken breasts, cut into large pieces
1-2 T. canola oil
1 large Spanish onion, chopped
1 red bell pepper, seeded and diced
2 garlic cloves, chopped
1 T. minced fresh ginger
4-4.5 C chicken broth
1/4 C. currants, raisins, chopped dried figs, or apricots
2 tomatoes, diced
1 mango or peach, pitted and diced (substitute for season—peeled apple)
1 T. fresh lime juice
3 T. chopped fresh cilantro
3 T. chopped fresh basil
3 T. toasted or raw shredded coconut

Place flour, curry powder, salt and cayenne, in bowl and mix. Add chicken and toss until coated. Add oil to large skillet over medium high heat. Add chicken, a piece at a time, allowing skillet to reheat about 30 seconds between additions. Cook chicken until well browned, about 3 minutes on each side. Remove and set aside. Reheat skillet and add onion, bell pepper, garlic and ginger. Cook until onion is golden, about 4 minutes. Return chicken to skillet, reduce heat to low and add broth. Cook until chicken is tender, 10-15 minutes, then remove chicken and set aside. Cook liquid until thickened and reduced by about one-quarter. Add chicken, currants, tomatoes, and mango and cook until heated through, 3-5 minutes. Turn off heat and add lime juice. Transfer to heated serving platter and serve immediately. Garnish with cilantro, basil and coconut.