

## Chicken Spinach Curry

Surendra Nath Ray

(Odia tried recipe in American kitchens)

When I cooked at home for her (and a few others), my grandchild Raven liked it so much that I had to write the recipe. As a matter of fact she almost remotely manipulated (she would not reply to my texting) me to write it right away today.



(Picture-1 from the reference site)

The chicken spinach curry goes well with boiled white rice. But I personally also like it with any bread and even rice cereal. You can try out and comment as well.

**Yield: 3-4 servings**

### Ingredients

*Conversion: 1 pound (lb) in weight*

*equals: 16.00 ounces (oz) for meat*

½ lb skin removed chicken (boneless if preferred) cut to small pieces as you like  
A small carton of sour cream (if you like the cooked chicken to be soft)

1 tablespoon olive oil

3 cloves garlic - pressed (see picture-2)

A small pinch of turmeric

Salt to taste

1/8 teaspoon raw (or fried) ground cumin

teaspoon (or half of it) ground hot pepper

A pinch of ground ginger

Quarter of an onion – cut to small pieces

8 ounces cut frozen spinach (fresh and cut)

1 cup chopped tomatoes

### Directions

If you use frozen spinach thaw it now (may be live it in the refrigerator for a couple of hours or the night before). Mix chicken pieces with 1-2 table spoon of sour cream and keep it away. Heat a medium 4 quart sauce pan over medium-high heat. Add the oil and heat till the oil can spatter if you add a drop of water but not too high. Add the garlic and cook until it becomes slightly brown (about a minute). Add onion and fry till it becomes translucent. Reduce the flame and add turmeric, cumin, hot pepper, ginger and fry these a little. Add tomatoes, salt, and keep frying till tomato become soft and juice comes out. Add the chicken and cook at medium heat for 10-15 minutes. The chicken should look like almost ¾ done. Fresh spinach now (add a minute later if it was frozen and thawed). Keep cooking till the chicken done to needed taste (and spinach

is wilted). You can adjust the heating up/down to evaporate extra curry juice.



(Picture – 2 - garlic cloves are below the knife)

Reference:

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<http://www.foodnetwork.com/recipes/ellie-krieger/balsamic-chicken-with-baby-spinach-recipe.html>