Ethel's Cookery

by Ethel Moore

Serve a curried dish

There are trends in entertaining that change periodically. Curry was once the top favorite of hostesses who enjoyed the versatility and ease in serving of this make-in-advance entree. For a period, curries were out of favor, but today's economy and trend in informal entertaining are bringing curried dishes into the spotlight once more.

Smart hostesses recognize the economy and meat-stretching of curry, which is traditionally served with rice and a variety of condiments. The meat and flavorful sauce can be made ahead and kept warm, ready to serve at any time. Rice also is an economical way to "stretch" servings of the meat and curry sauce.

Curry need not be mouth-searing hot. Seasonings can range from extremely mild flavors to as hot as tastes dictate. When introducing curry to family or guests, try a mildly seasoned dish like the Chicken Curry recipe which follows. Save experimenting with more zesty curry seasonings for later dinners as you develop a taste for this spice.

Chicken Curry

3 pound broiler-fryer, cut up
2 tablespoons butter or margarine
1 clove garlic, minced
¾ cup chicken broth
2 tablespoons flour
1 tablespoon curry powder
2 teaspoons onion salt
Dash cayenne pepper
1 cup rice
2 medium tomatoes, peeled and cut into wedges
1 medium green pepper, sliced
½ cup almonds
2 tablespoons butter or margarine
4 green onions, sliced

Brown chicken in butter in a 12-inch skillet, turning to brown both sides. Sprinkle with garlic. Combine chicken broth, flour, curry powder, onion salt and cayenne pepper; blend to smooth consistency. Pour over chicken; cover.

Cook over low heat until chicken is tender, about 50 minutes. Turn chicken several times during cooking.

When chicken has 15 minutes left to cook, prepare rice according to package directions. Add tomatoes and green pepper to chicken; heat, uncovered about 10 minutes.

Saute almonds in butter until lightly browned. Stir green onion into rice and sprinkle with toasted almonds before serving with chicken.

Makes 6 servings.

Lamb Curry

2 pounds boneless lamb, cut into 1½ inch cubes (-)
2 tablespoons cooking oil
3 medium onions, chopped
2 cooking apples, chopped
2 cloves garlic, minced
1 tablespoon curry powder
⅛ teaspoon cayenne pepper
2 tablespoons flour
2 teaspoons salt
1 can (13¾ ounces) beef broth
½ cup half and half
1 cup rice
½ cup raisins

Brown meat in oil in a 12-inch skillet. Add onion, apple and garlic. Cook until onion is tender, but not brown, stirring frequently. Add curry powder, cayenne pepper, flour and salt, stirring well to coat meat evenly. Add beef broth; stir and heat until sauce bubbles. Stir in half and half.

Cover and cook over low heat until meat is tender, about 1½ to 2 hours, stirring occasionally. During last half hour the meat is cooking, prepare rice according to package directions. Stir raisins into rice before serving with lamb.

(-) Beef may be substituted for the lamb.

(Makes 6 servings)

Try Curried Chicken for an exotic change

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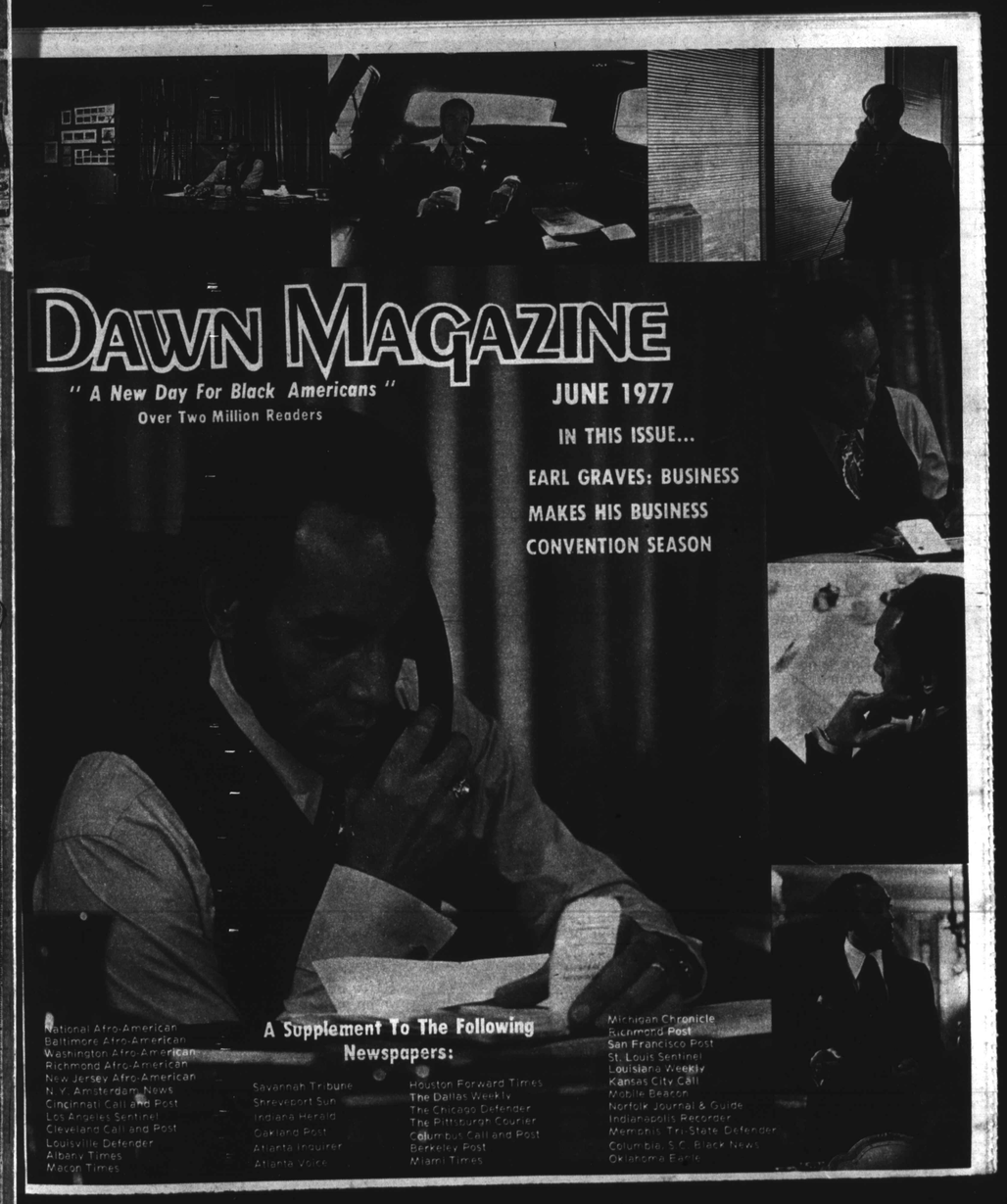
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