



FARMERS MARKET

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Chicken, Carrot and Chickpea Coconut Curry

Serves 6 – 8

Ingredients

2 teaspoons butter
8 ounces fresh mushrooms
2 tablespoons coconut oil
1 large onion
3 medium cloves garlic, minced
2 tablespoons chopped fresh ginger
1 tablespoon chopped fresh lemongrass
2 teaspoons curry powder*
4 cups low sodium chicken broth
10 medium carrots, divided
1 tablespoon fish sauce**
2 tablespoons brown sugar
1 large potato
1 can light coconut milk
2 14-ounce cans chick peas, rinsed and drained
1 pound boneless, skinless chicken breast
10 ounce bag tiny frozen green peas
½ medium red bell pepper, finely diced, for garnish
basil, mint and cilantro leaves, if desired for garnish

Directions:

Melt butter in a large Dutch oven or soup pot. Add mushrooms, 1/2 teaspoon salt and a grind of black pepper. Sauté until mushrooms are tender, golden brown and liquid has evaporated (mushrooms will be dry at first, then give off a watery liquid which will evaporate as they cook). Remove from pan to a small bowl, cover and set aside.

While mushrooms are cooking, scrub and roughly chop 5 of the carrots and thinly slice the remaining 5 (no need to peel unless skin is very dirty and rough). Peel potato and roughly chop it. Roughly chop the onion. Thinly slice the chicken into bite size pieces and refrigerate until ready to use. Set everything else aside in separate bowls. Remove peas from freezer and set aside to thaw.

Heat coconut oil in same Dutch oven (or soup pot) over medium-low heat until melted. Add onion and cook until softened and translucent, about 5 minutes. Add garlic, ginger, lemongrass and curry powder. Continue to cook for a minute or two until nice and fragrant.

Add chicken broth, carrots, potato, brown sugar and fish sauce** and bring to a boil. Reduce to a simmer, cover and cook until carrots and potato are very tender, about 20-25 minutes.

When carrots are soft, carefully blend the soup in batches in a regular blender*** or use an immersion hand blender and puree until smooth. Add coconut milk and season with salt and pepper, to taste.

Return to pot (if you used a regular blender) and add sliced carrots and drained chickpeas. Bring sauce to a boil then reduce to a simmer. Cover and cook until carrots are very tender, about 20-25 minutes.

With sauce simmering, add sliced chicken. Stir and return to a simmer, then cover and remove from heat. Allow to sit for 10 minutes, covered, then add peas and stir to distribute.

Serve garnished with finely diced bell pepper* and fresh basil, cilantro and mint leaves. You can also use just one of the herbs. If leaves are large, slice into thin ribbons.

Cook's Note: If you like things really spicy, add a tablespoon or two of red curry paste to the curry and ginger/lemongrass mixture in the recipe.

Credit: thecafesucrefarine.com