

CHEF & CHILD FOUNDATION RECIPE COLLECTION

JAMAICAN CURRIED CHICKEN

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Central Florida Chapter

SERVINGS PER RECIPE: 12



Ingredients:

- 3 pounds chicken parts or pieces, cut up
- 1 teaspoon ginger root, minced
- 2 fresh limes
- 1 medium apple, peeled and cubed
- 1 cup onions, chopped
- 1 large potato, peeled and cubed
- 1 tablespoon garlic, minced
- 1 teaspoon salt
- 3 tablespoons olive oil
- 1 8 teaspoon pepper
- 1 1/2 tablespoons Madras curry powder
- 1/2 quart chicken stock
- 1/2 teaspoon Cajun spice
- 1 – 14 ounce can of coconut milk
- 1 cup chick peas, canned

Directions:

1. Cut chicken into serving pieces.
2. Squeeze the juice of the limes in a large bowl, add chicken pieces and toss, then drain.
3. In large heavy skillet heat oil over medium high heat, add curry and stir for 1 minute, then add chicken pieces and brown.
4. Add onions and garlic, cook 2 or 3 minutes.
5. Stir in chicken stock, spices and coconut milk, add potatoes and apples.
6. As soon as liquid starts to boil, reduce heat, cover and simmer until chicken is cooked, approximately |25 to 30 minutes.
7. Serving ideas:
Serve over brown rice.

Note:

Your favorite chicken parts can be used instead of a whole chicken. For added heat, mince on Scotch Bonnet pepper and add in with onions. One cup of chick peas added with the water increases the vitamins.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (260g)
Servings Per Container
Calories 290
Fat Cal. 140g

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 15g	23%	Total Carb 12g	4%
Sat. Fat 8g	40%	Fiber 2g	8%
Trans Fat 0g		Sugars 3g	
Cholest. 80mg	27%	Protein 27g	
Sodium 450mg	19%		
Vitamin A 2% • Vitamin C 15% • Calcium 4% • Iron 15%			



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