

# Chicken or Tofu Curry *with brown rice & chickpeas*

(Makes 100 servings)

*Taking the time and effort to make a traditional dish with authentic ingredients and techniques results in the true flavors of culture. This chicken curry relies not on a pre-packaged curry powder but on a simple combination of fresh spices and aromatics that creates truly authentic flavors. Based on North Indian cuisine, this tomato and mild spice curry is appealing to everyone. This curry is delicious with a variety of proteins from chicken to fish to tofu.*

## [nutritional information](#)

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100 organic chicken drumsticks or 12.5 lbs medium-firm tofu  
30 tbsp kosher salt  
10 yellow onion  
20 oz ginger  
40 garlic cloves  
20 tbsp cumin seeds  
10 tbsp coriander seeds  
10 tsp fennel seeds  
30 whole cloves  
40 tbsp olive oil  
10 bay leaf  
5 tsp ground cinnamon  
5 tsp ground turmeric  
20 cups tomato purée  
30 cups water  
5 cup low-fat sour cream

1. Season the chicken evenly with 20 tablespoons of salt and let sit for 30 minutes (or up to a day in advance, refrigerated).
2. Peel and dice the onion. Peel and mince the ginger and garlic. Put the cumin, coriander, and fennel seeds, and cloves in a spice grinder and grind to a fine powder. Mix in the cinnamon and turmeric.
3. Heat a medium-sized, heavy-bottomed pot and add ½ of olive oil. When the oil is hot, add the chicken legs and brown them evenly on all sides, about 10 to 15 minutes.
4. Remove the chicken from the pot. Add rest of olive oil, and the onions, ginger, garlic, and bay leaf. Cook gently for about 10 minutes until the onions have softened. Add the spice mixture

and cook for 1 to 2 minutes to toast the spices. Add the tomato purée and 10 cups of water and simmer for 10 to 15 minutes.

5. Remove the bay leaf and blend the sauce in a blender or other device until smooth. Add back to the pot with 20 cups of water and the rest of the salt. Add the chicken legs and simmer over low heat until the meat is tender and starting to fall off the bone, about 45 minutes.
6. Remove the legs from the sauce and let cool. When cool enough to handle, shred the meat from the bone and return to the sauce. Simmer for a few minutes to heat thoroughly, then stir in the sour cream to finish the sauce.

## Brown Rice & Chickpeas

20 cups brown rice

2.5 gal water

10 tsp kosher salt

20 cups cooked chickpeas

10 tsp ground turmeric

### Directions:

1. Put the rice, water, and salt in a pot and bring to a boil. Cover with a tight-fitting lid and reduce the heat to a simmer. Cook for 40 to 45 minutes until the rice is tender and cooked through. Turn off the heat and let rest, still covered, for another 10 minutes. Fluff with a fork before serving.
2. Heat the chickpeas in a pot with some of their cooking liquid or a little water. Add the turmeric and simmer for a few minutes to heat through. Strain the chickpeas, stir into the rice, and serve.

### Variations:

If you like, add some of the strained chickpea-turmeric cooking liquid to the chicken and tomato curry sauce to make it looser and thinner.

<b>Produce Item</b>	<b>Farm/Distributor</b>	<b>Contact</b>
Chicken	Mary's Chicken / Modesto Foods	Kathy Bitton
Tofu	Hodo Foods	
Onion	Queen of Vegetable Organics, Royal Oaks, CA	Yadira Mendiola
Sour Cream	Straus Family Creamery	Emily Sanborn / Karen Salinger