

Curry is incredibly versatile – it can be made with a variety of meat, spices and ingredients and can be adapted to suit a wide range of dietary lifestyles and tastes. As consumers experiment with different sources of heat, curry has become a popular choice to try different heat levels, ingredients and flavors.



Inspired by one of our employees' family recipes for Chicken Curry, this is the story behind Ma's Chicken Curry: "Growing up in Toronto, Canada, my auntie Adu (mother's best friend) and her mother Ma would frequently babysit me and we would cook Indian food together. I loved helping measure out the dry ingredients and "help" with dinner."

- Allan Rae, Manager of Quality Assurance



Ma's Chicken Curry

Ingredients as Prepared	Grams
Chicken Breast (Diced)	550
Plain Yogurt	200
Diced Tomato (Canned)	181
Tomato Paste	20
SNI Organic Minced Onion	12
Ghee	10
Salt	11
Ginger Paste	6
SNI Organic Minced Garlic	3.7
SNI Organic Paprika	1.7
Turmeric	1.3
Garam Masala	1.3
SNI Ancho Chili Pepper	1
Cinnamon	1
Cardamom	0.6
Cumin	0.5
Bay Leaf	0.2

Instructions:

1. Heat ghee in a skillet over medium-high heat.
2. Brown chicken for around one to two minutes on all sides and set aside.
3. Add in salt, turmeric, onion, cumin, cardamom, bay leaf, garlic ginger paste, tomato paste, red pepper, tomato, cinnamon, paprika, and garam masala.
4. Sauté for about 4-5 minutes.
5. Stir in yogurt, reduce heat to low and simmer for 10 minutes.