

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Chicken Curry Risotto

Invented by Jessica and Dad, in a fit of manic creativity; and boy, is it good!

Curry is not one thing, it's many things. Risotto is one great Italian thing that can support many other things. Mix the two, and you can rule the culinary world...

1¼ lb boneless, skinless chicken
2 can (15 oz) low-sodium chicken broth
3 Tbsp butter
1 ½ cup Arborio rice (or similar)
⅔ cup white wine
3 tsp red curry powder, divided
2 Tbsp light olive oil
1 small yellow onion, in slivers

12-15 baby carrots, in matchsticks
¼ tsp ea cardamom, turmeric, five-spice, garlic powder, ginger powder
⅔ cup coconut milk or light cream
1 Tbsp cornstarch in water (optional)
½ cup grated Parmesan
1-2 Tbsp butter, optional
3 Tbsp minced cilantro, garnish

Clean and cut chicken into bite-sized pieces; set aside. Heat broth to simmer in a covered saucepan; maintain at simmer. Melt butter in a deep skillet over medium heat; add rice, stir until rice whitens a bit, then deglaze with wine. When wine is reduced by about half, begin adding broth, a half-cup at a time. Stir constantly between additions. As the rice takes up broth, add more. Once all broth is in, stir in 1 tsp red curry powder; cover, reduce heat to simmer, and cook for 15 minutes, or until rice is tender.

Meanwhile, place another skillet over medium-high heat. Add oil, and when hot but not smoking, add onion and carrots and stir-fry for a couple of minutes. Add chicken, and when chicken whitens a bit, add remaining curry powder and the spices. Stir to coat well. Reduce heat, cover and cook for another 5-6 minutes, or until chicken is cooked through. Add coconut milk and increase heat to thicken, 2-3 minutes. (If you use cream, don't boil; bring to simmer and thicken with cornstarch.) Stir well to incorporate.

Stir Parmesan into the rice, and finish with butter if desired. Plate by spooning risotto onto a shallow bowl, then topping with chicken curry. Sprinkle with cilantro and enjoy!

Yield: Four servings

Preparation time: 25 minutes

Cooking time: 40 minutes

