Mango Chicken Curry

Mangoes that are slightly unripe, on the firm side, will hold up better in this recipe, but won't be as sweet as ripe mangoes. So, if you use firm, less than perfectly ripe mangoes, you may need to balance the recipe with more sugar or raisins. If you use sweet mangoes, you may need to balance the recipe with a little more vinegar.

I highly recommend using full-fat coconut milk for this recipe (or any recipe that calls for coconut milk). Low fat coconut milk doesn't taste good. If you must use low fat coconut milk, add 2 Tbsp of heavy whipping cream to the recipe at the end.

Prep time: 15 minutes   **Cook time:** 1 hour   **Yield:** Serves 6

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large onion, chopped (1 1/2 to 2 cups)
- 1/2 red bell pepper, chopped
- 2 garlic cloves, minced
- 2 tablespoons fresh minced ginger
- 2 tablespoons yellow curry powder
- 1/2 teaspoon ground cumin
- 2 mangos, peeled and diced
- 2 tablespoons cider vinegar or white vinegar
- 1 13.5-ounce can (full-fat) coconut milk
- 1 1/4 pound skinless boneless chicken thighs or breasts, cut into 1-inch pieces
- 1/3 cup golden raisins (optional)
- Salt and pepper
- Cilantro for garnish

METHOD

1 Cook onions, bell pepper, garlic, ginger, spices: Heat oil in a large sauté pan over medium heat. Add onions and bell pepper cook, stirring occasionally, until soft, about 5 minutes.

Add the garlic and ginger and cook for another minute.

Add the curry powder and cumin, cook for a few more minutes. The spices will absorb some of the oil, so if anything begins to stick too much to the bottom of the pan, add a

little more oil to the pan.

2 Add the vinegar, coconut milk, and one of the two chopped mangoes to the pan. Increase the heat and bring to a boil, then lower the heat to maintain a low simmer for about 15 minutes, stirring occasionally.

3 Purée sauce: Remove pan from heat. Scoop the sauce into a blender. Purée the sauce, pulsing until smooth. Return the sauce to the pan.

4 Add chicken pieces and raisins to the pan. Return to a low simmer. Cover the pan and let cook for 8-10 minutes. Chicken should be just cooked through. Use a knife to cut open the largest piece to check.

5 Add remaining chopped mango to the pan. Stir in the cream, if using. Let cook at a very low temperature for another minute or two, uncovered. Do not let boil! Or the cream may curdle.

6 Adjust seasonings: If a little too sweet, add a little more vinegar. If not sweet enough, you can add a dash of sugar. Add salt and pepper to taste.

Serve over rice. Garnish with cilantro.

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