

# Curried Stew

- salt
- potatoes, quartered
- extra virgin olive oil
- cloves garlic, minced
- onions, sliced chopped or diced
- optional: chicken breast, diced
- carrots, chopped or diced
- parsnips, diced
- red peppers, chopped or diced
- tomato sauce
- garam masala (or 4 parts ground cumin, 3 parts salt, 2 parts ground chipotle pepper, 2 parts ground black pepper, 2 parts ground paprika, and 1 part ground cinnamon)
- curry powder (or 4 parts ground coriander, 4 parts ground cumin, 2 parts ground tumeric, 1 part ground ancho powder, 1 part ground garlic powder, 1 part ground ginger)
- bay leaves
- crushed peanuts
- grade B maple syrup and/or tamarind concentrate
- coconut milk
- scallions, chopped
- basil, cilantro, parsley

Boil salted water, and cook the quartered potatoes until soft.

In pot, heat the oil, and cook garlic, onions and chicken, until the onions are soft. Add the carrots and parsnips, and cook until the onions are translucent. Add the peppers.

Add enough tomato sauce to cover the vegetables. Add the potatoes.

Add the spices, the bay leaves and the crushed peanuts.

Cover and simmer for 30 minutes or more.

Sweeten with syrup and/or tamarind concentrate.

Cover and simmer for 15 minutes or more.

Remove the bay leaves. Add coconut milk, scallions and herbs.

Simmer for 5 to 10 minutes.

Serve with [rice](#) <sup>[1]</sup> and yogurt and nan.

Preparation time: 90 minutes

– Subscriptions (1)

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