

West African Chicken Curry

(Serves 4 persons)

A West African Curry is basically a Madras Curry sauce (or you could use other types of curry if you wish) served on a bed of rice with many side dishes of various vegetables and fruits. The sauce is served in the middle of the bed of rice and your guests help themselves to the side dishes depending on taste and preferences.

You will need the following :

Purchase a (take-away) Madras Curry SAUCE or make one up to your own recipe. Cook the rice according to the instructions on the packet according to the number of people you are cooking for.

A selection of side dishes (on a warming tray) can include any, or all, of the following:

Cooked chicken wings, legs, diced breast, (or other meats and/or fish)

Small hard boiled eggs,

Fresh chopped tomatoes,

Fried tomatoes,

Coconut chunks (?toasted), flakes or desiccated,

Bananas, sliced, or baked chunks,

Peanuts (shelled), and other nuts such as almonds, brazils, hazel, etc.,

Pineapple chunks,

Diced apples (dipped in lemon juice to stop them from browning),

Orange slices,

Onions, red and/or white, - sliced or chopped, raw and/or cooked,

Mango or green tomato chutney,

Dried or chopped fresh ginger,

Sultanas, or other mixed fruit.

Salt and pepper to taste.

For more of my own home-made favourite recipes go to:
www.davidsemporium.co.uk/recipesindex.html

