

Magical Powers of Tumeric ...

Food not only sustains us, but also provides an opportunity to create ritual and valuable time with family and loved ones. When preparing meals, think not only of the nourishing effect of food, but also of the medicinal benefits. Common kitchen herbs have many medicinal properties. Turmeric is a well-known liver detoxifier and many studies have shown how turmeric helps to combat conditions such as cancer, Alzheimer's and irritable bowel syndrome. It is also a natural antiseptic and antibacterial agent so can be used as a gargle with salt when a sore throat presents itself, or applied directly on cuts and burns as a disinfectant. Turmeric is readily available both fresh and in dry powder form. It also grows wonderfully in the herb garden.

Tumeric Chicken Korma

Ingredients

- 1kg organic, free range chicken breast (diced into 3cm dice)
- 100g ginger (grated finely)
- 200ml yoghurt
- 1 small onion (roughly chopped)
- 2 dried chillies
- 2 cloves garlic (chopped coarsely)
- 1 pinch salt
- 3 tbsp coconut oil
- 250g sliced onions
- 1 tbsp ground coriander
- 1/2 tsp ground black pepper
- 1tsp garam masala
- 20g freshly grated tumeric
- 200ml warm water
- 100ml coconut cream
- 2 tbsp of ground almond

Method

Marinate chicken in yoghurt and ginger for approximately 4 hours.

1. Into a blender add chopped onion, chilies and garlic and blend to a paste.
2. Heat oil and seal off 250g sliced onions with a pinch of salt until golden brown.
3. Remove from the pan, add a touch more oil and put coriander, garam masala, turmeric and pepper and stir rapidly.
4. Add chicken and marinade, fry for 10 minutes on a low heat.
5. Add liquidized paste and continue to cook for a further 10 minutes.
6. Add water, coconut cream and ground almond, bring back to the simmer and add onions.

This dish has a wonderful aroma and is truly magnificent. It can be served with pappadams, mango chutney, cucumber and Quinoa or brown rice. Perfect to impress at a dinner party and is a winner with the family on a winters evening.

