

Chicken Korma

Makes 4-8 servings

One of my favorite things to do with this recipe is to make only 1 lb of chicken, and steam carrots, cauliflower and green beans on the side, and pour the extra sauce over them.

Recipe Ingredients

- 2 lbs. chicken breasts
- 1 onion, minced
- 1 cup half and half
- 1½ cups yogurt or Greek yogurt
- ½ cup cashews
- Optional: ½ cup raisins (preferably yellow)

Korma Sauce Ingredients

- 1 2-inch piece ginger
- 8 cloves garlic
- 2 tablespoons lemon juice
- 2 tablespoons oil or butter
- ½ cup cashews pieces
- ¾ cup chicken broth
- 10 drops liquid stevia
- 2 teaspoons garam masala
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- ½ teaspoon hot pepper flakes
- ½ teaspoon black peppercorns
- ½ teaspoon cumin
- 1 teaspoon sea salt
- ¼ cup carrot juice

1. Puree all the sauce ingredients in a blender or food processor until very smooth. Set aside.
2. Chop 1 onion and sauté over medium-low heat in oil or butter for until lightly browned. Meanwhile, shred the chicken with a fork. Add chicken to onions. Pour sauce over chicken and onions. Optional: Add raisins. Simmer on low for 15 minutes.
3. Add yogurt, half and half and cashews. Taste and adjust to your liking. Simmer for as long as you can before eating so the flavors can develop. Add extra chicken broth to thin out the sauce to your desired consistency since it will thicken up a little bit. Serve over basmati rice and/or with steamed vegetables.