



Chicken Lentil curry

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 250 ml rice topped 240 ml curry

Ingredients

- 4.5 kg whole chickens (about 3 chickens) roasted & shredded
*can also use breasts and thighs
- 750 ml red lentils, rinsed*
*for vegetarian version, omit chicken and increase lentils to 6 cups.
- 5 kg (25 cups) raw basmati rice (cook according to package)

Sauce

- 180 ml vegetable oil
- 60 ml garam masala
- 25 ml curry powder
- 25 ml cumin
- 60 ml minced ginger
- 60 ml garlic, minced
- 3 ml cinnamon
- 700 g or 5.5 cups onions, diced
- 500 g (6-8 carrots) diced
- 2.2 kg or 25 medium tomatoes (4- 28 oz cans whole tomatoes)
- 30 ml salt * or to taste
- 3 L reserved stock or water
- 1.25 L coconut milk or cream (33% MF)
- 600 g spinach

Method

Step 1

Chicken: Sprinkle chicken with salt, pepper and ½ tsp turmeric and roast in a 350°F/180°C oven for 1.5-2 hours.

*Alternatively, place chicken in an Instant pressure cooker with 1 cup chicken stock and cook high for 7 min per pound. Allow natural release 15 minutes before removing. Check internal temperature. Reserve stock. (this step can also be done the day before)

Step 2

To make sauce: Heat oil. Add spices and saute onions until translucent, add garlic and fry for another 5 min. Add ginger. Add tomatoes and salt. Fry 5-10 minutes until tomatoes break down. Use immersion blender to puree until smooth (If using blender, ensure mixture has cooled and lid is sealed. Steam could cause the lid to come off, releasing contents).

Step 3

For final curry: Add stock, and lentils, bring to boil and simmer until lentils are soft (15 minutes). Stir in coconut milk and chicken. Serve on top of rice.



HACCP

Cook chicken until internal temperature reaches 82° C (for whole chicken) and 74°C for chicken pieces for a minimum of 15 sec.
Cooling: Cut cooked chicken into smaller pieces to ensure quick cooling. Cool in the fridge: from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.

Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.

Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.