The term “curry” is most likely an Anglicization of the South Indian Tamil word “Kari,” used to denote any secondary dish eaten with rice. Leaves of the curry tree are used to flavor various kinds of dishes common in Tamil Nadu, South India which are made with vegetables or meat and are usually eaten with rice.

**Ingredients**

- 2 Tbsp. olive oil
- 1 diced yellow onion
- 2 lb. boneless skinless chicken breasts, cut into 1” pieces
- 3 cloves garlic, minced
- 1 Tbsp. fresh ginger, minced
- 1 tsp. paprika
- 1 tsp. ground turmeric
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- 1 can crushed tomatoes (14.5 oz.)
- 1½ c. chicken broth
- ½ c. cream
- Sea salt or kosher salt
- Freshly ground black pepper
- Cooked white or basmati rice

**Instructions**

1) First, get your rice cooking.

2) Heat olive oil in a large pot over medium-high heat.

3) Add onion and cook until soft, 5 minutes.

4) Add chicken and cook about 5 minutes, until no pink remains.

5) Stir in garlic and ginger and cook 1 minute longer.

Add all other spices and cook for 1 minute. Add tomatoes and broth and bring to a simmer. Stir in cream and season with salt and pepper. Simmer until chicken pieces are cooked through and tender, about 10 minutes. Garnish with cilantro and serve over rice.
The first recorded history of Naan dates this flatbread to 1300 AD. During the Mughal era in India from around 1526, Naan accompanied by keema or kebab was a popular breakfast food of the royals.

**Ingredients**

- ¼ c. warm water
- 1 Tbsp. sugar
- 1 pkg. yeast (about 2 ¼ tsp)
- 4 c. flour
- 1 tsp. sea salt or kosher salt
- ¾ c. plain yogurt
- ¾ c. milk, warm
- ½ c. (1 stick) melted butter
- 4 cloves garlic, minced fine
- Chopped fresh cilantro for garnish

**Instructions**

1) Proof the yeast by combining the yeast, sugar, and water in a bowl and let sit 10 min. It should be foamy. (If it’s not, your yeast is bad. Start over with fresh yeast.)

2) Meanwhile, lightly oil a large bowl.

3) In another large bowl, whisk the salt and flour together and make a well in the center.

4) Whisk the yogurt and milk into the yeast mixture and pour into the flour well.

5) Stir with a wooden spoon until a dough is formed.

6) Turn out onto a lightly-floured surface and knead about 3 to 4 minutes until smooth.

7) Move the dough to the oiled bowl and cover loosely with a damp kitchen towel. Let the dough rise at room temperature for about an hour, until doubled in size.

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Instructions

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8) Turn the dough out onto a floured surface. Knead it into a disc and cut the dough into 10 - 12 pieces.

9) Hand-roll each piece into a ball, then use a rolling pin to roll each ball out until it is about ¼” thick and 6” wide.

10) Heat a large skillet over medium heat.

11) Brush each piece of dough with melted butter and place one at a time onto the hot skillet. Cook for about 2 minutes, until large bubbles form on the surface.

12) Flip the dough and cook the other side 1 to 2 more minutes, until golden.

13) Stir the garlic into the remaining butter and microwave for 15 seconds. Brush the warm naan with the garlic butter and serve warm.