

# ALI'S KITCHEN

## Curry Chicken is Aromatic and Tasty

Creamy yellow potatoes soak up rich flavors for a delicious one-pot dinner

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

I love curry. Recently, I came upon an article outlining the science behind this love.

On a study of more than 2,000 recipes, scientists discovered the secret behind curry's popularity on a molecular level.

Curry dishes use ingredients that do not contain overlapping flavors.

The study found that the ingredients teamed together but had no similarity. Contrast this to many of our Western dishes that tend to pair similar flavors.

Researchers believe these contrasting flavors make the dish tastier, as each ingredient brings its own unique

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### INGREDIENTS:

#### Jamaican Chicken Curry

- 2 Tbsp. olive oil
- 2 lbs. boneless and skinless chicken thighs
- 3 Tbsp. curry powder
- 1 tsp. all-purpose seasoning salt
- 1 yellow onion chopped
- 4 garlic cloves chopped
- 1 tsp. allspice
- 1 tsp. dried thyme
- 1/2 cup water
- 1 cup coconut milk
- 1 lb. small yellow potatoes, chopped
- 1 large carrot, peeled and chopped
- 1 tomato, chopped
- 3 green onions, chopped
- Salt and pepper to taste



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flavor to the dish, rather than simply blending in.

I concur! Curry dishes are incredibly flavorful. They are aromatic, rich, creamy, and often spicy.

This month's recipe is all those things, though I toned down the spice a bit for you. Creamy yellow potatoes soak up the combination of rich flavors and create a delicious one-pot dinner.

**DIRECTIONS**

Heat olive oil in a large heavy-bottom pot, or Dutch oven, over medium heat.

Add the chicken thighs, curry powder, all-purpose seasoning salt, chopped onion, garlic, allspice, and thyme to the pot. Stir to combine and cook for 10 minutes to brown all sides of the chicken thighs.

Add the water and coconut milk to the pot.



Bring to a boil, then cover and reduce the heat. Simmer for 30 minutes, or until the potatoes are softened and the chicken is fall-off-the-bone tender and cooked through.

Remove from heat. Add the chopped tomato and green onions. Season with salt and pepper to taste.

Enjoy! **BCT**

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