

## Curry in a hurry ...

This recipe is a quick fix for a Butter Chicken Curry craving because it can be whipped up in less than 30 minutes, thanks to the store bought curry paste mix ... **\*blush\*** why mess with a tried and tested formula? Especially if it means less dishes after a long day in the office! Throw in some homemade or store bought Rotis and you have the perfect week night dinner for a cold winter evening just like tonight! **Butter Chicken Curry** Yield: 2 big portions with leftovers for 1 lucky lunchbox **Ingredients:** 50grms Butter Chicken Curry Paste (I buy the Woolworths aka the Mother Ship's paste & follow the recipe on the packet) Oil for frying 410grms chopped canned tomatoes 125ml cream 400 grms chicken breasts 50grms butter Fresh Coriander and Cashew nuts for garnishing **Method:** Gently fry the butter chicken curry paste in a little oil for 2 – 3 minutes until it becomes fragrant. Add the chopped tomatoes, reduce heat and simmer for 10 minutes. Dice the chicken breasts and add to the tomatoes with cream. Bring to a gentle simmer and cook for further 10 minutes or until the chicken is cooked through. Remove from the heat and stir through the butter and half the chopped cashew nuts. Season with salt and pepper, garnish with the remaining chopped cashew nuts and fresh coriander and serve with Basmati Rice and / or Rotis. **Roti** I am far from perfecting the art of making crispy and delicious, melt in your mouth rotis but will keep trying ... practise makes perfect after all. You may opt to buy your rotis, a safer and far faster option. If you want to be a bit adventurous and give it a whirl ... follow my recipe below which has been adapted based on recommendations received from 2 Roti experts ... 1 a pastry chef and the other a hot kitchen chef whose Mother has been rolling out Rotis for longer than I have been alive! **Roti Recipe** Yield: 4 Minimum **Ingredients:** 500ml flour 250ml water (more or less depending on how your dough forms) 80 – 100ml soft butter (estimate only – do not be afraid to use more, instead be afraid of the bathroom scale) Oil for frying Pinch of salt **Method:** Sift flour and salt in a bowl Add butter and rub into the flour mixture to form a crumb like consistency Add the water and knead until an even textured firm dough forms Cover and leave to rest for 30 minutes Divide into 4 or more even sized portions and roll out on lightly floured board Dot / grate with more or less 20mls of soft butter on each portion, fold over so that the butter is on the inside and roll into a sausage shape. Repeat with the other portions Roll both ends of the sausage shape in towards each other until they meet (the one clockwise and the other anti clockwise) Cover and rest in the refrigerator for 30 minutes Roll out into a circular shape Heat a pan with some oil Place the dough into the hot pan, poke at it with your fingers, coat the top side with a little oil or butter before flipping over and browning on the other side too Once both sides show brown 'freckles' it's ready to eat and enjoy! *Note: Roti's freeze well – Once cooked and cooled, wrap in Cling film and freeze, take out a few hours before required and simply warm up in a pan. (I've forgotten to take mine out a few hours in advance before and found that even frying from frozen worked well as they are not very thick!*

