

Year 11 – Food Technology

CHICKEN CURRY & RICE

You will need: Raw meat chopping board, vegetable chopping board, knife, grater, 2 table spoons, measuring jug, 2 small basins, sauté pan with lid, medium saucepan, wooden spoon, 2 metal plates, tongs, colander, pot stand

INGREDIENTS

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|----------------------------|----------------------------|
| 1 Chicken breast | - raw meat chopping board |
| Piece fresh ginger | - vegetable chopping board |
| 1 Onion | - vegetable chopping board |
| Clove of garlic | - vegetable chopping board |
| 1 tablespoon vegetable oil | - sauté pan |
| 1 teaspoon curry powder | - small basin 1 |
| 100mls Water | - measuring jug |
| 1 Chicken stock cube | - measuring jug |
| 2 tablespoons yogurt | - small basin 2 |



METHOD

1. Cut the peel off the ginger with a sharp knife then grate onto metal plate
2. Peel the onion and garlic and chop them finely
3. Cut the chicken into bite size pieces
4. Heat the oil in the sauté pan and when hot cook the chicken pieces on all sides until brown – remove and place onto clean metal plate
5. Fry the onion and garlic until browned at the edges.
6. Stir in the ginger and curry powder and cook for one minute
7. Return the chicken to the pan, add the stock
8. Put the lid on the pan and cook over a low heat for 20 minutes
9. Whilst the curry is cooking cook rice as instructions and strain through colander when cooked
10. When the curry is cooked leave to cool for a few minutes, then stir in the yogurt and some salt and pepper
11. Put the cooked rice into serving dish and top with the curry
12. Serve with a naan bread or chapatti

Recipe Evaluation

Method Three circular smiley faces are shown in a row. The first is a happy face with a wide smile, the second is a neutral face with a straight line for a mouth, and the third is a sad face with a downward-curving mouth.

Taste

1	2	3	4	5
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