



## **Guyanese Chicken and Potato Curry**

Preparation time: 20 minutes  
Cooking time: 1 hour 20 mins  
Total time: 1 hr 40 mins minutes  
Serves: 8 children

This is a really easy curry from Guyana in the West Indies. Roy's Mum (Liz) has been cooking this for 70 plus years and it's a recipe which her Mum cooked for her. It's been modified to exclude scotch bonnets and Liz makes it her own with the korma paste (or whatever paste she has in her cupboard!) Enjoy!

### **Ingredients**

- 2 large onion chopped
- A little oil
- 4 cloves garlic
- 400g Maris Piper potatoes peeled and quartered and part boiled
- 8 Chicken Thighs cut into quarters
- 2 tbs Curry Powder
- 1 tsp turmeric
- 2tso cumin
- 2tsp coriander
- Pinch salt
- 1 tbs Korma Paste
- About 2 cups of water

### **Method**

1. Blend onions and garlic and fry in oil with the dry spices until cooked and quite dry
2. Add the chicken chunks and cook until white
3. Add korma paste and potatoes and stir to coat
4. Add the water (more or less) and cook for about 1 hr 20 mins