

CHU
COOKBOOK
Favorite recipes from the kitchen

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VOLUME 1

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Discussion

Directions
Mix yellow curry powder with a tablespoon water until curry powder is dissolved. Set aside.
In another bowl, combine the coconut milk, whole
chickpeas, chickpea and onion together. Set aside.
In a large pot, heat oil. Add onion, garlic, ginger, and
curry powder. Cook for 5 minutes. Add chickpeas,
coconut milk, and water. Simmer for 10 minutes.
Add salt and pepper to taste. Serve with rice.

Reduce a little to 180 degrees. Then try the
potatoes for 1-1 1/2 minutes. Drain and set aside.

Heat the frying pan to medium-high, add 1 to
2 teaspoons canola oil, 1/2 onion, carrots and potatoes.
Add the curry mixture and 1 can of tomato paste.
Bring to a boil and then add the browned beef,
beans and the coconut milk mixture to the pan. Cook
and the medium-high heat for 4 minutes. If you
want a thicker curry sauce, add the coconut milk
sherry slowly until you reach your desired sauce
consistency.



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