

Featured Recipe Related to *Desperate Reflections*

Curried Chicken

In *Desperate Reflections*, newcomer cook Matt Simmons challenges long-time renowned cook Sheridan Drake to a cookery competition. Matt chooses to prepare this dish as part of his meal. I naturally had to try it as well. My mother-in-law used to make curry but it was far different from this dish though I really loved hers, too. But this one is simple and tasty. One I've fixed several more times in fact. Enjoy!

Ingredients

2 chicken breasts, boneless, skinless, cut into bite-size pieces

2 T olive oil, divided

½ small yellow onion, chopped

1 T chopped garlic

Curry powder to taste

1–2 T Flour

¼ cup sour cream

¼ cup chicken stock, unsalted

Hot cooked rice

Garnish with parsley and chutney



Instructions

In a small sauté pan, soften garlic and onions in 1 T oil. Sprinkle with curry powder and stir. Reserve.

In a large bowl, dust the chicken with enough flour to coat.

In a large sauté pan, brown the chicken in 1 T oil until golden, about 10 minutes. Add the sour cream, chicken stock, and curry sauce. Cover and simmer until chicken is done.

Serve over hot rice. Garnish with parsley and chutney.