



Marston Scout Curry

Equipment

2 sharp knives
trangia
chopping board - 2 (or plate)
wooden spoon
spoons for tasting

Food

1 onion
ginger
2 chicken breasts
2 or 3 tomatoes
spices (1tsp each of cumin, cayenne
pepper, turmeric)
yogurt / double cream

Preparation

- * Slice tomatoes thinly
- * Chop onion
- * Cut chicken into lumps (bite sized!)
- * Grate / finely chop ginger
- * Collect spices

Cooking

- * Heat some oil
- * Fry the spices quickly (~30 sec)
- * Add onions and ginger and fry until onion is soft (~4-5min)
- * Add chicken and fry until outside is done (it turns white)
- * Add the tomatoes - stir & and cook until mushy
** if dry add some stock **

- * Mix 3 spoons yogurt & 3 spoons cream in a cup.
- * Take pan off heat - allow to cool for 1min, then add cream mixture and stir.
- * Return to gentle heat.