

Chicken with Banana Curry Sauce (for 4)

Caribbean curries often have a mild sweetness, usually from fruit. The banana flavor here is subtle; you needn't worry about your dinner tasting like dessert.

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Chicken and Other Birds

Author: Susan Rich, Laura Russell

Prep Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

2 large bananas, cut into pieces
2 TBS curry powder
2 tsp ground coriander
1 tsp mustard, dry
3 TBS butter
1 grated lime zest
4 tsp lime juice
1 1/4 tsp salt
1/2 tsp fresh ground black pepper
3/4 C water, more if needed
4 bone-in chicken breasts (about 2 1/4 pounds in all), skin removed
1 TBS fresh parsley, chopped (optional)

DIRECTIONS:

Heat the oven to 450 °F. In a food processor or blender, purée bananas, curry powder, coriander, dry mustard, butter, lime zest, lime juice, salt, pepper & 1/4 C water.

Make a few deep cuts in each chicken breast & put in roasting pan. Pour curry sauce over chicken, making sure sauce gets into the cuts. Roast in bottom third of oven till chicken is just done (about 20 minutes).

Remove roasting pan from oven & remove chicken breasts from pan. There should be plenty of thick sauce in pan's bottom. Set pan over moderate heat & whisk in remaining 1/2 C water. Continue to whisk till sauce is heated through, adding more water for a thinner sauce. Serve chicken breasts with the sauce over them. Sprinkle with parsley if you like.