

CHICKEN MANGO CURRY

INGREDIENTS:

- 2 chicken Marylands** (leg & thigh); **or 2 chicken breasts**
- 2 cups of pure revitalized or spring water**
- 8-9 shakes of dried* organic curry** (coriander, turmeric, mustard, cumin, fenugreek, paprika, cayenne, cardamom, nutmeg, cinnamon, cloves)
- 1 piece of fresh turmeric; or 2 shakes of dried turmeric**
- 1 small piece of ginger rhizome; or 3 shakes of dried ginger**
- 1 clove of fresh garlic; or 3 shakes of dried garlic**
- 1 red onion sliced**
- 2 tsp of light grey Celtic seasalt**
- 3-4 stalks of celery with green leaves** (diced)
- 2 mango cheeks** (fresh or frozen); **or 2 peaches slices** (fresh or frozen)
- ½ cup of raisins**
- 1 cup of Lundberg Brown Long-Grain Basmati Rice** (recipe)

DIRECTIONS: (Cook the chicken & rice simultaneously)

Wash the chicken pieces well, cut the leg from the thigh, and place them in a large sauté pan with the water. Cover and cook on medium heat for 20 minutes.

Add the spices, garlic, onion, salt, and water as needed to ensure the ingredients do not stick to the bottom or burn. Stir, cover, and cook for another 15 minutes.

Wash the celery stalks and dice them. Dice the mango or peaches. Wash the raisins in a strainer.

Turn the chicken over and add the diced celery, mango, and raisins. Stir, cover, and cook for another 5 to 10 minutes, until the chicken is done.

Rinse the rice well in a strainer. Then put the rice into a 2qt/1.9L pot with enough water to go 1" above the rice. Cover and bring to a boil. Then, lower the heat and simmer for about 35 to 40 minutes, until the most of the water has been absorbed. Turn off the heat, keep covered, and let the rice steam for about 10 minutes. When properly cooked, the rice should be fluffy.

ENJOY this delicious Chicken Curry over Brown, Long-Grain Basmati Rice.

Serves 2

Use **organic**, pasture-raised chicken

Suitable for O and A blood types

For B & AB blood types, use goat, pheasant, or turkey instead of chicken

The **chicken** belongs to the *Aves* bird class of animals and sub species of *Gallus gallus domesticus*. The domestication of fowl dates back to 2,000 BC.

Chicken is high in protein and contains all the B vitamins. It is particularly rich in B3, B6, B12, choline, and pantothenic acid. It is also a good source of selenium, zinc, copper, and omega 3 fatty acids (EPA & DHA).

Chickens raised for meat are referred to as broilers, fryers, or roasters. Broilers and fryers are bred for rapid growth (5 weeks) and include Cornish, White Rock, Hubbard, Barred, Cornish Cross, and Cornish Rock. Roasters are fed for a longer period of time (12-20 weeks). When not raised for food, chickens live for 5-10 years or longer.

The world's largest producer of broilers is the USA, where commercial production surpassed 35 billion pounds in 2010. Approximately 20% of broilers are contaminated with *Salmonella*. Thus, proper handling is as important as is animal welfare. Do not let raw chicken contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw chicken. Chicken wrapped well and stored in the coldest section of the fridge will keep for 2-3 days. Frozen chicken wrapped well and tightly can keep for about one year. Defrost frozen chicken in the fridge, in a dish.

AVOID smelly chicken and commercial chicken raised in factory farms with antibiotics because they contribute to the consumer becoming antibiotic resistant. It is also best to AVOID yellow-skinned (corn fed) chicken because most corn contains GMOs.

Cage-free, pastured, and free-range standards for chickens being outdoors have been significantly lowered. Thus, find a good, reliable butcher to buy **organic, pasture-raised**, chickens.

Select chicken that is solid, plump, opaque, and free of spots. When buying frozen, select chicken that is free of freezer burn, ice deposits, or frozen liquid in the package.

According to researchers at the Univ. of Perugia, Italy, pasture raising of chickens goes beyond organic and increases total antioxidant nutrients. This included plenty of time allowed for pecking, foraging, moving around outdoors, and sunshine. While chickens enjoy grasses, they are omnivores that eat non-plant foods including grubs, worms, insects, and seeds.

When a chicken is properly raised, cooking with its skin enhances the flavor, retains the moisture, and provides fiber. Thus, do not remove it.

*Fresh **curry ingredients** can be used instead of dried curry powder. A recipe for this is: coriander, turmeric, fennel, black pepper, cumin, chilli powder, fenugreek, garlic, granules, ginger, seasalt. This is the recipe used in *Clive of India* curry powder.

Turmeric, also known as *Indian saffron*, is native to Indonesia and Southern India, where has been harvested for over 5,000 years. It is a revered member of the Ayurvedic pharmacopeia and was introduced into Europe in the 13th century by Arab traders. Leading producers of turmeric include India, Indonesia, China, the Philippines, Taiwan, Haiti, and Jamaica.

Turmeric comes from the root of the *Curcuma longa* plant and has long been used in both Chinese and Indian medicine as a powerful anti-inflammatory. Turmeric provides relief in rheumatoid arthritis, skin problems, cystic fibrosis, IBD, such as Crohn's, ulcerative colitis, and colon cancer. Turmeric enhances liver function and inhibits cancer cell growth, metastases, and tumor growth. Because of its ability to inhibit free radical damage of fats, oxidation of cholesterol, and from pollution, it helps prevent various types of cancer, childhood leukemia, cardiovascular disease, and neurodegenerative diseases such as Alzheimer's disease.

With its deep yellow-orange pigment, called curcumin, is also used as a condiment in curries and textile dye. Pure turmeric powder has the highest concentration of curcumin compared

to other curry powder products. Turmeric is also rich in manganese, iron, B6, fiber, copper, potassium.

Research (August 2006 issue of *Clinical Gastroenterology and Hepatology*) shows that the phytonutrient curcumin in turmeric, along with the antioxidant quercetin in onions, help prevent colon cancer by reducing the size and number of precancerous lesions in the human intestinal tract.

As with all herbs and spices, buy organic turmeric to avoid irradiated product and store it in a cool, dark, dry place or refrigerate.

Ginger, one of the main spices used in curries, is made from the rhizome of the *Zingiber officinale* plant. Its volatile oils, such as *gingerols*, are responsible for its strong taste. Ginger was originally cultivated in South-East Asia and exported to ancient Rome from India. Arabic and Indian cultures along with traditional Chinese medicine have used ginger for over 2,500 years. Its active antiseptic ingredients, terpenes and ginger oil, warm the body, promote perspiration, cleanse the lymph, and stimulate the circulation. It also enhances the body's use of serotonin. With its anti-inflammatory properties ginger increases circulation, lowers cholesterol, and thins the blood in much the same way as does garlic. Ginger is widely used as remedy for nausea, motion sickness, indigestion, IBS, bloating, and flatulence, to name a few. Ginger makes swallowing easier by stimulating saliva production and benefits digestion. Ginger is a powerful free radical scavenger/antioxidant. New research indicates that ginger even fuels apoptosis (death of cancer cells). Fresh ginger's strong antibacterial properties makes it the most effective natural remedy for food poisoning.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions, come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the *Allium* family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

Celery was cultivated in parts of Europe and the Mediterranean as early as 1000, BC. It was also used medicinally in ancient Egypt and was awarded to Greek Athletes for their winning. The Pascal celery, which belongs to the *Apiaceae/Umbelliferae* family, is the most common variety. The other varieties, such as Australian, Vietnamese, Indian, Maori, and

water celery, are referred to as “wild celery.” The USA accounts for 80% of all celery production.

Celery is rich in vitamins K and B, folate, potassium, manganese, molybdenum, and other minerals. It also provides anti-inflammation benefits, especially in the stomach lining and digestive tract. Celery is also rich in some unique non-starch, pectin-based polysaccharides and phenolic antioxidants such as dihydrostilbenoids, furanocoumarins, phenolic acids, flavones, flavonols, phytosterols, and phthalides, which acts as a diuretic. These phytonutrients help protect the cells, blood vessels, and organs from oxygen damage. Select celery that is crisp and a rich green color. Smaller bunches of celery are usually more tender. Store in a sealed plastic bag in the fridge, for up to 7 days. Cut just before use and avoid freezing it. If wilted, soak the base in a bowl of water to revive.

Native of S and SE Asia, the **mango** contains a variety of antioxidants, fiber, and nutrients, such as beta and alpha carotene, polyphenols, lutein zeaxanthin, folate, vitamins C, A, E, K, and B complex, potassium, magnesium, and traces of other minerals. The pulp of this sweet tropical fruit can be used as a juice, sauce, and dessert; or in smoothies, curries, ice cream, and chutneys.

For the best flavor, select mangos that are ripe but firm and mint that is dark green and leafy. *Instead of peeling, which can be messy, cut off half (a cheek) on each side of the mango close to the pit. Then, cut a tick-tack-toe design into the flesh of the mango. Hold the mango, flesh side up, with both hands and push up on the skin side to elevate the square mango pieces. Then, simply cut them off the skin.

Native to China, the delicious **peach** belongs to the genus, *Prunus*: in the family of *Rosaceae*. It was spread to the rest of the world via the ancient silk route.

The peach provides a moderate source of vitamins C, A, and beta carotene, which help maintain the body's mucus membranes, lungs, eyes, and skin. The peach also contains copper, potassium, iron, manganese, and various other minerals. It has white or yellow flesh and is in season for about 5 months.

Select ripe but firm fruit with a sweet aroma and store them in the fridge.

Raisins are dried grapes or currants that come in numerous varieties: Seedless, Golden Seedless, Raisins with seeds, Sultana, Zante currant, Mixed types or varieties. They are a higher concentrated source of energy, vitamins, minerals, and health benefiting poly phenolics, dietary fiber, and other phytonutrients than grapes. They also have a higher antioxidant strength (ORAC value) than fresh grapes. However, they contain fewer amounts of vitamin C, folic acid, carotene, lutein, and zanthins than grapes. As with grapes, raisins contain the phytochemical compound resveratrol, which is anti-inflammatory, anti-cancer, blood cholesterol/pressure lowering by reducing blood vessel damage and producing nitric oxide. Raisins derived from red/purple grapes are very high in anthocyanins, which have anti-allergic, anti-inflammatory, anti-microbial, and anti-cancer properties.

Their dietary fiber and abundant flavonoid compounds such as tartaric acid, tannins, catechins, and inulin aid bowel movements.

Raisins are a good source of minerals such as copper, iron, potassium, phosphorus, manganese, vitamin B6 and other B complex.

Raisins are a good natural sweetener for many baked recipes and curries.

Always select high quality, plump, organic raisins that do not contain vegetable oil. Store them in a sealed container in the fridge or a cool dry pantry.

Lundberg Family Farms, USA: <http://www.lundberg.com/> 1 530 538-3500

Selina Naturally/Celtic seasalt, USA: <http://www.selinanaturally.com/> 1 888 644-7754

Simply Organic/Frontier, USA: <http://www.simplyorganic.com/> 1 800 437-3301
Clive of India, Australia: <http://www.cliveofindia.com.au>