

# Chicken Curry

The English love of curries—considered the country's favorite dish now—began when the East India Company brought from India the spice mixture, curry powder, which became a spice in its own right. Ordinary households could now create their own versions of the exotic Indian dishes.

## Ingredients

3 tablespoons extra virgin olive oil  
1 onion, sliced thin  
1-1/2 pounds boneless chicken breasts, cut into 2-inch pieces  
2 cloves, garlic, minced  
1 teaspoon salt  
½ teaspoon pepper  
2 tablespoons butter  
1 cup chicken stock  
2 tablespoons lemon juice  
1 tablespoon curry powder  
3 to 4 cups long grain or white rice

## Directions

- Heat olive oil in a heavy skillet over medium heat. Sauté onions until translucent, then add chicken, garlic, salt, and pepper. Cook 10 minutes or until chicken is cooked through.
- Add butter, then scrap up any browned bits from the bottom of the pan using a wooden spoon. Stir in chicken stock, lemon juice, and curry powder.
- Simmer uncovered for 15-20 minutes to reduce and thicken sauce.
- In the meantime, prepare rice according to package directions.
- Lay a bed of rice on each of 4 plates and spoon curried chicken on top

Serves 4



Photo by Paul Savidge,  
Food Styling by Dan Macey

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