

# Fruited Beefsteak Mushroom Curry

## Ingredients

- 1 disjointed chicken, or equivalent (or other firm protein)
- 3 Tbsp coconut or other fat or oil
- 1 onion, chopped
- 2 cups beefsteak mushroom, diced
- 3 Tbsp curry powder
- ½ tsp powdered ginger (I also add a little fresh ginger)
- 1 cup chopped fresh apples
- ½ cup dried apricots (I snip the dried fruit)
- ½ cup prunes
- ¼ cup raisins (I don't snip these, for perhaps obvious reasons)
- 1 tsp salt
- ¼ cup lemon juice
- ½ cup chopped roasted peanuts (optional, for garnish)

## Directions

1. In a large pan, saute the chicken or other protein in the oil over medium-high heat. If using chicken, turn the pieces until they are browned. Remove to a platter.
2. In the same pan, saute the onion and mushroom until the onion is translucent.
3. Add curry powder and ginger. Return the chicken to the pan. Turn the chicken so it is coated with the spices.
4. Add fruits and salt, water or broth to cover the food, and lemon juice.
5. Simmer, uncovered, for about ½ hour, or until the chicken is tender and the liquid has thickened.
6. Serve over rice or other grain. Garnish with peanuts, if desired.