



**RECIPE NAME:** Quick Cashew Curry

**FROM THE KITCHEN OF:** Karen Knoll '85

### INGREDIENTS:

1 medium onion, chopped  
1-2 garlic cloves, finely chopped  
2 Tbsp. butter  
1 1/2 lbs. boneless chicken or  
pork cut into small cubes  
1Tbsp. flour  
1 1/2 tsp. curry powder (or to  
taste)  
1 1/2 cups milk  
1/8 tsp. cayenne pepper  
1/2 cup chopped cashews  
2 medium tomatoes, chopped up

### INSTRUCTIONS:

Sauté onion and garlic in butter; add meat and brown. Blend in curry powder and flour, stirring constantly. Add milk and whisk until smooth; add the rest of the seasonings. Cook stirring constantly over medium heat until thickened. Add cashews and tomatoes. Heat an additional 10 minutes, or until meat is cooked thoroughly and tender. Serve on a bed of rice or broad egg noodles.

