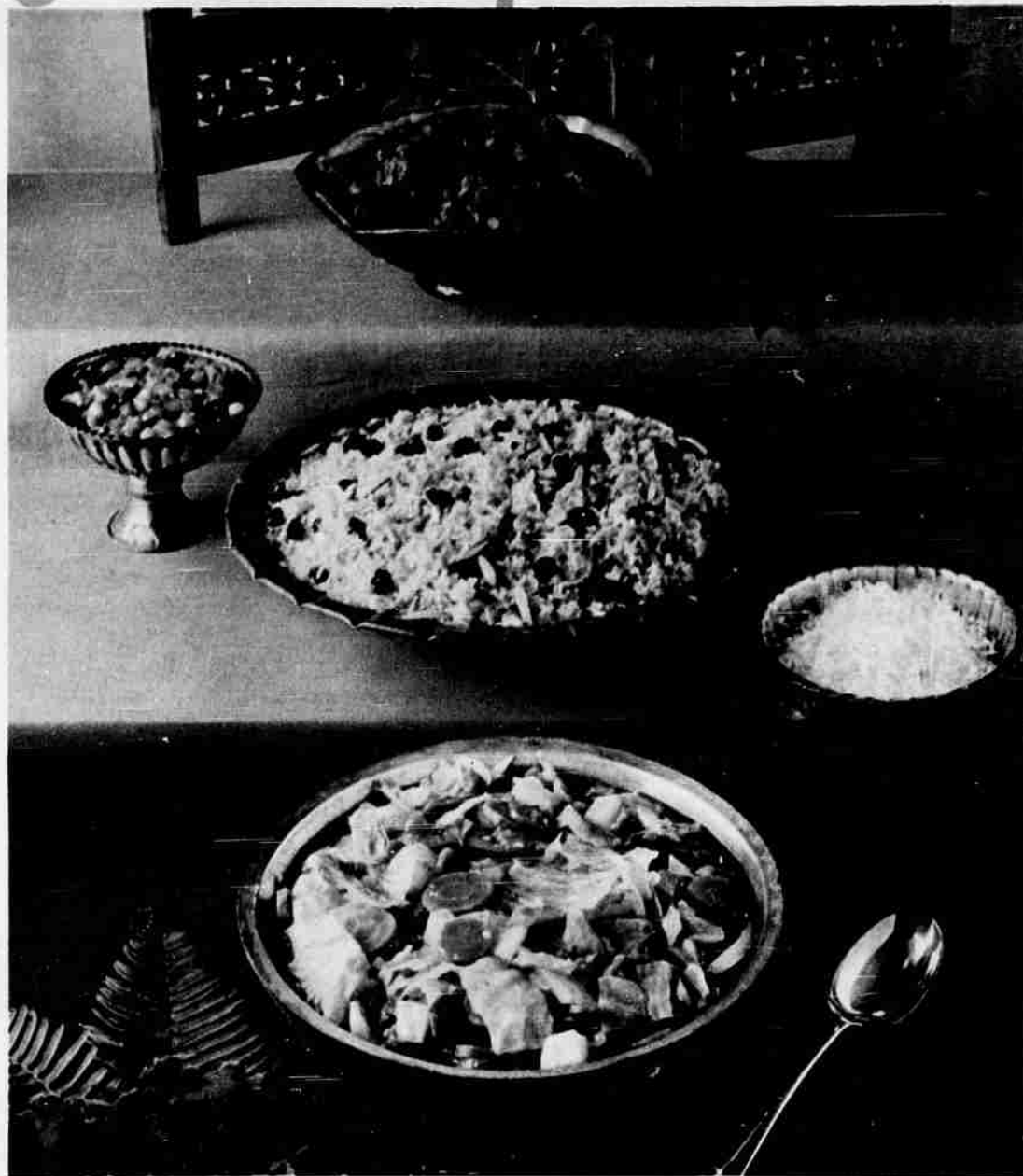


# Port of Call-India



Lamb Curry, Apple Chutney, Nai Choru, coconut, and Vegetable Curry are all reminiscent of a visit to exotic India.

India—a far-off land that conjures up thoughts of curries and exotic foods with such unfamiliar names as Sambal, Payasam, Nai Choru, Chapatti. Curry dishes have endless variations—hot, bland, dry, liquid. They may be made with fish, meat, poultry, or vegetables for a one-dish meal or one of many served at a party.

A curry is generally accompanied by small side dishes which are designed to add variety in color, flavor, and texture. These may include chutney; grated coconut; roasted peanuts, cashew, or pistachio nuts; crisp crumbled bacon; Bombay duck (salt dried fish); chopped whites and sieved yolks of hard-cooked eggs; chopped

onions, pickles, or tomatoes. The reference to an "8-boy" or "10-boy" curry goes back to a time when the rice and each curry accompaniment was carried to the table by an individual bearer. Here are recipes for curries, both meat and vegetable, with a choice of two chutneys, a typical rice dish, and the bread called Chapatti.

## Lamb Curry

TO PREPARE: 25 MIN.

TO COOK: 1 HR.

- ¼ cup cooking oil
- 1 lb. boneless lamb shoulder, cut in 1-in. cubes
- ½ cup chopped onion
- 1 clove garlic, minced
- 3 tablespoons packaged grated coconut
- 1 tablespoon curry powder
- ½ teaspoon Accent
- 1 chili pepper, finely chopped
- 2 cups beef broth

1. Heat 2 tablespoons of the cooking oil in a large, heavy skillet. Lightly coat lamb pieces with flour. Add meat to skillet and brown evenly over medium heat. Remove meat from skillet with a slotted spoon and set aside.
2. Add remaining oil, the onion, garlic, and coconut to skillet; cook until onion is soft, stirring occasionally.
3. Stir in curry powder, Accent, chili pepper, broth, and browned meat. Cover skillet, bring to boiling, and cook over low heat until meat is tender, about 1 hr., stirring occasionally.
4. Serve with saffron rice.

4 servings

## Apple Chutney

TO PREPARE: 20 MIN.

TO COOK: 35-40 MIN.

- 4 cups coarsely chopped tart apples
- 1 medium-sized onion, chopped
- 1 green pepper, chopped
- 1 cup firmly packed brown sugar
- 1 cup dark corn sirup
- 1½ cups cider vinegar
- 1 tablespoon lemon juice
- 1 tablespoon mustard seed
- 1 tablespoon ground ginger
- 1½ teaspoons salt
- 1 teaspoon grated lemon peel
- 1 clove garlic
- 1 lb. seedless raisins

1. Combine all ingredients in a large saucepan. Bring mixture rapidly to boiling, stirring constantly. Simmer, uncovered, 35 to 40 min., stirring occasionally, until mixture thickens. Remove from heat and discard garlic.
2. If chutney is to be canned, pour immediately into six hot half-pint jars and seal according to manufacturer's directions. Process in boiling water bath.\* Cool.
3. Serve as a meat or curry accompaniment.

Six ½-pt. jars chutney

\* Put sealed jars on a rack in a large kettle. Cover jars with at least 1 in. of boiling water. Boil for 5 min.