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Curried Chicken with Fresh and Dried Cranberries

Prep Time: 30 mins

Cook Time: 30 mins

Total Time: 1 h

Ingredients

- 3 teaspoon oil, canola, divided
- 2 pounds chicken, breast, boneless, skinless, trimmed of fat and cut crosswise into 1/2 -inch-thick slices
- 3 tablespoon curry powder, mild or medium-hot, divided
- 2 teaspoon butter
- 1 small onion(s), chopped
- 1 tablespoon mustard seed, yellow
- 1/4 teaspoon cardamom, ground, or cloves, (generous scoop)
- 15 ounce(s) tomatoes, canned, diced, with green chilies
- 1 1/2 cup(s) broth, reduced-sodium chicken
- 1 1/3 cup(s) cranberries, dried, sweetened
- 1 cup(s) cranberries, fresh, or frozen, thawed, coarsely chopped
- 1 tablespoon ginger, fresh, minced
- 1/4 teaspoon salt, or to taste
- cilantro, fresh, chopped, for garnish



Preparation

- 1) Heat 1 1/2 teaspoons oil in a nonreactive Dutch oven (see Kitchen Note) over medium-high heat until hot but not smoking.
- 2) Add half the chicken pieces and sprinkle with a generous 1/2 teaspoon curry powder. Cook, stirring occasionally, until the chicken is beginning to brown, about 5 minutes. Transfer to a large plate.
- 3) Add the remaining 1 1/2 teaspoons oil to the pot and heat until hot. Add the remaining chicken; sprinkle with another generous 1/2 teaspoon curry powder and cook, stirring occasionally, until beginning to brown, about 5 minutes. Transfer to the plate.
- 4) Add butter, onion and mustard seeds to the pot; cook, stirring, until the seeds pop and the onion begins to brown, 2 to 4 minutes. Return the chicken and any accumulated juices to the pot, sprinkle with the remaining curry powder and cardamom (or cloves); stir to coat the chicken with the spices. Cook, stirring, for 1 minute.
- 5) Stir in tomatoes, broth, dried and fresh cranberries, ginger and salt. Bring to a boil, reduce heat to a simmer and cook, uncovered and stirring occasionally, until the mixture reduces slightly and the chicken is cooked through, 10 to 12 minutes more. Serve garnished with cilantro.