

# **“Chicken” Korma (Chrys Horn )**

**(Vegetarian)**

**Serves 4 people**

## **Ingredients**

- 400g rice
- 200g mixed dehydrated vegetables
- 1 -2 onions or 50g onion flakes
- 50g almonds or walnuts
- 2 packets chicken korma curry powder
- 50g dried milk to mix with the sauce mix

## **Method**

### **On the tramp**

1. Put the dehydrated vegetables in a separate billy and bring to the boil. Cover and set aside until rehydrated.
2. Put the rice in the billy and cover with water so that the water level is up to the first joint on your thumb (about 2.5 cm above the rice (you need to shake the rice so it is level in the pot and stick your thumb in the water to test the level).
3. Bring to the boil, cover with clothing or better still stand it on a piece of karimat and cover with a sleeping bag and put aside somewhere safe to keep hot for 15-20 mins (more is ok). The rice should be cooked after this time.
4. Add a small amount of cold water to the dried sauce mix and dried milk to make a runny paste
5. Chop the fresh onion and add to the vegetables,
6. Add just enough water to cover them. Bring to the boil then add the sauce mixture
7. Add the nuts and more water if needed.
8. Mix the rice and sauce together and serve.

## **Variations**

- You can use fresh vegetables instead of dried ones.
- If you want some meat in the meal, cook some chicken and dry it after finely chopping it. Rehydrating the chicken will need longer than rehydrating the vegetables. Alternatively freeze the cooked, chopped chicken, wrap it well in clothing so it stays frozen in your pack and use on the first night.

## **Chef's Notes**

- The exact amounts are not too vital in this recipe so you can vary it according to taste and depending on the type of trip.

- If you are prepared to carry some oil or margarine it is good to fry the onions in oil but it is not a necessity (I almost never do)

<b>Number of people</b>	<b>Two</b>	<b>Four</b>	<b>Six</b>	<b>Eight</b>	<b>Ten</b>
Rice	200g	400g	600g	800g	1000g
Dehydrated veges	100g	200g	300g	400g	500g
Fresh onion or onion flakes	1 med (25g flakes)	1 large (50g flakes)	2 med (75g flakes)	2 large (100 g flakes)	3-4 med (125g flakes)
Nuts	25 g	50 g	75g	100g	125g
Chicken Korma	1 pkt	2 pkts	3 pkts	4 pkts	5pkts
Dried milk	25g	50g	75g	100g	125g