

Chicken 65

Katie Gay, the menu coordinator for Dining Services, shares this story about the name of this recipe: “Just before we opened the new dining center, we met with some Muslim students to get their input for some new recipes. One was for Chicken 65. I had never heard of it before, but after checking it out I knew this would be popular. It has been really well received.”

Start to finish: 30 minutes, plus 4-12 hours marinating time

Servings: 5-6

spice mix

2 tablespoon all-purpose flour
2 tablespoon cornstarch
1 teaspoon salt
½ teaspoon ground black pepper
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon turmeric
1 teaspoon garam masala
1 dash chili powder

liquid ingredients

2 eggs, beaten
2 tablespoon plain yogurt
1 tablespoon fresh ginger root, minced
1 tablespoon fresh garlic, minced

1 tablespoon or more olive or vegetable oil for frying
2 pounds chicken breast cut into 1-inch cubes, or chicken tenders

Preparation

In a medium bowl, combine the flour and the cornstarch. Set aside.

In a small bowl, combine the spices — salt, pepper, coriander, cumin, turmeric, garam masala and chili powder —and add to the flour and cornstarch mix. Set aside.

In a large bowl, beat the eggs with the yogurt, ginger and garlic. Fold in the flour/spice mixture. Add the chicken and mix well to coat each piece.

Marinate in the refrigerator for 4-6 hours or overnight.

In a large sauce pan, heat the oil. Add the chicken pieces. Saute until golden on all sides, about 15 minutes. Don't crowd the pan.

Serve immediately with pasta, rice or potatoes and vegetables of choice.

(Adapted from Dining Services at Mount Holyoke College)

