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by Liz Robb

Turkey and mushroom curry



Ingredients

2 onions
2 sticks of celery
1 red pepper
1 yellow pepper
2 tablespoons of sunflower oil
A small piece of fresh ginger
2 cloves of garlic
500g cooked turkey
2-3 teaspoons of medium curry powder
1 heaped teaspoon of turmeric
2 level tablespoons of plain flour
2 chicken stock cubes
3 tablespoons of low fat crème fraiche
Salt and black pepper
200g chestnut mushrooms
Fresh coriander

Preparation

1. Peel the onions, cut them in half and slice finely. Chop the celery finely too. Deseed the peppers, halve them and slice into thin strips. Peel and grate the fresh ginger. Chop the turkey into bite-sized pieces.
2. Heat the sunflower oil in a large wide based pan over a low heat, add the sliced onion and cook gently for 5 minutes. Put in the chopped celery and cook for another 3 minutes, stirring occasionally. Then add the sliced peppers and grated ginger and cook for a further 3 minutes.
3. Peel and crush the cloves of garlic and add them to the pan, then stir the turkey pieces into the vegetable mixture. Sprinkle on the curry powder and turmeric, then add the flour a little at a time, stirring to combine with the other ingredients. Make up a litre of chicken stock using the stock cubes and pour in a little, stirring well, then add a bit at a time until it is all well mixed in. Add salt and a good grinding of black pepper and leave to simmer, covered, over a low heat for about 20 minutes, stirring occasionally.
4. Wipe the mushrooms and chop into thick slices. Stir them into the curry and simmer gently for another 10 minutes.
5. Turn off the heat, add the crème fraiche and stir until it has dissolved into the curry. Garnish with chopped fresh coriander to serve, along with a dollop of mango chutney and rice or naan bread.

Cooks Note

This mild, tasty curry is a great way to use up turkey left over from Christmas dinner, a quick

and easy meal for all the family to enjoy. I've used low fat crème fraiche to give it a lovely creamy flavour without adding too many calories.
