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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Chicken Korma**

**By News Canada**

**Chicken Korma**

by: **News Canada**

(NC)—The Royal chefs of the great Moghul Emperors made an enormous contribution to the richness of the celebrated Northern Indian cuisine, using cooking techniques which were mainly similar to those of the western world but raising them to new heights with their exquisite blends of spices and herbs.

Kormas were created for festive occasions and are considered by many experts to be the greatest expression of the master chef's skills. A korma is mildly spiced and enriched by cream and ground almonds.

The korma technique can be applied to meats or to vegetables and calls for a thicker braising sauce than that normally used in western cooking. The use of butter and cream in the preparation results in a thick, savoury sauce that clings generously to meats and vegetables.

Chicken Korma, reduced to simple terms, is nothing more than braised chicken but the judicious blending of spices that are used to create the braising sauce makes it one of India's most popular dishes. There are many great and complicated recipes but this one is simple, quick to prepare and will have your tastebuds dancing:

1 tbsp vegetable oil

1 lb boneless chicken thighs, cubed

1/3 jar of Sharwood's Curry Stir Fry Sauce

1/2 cup chicken stock

2 tbsp ground almonds

## Chicken Korma

3 tbsp light cream

1 tbsp chopped fresh cilantro for garnish

Heat the oil in a wok or deep-sided frying pan, add the chicken and stir for 5 minutes until almost cooked. Add the curry sauce, chicken stock, ground almonds and cream. Simmer for 5 minutes or until the sauce has thickened. Serve immediately with plain boiled Basmati rice, garnished with the cilantro. Delicious with spoonfuls of Sharwood's Major Gray Chutney. Preparation time: 5 minutes; cooking time: 10 minutes. Serves 3-4.

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### **Chicken Scoop: Why Is Chicken A Dieter's Best Friend?**

**By News Canada**

Let's Ask the Experts

(NC)-Did you know a skinless chicken breast contains less than 1.5 grams of fat per 100 gram serving? Offering expert advice just in time for bathing suit season, Bryan Hughes, New Product Development Manager at Maple Lodge Farms raves over the nutritious merits of chicken.

"One of the leanest meats on grocery store shelves, chicken is an excellent source of protein that offers an energizing boost without the fat," says Hughes. "And by removing the skin from a chicken breast, you can reduce its fat content by an additional 80 per cent!"

But cooks often make the mistake of adding fat when preparing chicken, he adds. Oils, sauces and

## Chicken Korma

dressings account for 65 per cent of our daily fat intake and can quickly transform low-fat chicken into a high-fat meal. It's important to use each in moderation.

"Lighter fare is key to sensible summer eating," says Hughes. "Premium Oven Roasted and Seasoned Chicken Breasts from Maple Lodge Farms are two ideal options available at your neighbourhood Sobey's, IGA and Knechtel's food markets."

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