

Coronation Chicken/Tofu Sandwiches

Yields 4 sandwich-loaf sized sandwiches that can be cut into quarters for more dainty tea sandwiches

350 g boned chicken breasts (350 g) or 400 g
tofu, drained
Spray oil plus 1 teaspoon
1 teaspoon curry powder
1 teaspoon garam masala
¼ cup water
4 curry leaves, torn into small pieces
1 cardamon pods
½ small onion sliced thinly
2 apricots, finely diced
10 sultanas, chopped
½ celery stalk, finely diced
2 tablespoons mayonnaise
2 teaspoons mango chutney
Salt to taste
8 slices of bread

Marinade

1 lime
1 teaspoon curry powder
1 teaspoon garam masala
2 cloves garlic, minced
1 tablespoon green seasoning (chive, thyme,
parsley, shadon beni)
2 curry leaves, torn into small pieces

Cut chicken breast or drained tofu into small cubes (1 cm). Squeeze in lime juice and stir to coat all the pieces. Add all the marinade ingredients, stirring to coat chicken/tofu evenly. For tofu only - toast marinated tofu in toaster oven for 12 minutes, turning at the halfway point. Spray oil in frying pan and add 1 teaspoon of oil, heat to medium heat. Add onions and cardamon pods and cook until onions are soft. Add the curry powder, garam masala and curry leaves to the water in a small cup and stir. Pour curry mixture into frying pan and cook, stirring constantly until thickened. Add chicken/tofu, stir to coat, cover and allow it to cook until most of the water has evaporated, stirring occasionally to avoid sticking. Remove chicken/tofu from heat and allow to cool completely. Add the apricots, sultanas and celery. Add the mango chutney to the mayonnaise and mix, then add the mixture to the chicken/tofu turning to coat. If the chicken/tofu salad appears dry, add more mayonnaise. Divide equally into 4 sandwiches.

