

# THE CULINARY

## Playground



### Coconut Chicken Curry

- 1 pound skinless, boneless chicken thighs cut to bite sized pieces
- 2T cornstarch
- 2 tablespoons vegetable oil
- 1/4 cup chopped onion
- 2 cloves garlic minced
- 2 1/2 tablespoons yellow curry powder
- 1 small head cauliflower, chopped
- 1 red pepper, chopped
- Handful green beans
- 1 (14 ounce) can unsweetened coconut milk
- 1/3 cup chicken stock
- salt and pepper to taste

Toss chicken with cornstarch and set aside.

Heat the oil in a skillet over medium heat. Stir in the onion and garlic and curry powder, and cook until tender. Add chicken cook until browned.

Add cauliflower, red pepper and green beans.

Pour in the coconut milk and chicken stock. Season with salt and pepper. Reduce heat to low.

Continue cooking, stirring occasionally, 30 minutes.

*If sauce is very thin a cornstarch slurry can be added to thicken. Whisk together 1T cornstarch and 2T water in a small bowl. Add to pan while on heat and stir in.*

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## Dipped Shortbread Cookie

2T egg beaters  
2 1/2T sugar  
2 3/4 T unsalted butter, room temp  
1/2 T mayo  
Pinch of baking soda  
1/2 and 1/8 c flour  
\*\*\*\*\*  
Melted chocolate  
Sprinkles, crushed candies, nuts of choice

Preheat oven to 350 degrees.

With a hand mixer, beat egg beaters and sugar in a bowl until well blended. Add butter and blend until creamy. Add mayo and baking soda and flour. Mix until blended but do not over mix. Dough should be the texture of cookie dough. If it's sticky, add more flour in very small increments.

Using a cookie scoop or tablespoon, drop 8 dough balls a few inches apart on a parchment lined baking sheet. Use the bottom of a mason jar or ramekin to gently press down cookie and flatten.

Bake for 8-10 minutes.

When cookies have cooled dip half into melted semisweet, milk or white chocolate and decorate with sprinkles, candies or nuts.