

# Chicken Country Captain

## Main Course Recipe



### INGREDIENTS

2 lbs. Boneless skinless chicken thighs	½ cup Yellow pepper–diced	4 Garlic cloves–chopped
¼ cup Vegetable oil	½ cup Green pepper–diced	28 oz. can Diced tomatoes
1 cup Yellow onion–diced	1 cup Carrots– peeled and cut into rounds	2 Tbsp. Curry powder
1 tsp. Morton kosher salt		

### DIRECTIONS

- 1) Preheat oven to 325° F.
- 2) Place a 6 quart enameled cast-iron pot or Dutch oven over medium-high heat and add ½ the oil.
- 3) When heated, sear the chicken in batches until brown, (about 3 minutes per side) and place on a plate.
- 5) Place the remainder of oil in stockpot and add onions and 1 teaspoon Morton kosher salt.
- 6) Sweat onions for 5 minutes until translucent, stirring often.
- 7) Add peppers, carrots, garlic, and curry powder and continue to cook for 5 minutes, stirring often.
- 8) Add diced tomatoes and bring to a simmer. Simmer until the sauce begins to thicken, about 10 minutes.
- 9) Add chicken thighs, stir, and place lid on the pan.
- 10) Place in the oven for 30 minutes.
- 11) Remove lid from pan, stir, and return to the oven without the lid.
- 12) Cook for 20 minutes, or the chicken thighs are cooked through and tender and the sauce is thick.
- 13) Serve over cheese grits.

### CHEF'S RATIONALE

We use Morton kosher salt as we prepare the chicken. The texture of kosher salt allows it to pierce the chicken, evenly distributing great flavor as it cooks.

# Curry Powder

## *Main Course Recipe*



### INGREDIENTS

4 Tbsp. Morton kosher salt	1 Tbsp. Black pepper	½ tsp. Yellow mustard seeds
2 Tbsp. ground Cumin	2 tsp. Ground turmeric	½ tsp. Ground ginger
2 Tbsp. ground Coriander	1 tsp. Fennel seeds	½ tsp. Crushed red pepper
	1 tsp. Smoked paprika	

### DIRECTIONS

- 1) Place all ingredients into a small food processor or clean coffee grinder.
- 2) Grind into a fine powder.
- 3) Place curry powder into a sealed container and store for up to 6 months.

### CHEF'S RATIONALE

The Morton kosher salt allows for the curry powder to be used on it's own. The clean taste of the salt amplifies the other spices, allowing you to use this as either a curry powder or finishing seasoning. Try it on vegetables and French Fries.

# Cheese Grits

*Side Dish Recipe*



## INGREDIENTS

1 cup Milk	¼ cup Cheddar cheese	Black pepper – to taste
1 cup Heavy cream	2 oz. Butter	
½ cup Grits, stone ground	Morton kosher salt – to taste	

## DIRECTIONS

- 1) Add milk and cream to pan, bring to simmer.
- 2) Whisk in grits, and return to a simmer, whisking often.
- 3) Reduce heat to low, and cook for 45 minutes, stirring frequently.
- 4) Add cheese, and stir to melt.
- 5) Adjust consistency with more warm milk.
- 6) Season with Morton kosher salt and serve.

## CHEF'S RATIONALE

We use Morton kosher salt as a nice finish to this savory, cheesy dish. The crystal shape adds a lovely texture and crunch to every bite.