



Poulet a la Creole (Curried Chicken with Pineapple, Cucumber, and Coconut)

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces smoky bacon cut into medium dice
- ☐ 1 bay leaf
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 3.5 tablespoons canola oil
- ☐ 1 teaspoon cayenne pepper
- ☐ 4 pound fryer chicken cut into 8 pieces

- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon pepper red crushed
- ☐ 1 european cucumber peeled seeded cut into small pieces
- ☐ 2 tablespoons madras curry powder
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup orange juice fresh
- ☐ 1.5 cups pieces pineapple fresh (golden or regular)
- ☐ 1 large onion red chopped
- ☐ 1 pinch saffron threads
- ☐ 1 teaspoon salt
- ☐ 1 scotch bonnet chile minced stemmed seeded
- ☐ 2 large tomatoes diced ripe peeled seeded
- ☐ 1.5 cups coconut milk unsweetened
- ☐ 1 vanilla pod split
- ☐ 2 star anise whole

Equipment

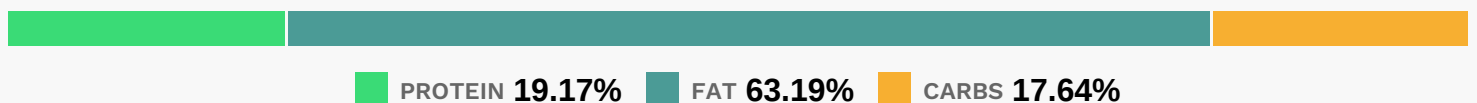
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ colander

Directions

- ☐ Preheat the oven to 350 degrees F.

- ☐ For the Seasoned Flour: If you are making the seasoned flour, simply mix together the flour, salt, and the peppers together in a bowl. Dust the chicken with the flour, shaking off any excess. Reserve.
- ☐ For the Chicken: In a large skillet, cook the bacon in the canola oil over medium heat, until it has rendered some of its fat.
- ☐ Add the chicken in batches, skin side down and sear, 2 minutes per side, turning once, until golden on all sides.
- ☐ Transfer the chicken to a roasting pan fitted with a rack; set the skillet aside.
- ☐ Bake the chicken for 25 to 35 minutes.
- ☐ For the Curry Sauce: Set the skillet you seared the chicken in over medium-high heat and add the garlic, Scotch bonnet, and red onion. Stir well to coat and cook until caramelized, about 10 minutes.
- ☐ Add the curry powder, stir well, and cook for 30 seconds.
- ☐ Add the orange juice, star anise, and saffron and cook, stirring for 2 minutes, as the juice reduces by 1/2
- ☐ Add the chicken stock and stir, then add the vanilla bean, bay leaf, and coconut milk and stir. Bring to a simmer and cook for about 20 minutes until the sauce thickens enough to coat the back of a spoon.
- ☐ While the sauce is simmering, put the cucumber in a colander and toss with salt.
- ☐ Let stand for 20 minutes, stirring now and then to distribute the salt. (The salt will pull excess water out of the cucumber.) Rinse the cucumber well under cold running water and drain. Blot with paper towels.
- ☐ Pass the curry sauce through a fine-mesh strainer into a smaller skillet.
- ☐ Add the tomatoes and heat through. Keep warm over very low heat.
- ☐ To serve, put 2 pieces of chicken on each plate. Spoon the curry sauce over and scatter the cucumber and pineapple over the top.

Nutrition Facts



Properties

Glycemic Index:129.17, Glycemic Load:18.39, Inflammation Score:-9, Nutrition Score:41.566522152528%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 1045.52kcal (52.28%), Fat: 74.6g (114.76%), Saturated Fat: 31.6g (197.48%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 39.16g (14.24%), Sugar: 20.34g (22.6%), Cholesterol: 174.45mg (58.15%), Sodium: 2715.24mg (118.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.91g (101.83%), Vitamin C: 89mg (107.87%), Manganese: 2.11mg (105.46%), Vitamin B3: 19.55mg (97.73%), Selenium: 48.21µg (68.87%), Vitamin B6: 1.26mg (62.79%), Phosphorus: 551.8mg (55.18%), Vitamin A: 2146.84IU (42.94%), Potassium: 1440.02mg (41.14%), Iron: 6.77mg (37.58%), Vitamin B1: 0.54mg (35.72%), Copper: 0.69mg (34.7%), Vitamin E: 5.18mg (34.51%), Magnesium: 135.5mg (33.87%), Folate: 124.8µg (31.2%), Vitamin K: 32.75µg (31.19%), Fiber: 7.7g (30.8%), Vitamin B2: 0.52mg (30.78%), Zinc: 4.55mg (30.37%), Vitamin B5: 2.89mg (28.94%), Vitamin B12: 0.75µg (12.43%), Calcium: 120.11mg (12.01%), Vitamin D: 0.49µg (3.28%)