Turkey Chutney

A Recipe called TURKEY CHUTNEY (Serves 6)

- 1.5 lb (0.68 kg) turkey fillets
- 2 oz (0.05 kg) butter
- 1.5 oz whole wheat flour
- 1 tablespoon curry powder
- 1 / 2 teaspoon Cayenne pepper
- approx. 1/2 pint (0.285L) milk
- 1 chopped onion
- 4 tablespoons apple chutney
- 2 tablespoons sultanas

1. Mix curry powder, flour and Cayenne pepper and sprinkle half over the turkey pieces.
2. Melt butter and fry the turkey pieces and onion.
3. Remove to oven proof dish.
4. Add the other half of the curry powder mix to the residue of liquid butter.
5. Gently heat, adding milk until it thickens.
6. Add sultanas and chutney and pour over the turkey.
7. Cook for 30-35 minutes and serve with rice and sour cream.

Jean Raynor

Tip from the kitchen

You can remove blackened egg-stains from teaspoons by washing in water in which potatoes have been boiled.