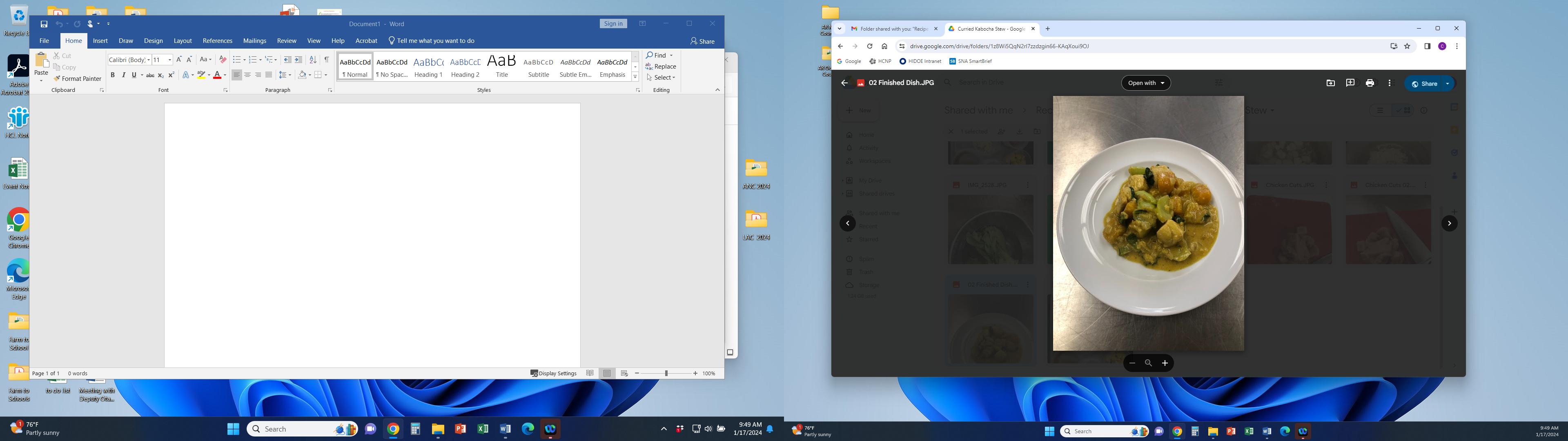
**RECIPE FOR:** Curried Kabocha Squash and Chicken Stew

**Our Curried Kabocha Squash and Chicken Stew is prepared from local grown produce. It features chicken, coconut milk and garden-fresh vegetables from the fields.**



Prep Time: 15 minutes Serving per Recipe: 12

Cooking Time: 30 minutes Serving Size: 8.00 oz.

**Amount Ingredient Preparation**

1 c. Light coconut milk ready to use,

2 t. Curry powder ready to use, ground

4 t. Ginger root wash, peel, fine chop

3 3/8 c. Kabocha squash peel, remove seed, par cooked, medium dice

3 1/2 c. Chicken thigh boneless, skinless, medium dice

3 3/4 T. Garlic clove ready to use, fine chop

1 c. White onion, medium wash, peel, remove root end, small dice

3 1/2 c. Bok choy wash, remove core end, medium dice

1 3/4 c. Water ready to use

1 3/4 t. Canola oil ready to use, to cook ingredients

to taste Salt and pepper table-iodized salt, ground pepper

**Procedures-**

1. Place cut kabocha in pot and steam or simmer in water until fork tender with (CCP) internal temperature of 135 F/57 C or higher for 15 seconds.
2. Heat skillet pan at medium heat with oil and cook onion until translucent then add garlic and continue the cooking process until garlic fragrance appears.
3. Add chicken and cook until light brown then add bok choy and continue cooking until tender.
4. Turn skillet pan heat down to low and add ginger, curry powder, coconut milk, water, and kabocha, then stir mixture until incorporated.
5. Add more water (as needed) and simmer until ingredients are fork tender with (CCP) internal temperature of 165 F/73 C or higher for 15 seconds. Season to taste with salt and pepper.
6. Turn heat off and place mixture into serving dish.

Note: (CCP) stands for Critical Control Point.

