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## Chicken Bengal

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*from the kitchen of Ruth Bancroft*

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*In these days of spiraling food costs, the consumer has found it increasingly difficult to stretch a dollar. However, chicken still maintains a certain price stability, and by today's standards is considered a "good buy." Popular with many, chicken lends itself to a countless variety of dishes. One recipe you'll want to add to your files is Chicken Bengal, an exotic dish that has its origin in India. Made even more interesting with the addition of jam, it is a truly delectable dish your family will enjoy.*

Brown chicken in two tablespoons butter; remove from skillet. Add remaining one tablespoon butter to skillet; sauté onion and garlic until tender. Return chicken to skillet. Add chicken broth, lemon juice, salt and spices. Cover: simmer about ½ hour, or until chicken is tender. Remove chicken to bed of rice on serving plate. Stir yogurt and jam into onion mixture in skillet. Cook five minutes, stirring until jam dissolves; pour over chicken. Makes four servings.

## Ingredients

- 1 frying chicken (about 3 ½ lbs.) cut-up
- 3 T. butter or margarine, divided
- 1 c. sliced onion
- 1 medium garlic clove, minced
- ½ c. chicken broth
- ¼ c. lemon juice
- 1 t. salt
- ¼ t. ground ginger
- 1/8 t. ground cumin
- 4 c. cooked rice
- 1 c. plain yogurt or sour cream
- ½ c. grape jam