

Shauna's Chicken Curry with Coconut, Basil and Mangoes

1. Mix together
 - ¼ cup flour
 - 2 tbsp curry powder
 - 1 tsp kosher salt
 - ¼ tsp cayenne pepper
2. Toss 2 ½-3 lbs boneless, skinless chicken breasts, cut into small pieces, in the above mixture.
3. In 1-2 tbsp olive oil, on medium-high heat, cook chicken until browned, about 5 minutes on each side. Set aside.
4. In 1-2 tbsp olive oil, cook until onion is golden, about 4 minutes.
 - 2 garlic cloves, chopped
 - 1 red onion, chopped
 - 1 tbsp fresh ginger, chopped
 - 1 red bell pepper, chopped
5. Add chicken, lower heat.
6. Add 4-4 ½ cups chicken broth
7. Cook until chicken is tender and broth is reduced by ¼.
8. Add and simmer until heated through
 - ¼ cups currants or raisins
 - 2 roma tomatoes, diced
 - 1 mango, pitted and diced
9. Off heat, add
 - 1 tbsp fresh lime juice
 - 3 tbsp fresh cilantro, chopped
 - 3 tbsp fresh basil, chopped
 - 3 tbsp shredded coconut
10. Serve with rice

Shauna doubles the recipe for 10-12 people, and serves it with a green salad, pita bread, mojitos, and coconut and chocolate sorbets for dessert.

Jen's Salmon with Honey Mustard & Pecans

1. Buy a whole plank of salmon from the fish counter, skin on.
2. Rinse and pat it dry. Sprinkle with salt and pepper.
3. On the flesh side, brush on a store bought honey mustard or mustard sauce or mustard barbecue. A nice thick sauce, not a runny sauce.
4. Top with a generous portion of chopped walnuts or pecans. You can buy a bag of chopped nuts or just whiz some up in your food processor.
5. Throw the whole plank on your grill or in your oven.

My kids go BANANAS for this. Between the rich salmon, the sweet and tangy mustard sauce, and the crunchy and salty nuts, you'll want to cook twice as much as you need so you can have some tomorrow, when it is still just as tasty over your salad or tucked into your tortilla or just eaten out of the Tupperware container.