

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

BBQ Curry Chicken with Braised Eggplant, Raita and Grilled Flat Bread

BY CHEF JOEY ALTMAN

Curry Yogurt Marinade Ingredients

½ cup yogurt
2 tbsp. Vadouvan curry
spice mix
1 tbsp. Patak's curry paste
(for spicier taste use
Vindaloo curry paste)
1 tbsp. of harissa
Juice or 2 lemons
1 tsp. salt

Raita Ingredients

1 cup yogurt
(I like the richer, full-fat
or Greek style)
¼ cup of equal parts mint,
cilantro and dill, chopped
1 cup of grated peeled
and seeded cucumber
1 large clove of garlic, grated
on a micro plane or minced
Juice of 1 lemon
Salt

Black Lime Rice Ingredients

½ cup olive oil
4 tbsp. butter, melted
1 small yellow onion minced
2 black limes, crushed
with the palm of your hand
3 cups jasmine rice
6 cups water
2 tbsp. sea salt

Curry Yogurt Marinade Directions

Combine ingredients in a medium size mixing bowl.

Raita Directions

Combine ingredients in a medium size mixing bowl and chill.

Black Lime Rice Directions

In a medium size pot on medium heat, sauté the onions in the butter and oil. When the onions are tender, stir in the crushed limes and rice and cook for a few minutes stirring frequently until the rice is well coated, hot and you can smell the lime.

Add the water and salt and bring to a boil.

Turn the heat down to a simmer, cover and cook for 15 minutes undisturbed. After 15 minutes, turn the heat off and leave covered another 10 minutes then fluff the rice with a fork.

BBQ Curried Chicken and Eggplant Directions

Preheat your grill or oven to medium-high.

Marinate the chicken in the marinade.

Place the onions and eggplant in a heavy bottom shallow roasting pan or Dutch oven, mix with olive oil and salt. Top with the butter.

Arrange the marinated chicken on top of the eggplant and top with the chopped jalapeños.

Cover the chicken with parchment paper, cover the top of the chicken and cook for 20 minutes. Then remove the cover and cook for another 10 minutes. Or, place in a 400°F oven and roast for 20 minutes covered and another 10 minutes uncovered.

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BBQ Curried Chicken and Eggplant Ingredients

2 bone-in chicken breasts

2 bone-in chicken thighs

*Curry yogurt marinade
(recipe above)

1 large globe eggplant, peeled
and diced in 1 in. cubes

1 small yellow onion,
julienned

¼ cup olive oil

1 tbsp. butter

Salt to taste

1 jalapeño, seeded
and chopped

To Serve

Serve chicken along with some of the braised eggplant-onion mixture, grilled flatbread, black lime rice and raita.



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