
INSTITUTIONALIZED

Music, Biking, Beverages, and More

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DAMN!, THAT IS GOOD CHIKUM!

If you find that title funny, you are probably part of an eclectic group of individuals. A group that includes one of the only known persons that is a guy, but uniformly known as Samantha.

The funniest thing happened on my trip to Tokyo in February to see the e.Bowla virus. I went with Sir Sweatmoore. What Sir Nathan didn't know was when we got to e.Bowla's house was that when e.Bowla said we would have dinner at one of the best Yakitori joints in Tokyo and that Samantha would be joining us, was that Samantha was a guy. When we ran into Samantha at the elevator bank of The Westin, which was next door to e.Bowla's house we got his attention and headed to the subway. Along the way we ran into another of e.Bowla's friends and he decided to join us for some good chicken yakitori. All this time Nathan is wondering when we

are going to meet up with this girl Samantha, not realizing that Samantha was the guy at the elevator bank. An acceptable mistake, since he never met Samantha before, or knew that Samantha was a guy. Especially since we told him we would meet Samantha at the front lobby of a hotel we never made it to since those of us in the know ran into him at the elevator bank.

Well it has been 5 years since the release of Institutionalized Issue #2. Issue #3 is in the works, but I am still learning the professional publishing software, which has slowed everything down dramatically. But for your patience in waiting for Issue #3, after 5 years you will get a professionally done 'zine, complete with many pictures. No more of these stupid MS Word 'zine publications.

So for this intermediate issue I am going to publish the recipe I have been using for

Chicken Vindaloo. I have made it several times and quite happy with the results.

Credit for this dish has to go to Kunal, who recently gave up a lifetime of vegetarianism when he went to India and found out all his relatives eat meat. After he revealed this fact and that he now eats meat, he asked if I knew how to make Chicken Vindaloo, because "it's damn good." So as the aspiring chef that I am, I recruited my mother and together we both learned how to make Chicken Vindaloo. It is super easy and very tasty.

Keep an eye out for the next full installment of Institutionalized. In the mean time continue to visit my on-line property at www.institutionalized.net

Keep in mind this recipe will be republished with the cook's permission in Issue #3.

dr.bhatt

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Chicken Vindaloo – aka Chicken Vinegar Curry

dr.bhatt

If you want an easy, yet delicious Indian dish nothing is easier and better than Chicken Vindaloo. Feel free to modify the recipe as you

see fit, as vindaloo comes with as many recipes as people who have made it. I tend to prefer a recipe that favors towards more vinegar, higher

marinating times, hotter chili spices, and less cumin seeds; however, I will give you an easy to make vindaloo with additional hints.

The basic recipe calls for:
3 pounds roasting chicken
2 tablespoons cumin seeds
1 tablespoon mustard seeds
3 teaspoons chili powder or to taste
1 tablespoon chopped/grated ginger
1 tablespoon chopped/grated garlic
½ cup red wine vinegar
1 teaspoon ground cinnamon
¼ teaspoon ground cloves
¼ teaspoon ground cardamom
4 tablespoons oil
2 teaspoons salt
½ teaspoon black pepper
½ medium onion diced

Those are the basic ingredients.

Some things to consider before I present the rest of the recipe:

Add bay leaves to the saucepan when you begin cooking to add even more flavor. Discard bay leaves before serving.

A little turmeric powder cannot hurt, especially if you lack ground cardamom. Nothing replaces the flavor of cardamom, even if you have cardamom consider

adding a little turmeric. And a little means a little, the stuff is powerful. Add to the marinade.

Adding coriander seeds in the marinade is always an option I have never tried.

Fresh lemon or lime juice in the marinade may be something you want to add. Like the vinegar the acidity helps pickle the chicken.

Onions in the marinade can be good. They won't cook as much as the sautéed onions.

One to two large tomatoes cut into large pieces/chunks and added to the saucepan with the chicken is not a bad thing.

Hints and Tips:

Some people like to use only chicken breast for health reasons. That is fine, but consider buying

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chicken breast on the bone and saving the bones to put into the pot with no meat on them. Bones add a lot of flavor to the food. I use both boneless chicken breast and bone-in chicken thighs when making chicken dishes. There is something about bone marrow that adds flavor, ever wonder why your dog is chewing on that bone. Also works with fish. Make soup using the fish bones to mildly add the flavor of the fish.

When using a mix of chicken parts, start cooking the thighs and legs earlier than the breasts. They take longer to cook than the breast meat.

I don't have a coffee grinder, and also lack a spice mill. If you have either of these, follow the directions accordingly, otherwise you can use a blender like I do. I heard Ikea sells a spice mill for \$10.

I prefer to lighten up on the cumin seeds since I

don't want an overwhelming cumin taste.

I prefer to use a little more red wine vinegar for more kick.

I use an extra-hot red pepper spice in addition to chili powder for more heat.

My preference is you can never get enough garlic or ginger in Indian food. I adjust accordingly.

Preparation and Cooking:

If you have a coffee grinder or spice mill put the cumin seeds, mustards seeds, chopped ginger, and chopped garlic into the grinder or spice mill. Pulverize! In a measuring cup add the pulverized spices, chili powder, and ground spices and finally the red wine vinegar. Mix together with a spoon. This is your basic marinade, adjust as desired.

If you just have a blender, put the red wine vinegar,

cumin seeds, mustards seeds, chopped ginger, and chopped garlic into the blender and use a high speed so the mixture is finely ground. In a measuring cup add the chili powder, ground spices and finally the mixture from the blender. Mix together with a spoon. This is your basic marinade, adjust as desired.

Pour the marinade on the chicken parts in a non-reactive container and refrigerate for several hours.

Heat the oil in a stainless steel saucepan. Sauté the onions. With a slotted spoon, spoon out the thighs and legs and place them into the saucepan and allow them to begin cooking. Then add the chicken breast and the marinade. On low heat bring to simmering point, add salt and pepper to taste and simmer covered until chicken is cooked. Add additional ingredients as desired.



**Everything your looking
for in a breakfast beer**

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