

Recipe for tuna curry from cook-off

2 Large cans tuna (I used water pack light but white would work -- oil pack not so good)

1 C Sour Cream (light is OK -- never tried non fat)

Regular yellow mild curry powder

Margarine or butter

Garlic (powder or salt or minced or clove)

Raisins

Dry roasted peanuts

Rice

Drain tuna -- but OK to leave some liquid -- does not have to be drained dry

Brown the tuna in garlic butter to taste -- melt butter or oleo in large skillet, add garlic, add tuna

I used garlic salt but any form should work -- just add a little until it tastes good to you -- have no idea how much I used

Add sour cream and stir over low heat until well mixed

Start adding curry to taste -- I do not know how much I used -- I just taste until I like it

For cook-off I put raisins (about a cup I think) into the cooked mix -- that makes them plump up and soften but the sweet taste remains in contrast to the garlic & curry

Original recipe tops the mix with uncooked raisins when served -- I like this better because they are chewy and add texture as well as sweetness

Serve over rice

Top with peanuts to add crunch to the chewy raisins and smooth mix of tuna

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"Higher Ground"

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