

MEALS OF MEMORY
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Hooked!

COCONUT MILK RICE

Ingredients

1kg pulao rice
2 tbsp ghee
½ tsp ginger paste
½ tsp garlic paste
2 large onions, chopped
3 capsicums - red, yellow, green - roughly chopped

2 cups coconut milk
1½ cups chicken stock
8-10 red colour chilli
½ cup cashew nuts
Salt to taste
Hot water, as needed

Method

Wash and drain rice. Keep aside. Heat ghee in a wok, add chopped onion and stir till it turns golden in colour. Add rice and ginger garlic paste, stirring continuously. When the rice is adequately fried, add coconut milk, chicken stock and salt.

Add hot water if needed. Cover and keep on low heat for 7-8 minutes. Remove lid and add chopped capsicums, red chillies, and cashew nuts and gently mix all together. Cover and keep on low heat till serving.

RED CHICKEN SALAD

Ingredients

4 pieces large skinless chicken breasts
2 tbsp Thai red curry paste
2 tbsp oil
1 piece Chinese cabbage, torn into large pieces
½ cabbage, shredded
2 onion, finely chopped
2 garlic cloves, crushed
1 tbsp vinegar
2 tbsp sweet chilli sauce
2 tbsp Thai soy sauce
1 upper part of the Chinese cabbage leaves, shredded

Method

Cut the flesh of the chicken into cubes and rub the curry paste into each cut. Cover and marinate in the refrigerator overnight. Heat a wok over a high heat, add 1 tablespoon of the oil. Add the chicken breasts and cook for 5-6 minutes, turning once or twice, until the chicken is cooked through and the juices run clear, when a skewer is inserted into the thickest part of the meat.

Remove from the wok, set aside and keep warm.

Heat remaining oil in the wok and stir-fry



the Chinese cabbage, cabbage until just wilted. Add the onion and garlic and stir-fry until just tender but not browned. Add the vinegar, chilli sauce and soy sauce. Remove from the heat. Arrange the Chinese leaves on serving plates. Slice the chicken, arrange on the salad leaves and drizzle the hot dressing on top.

Serve immediately.

CHICKEN SATAY SKEWERS

Ingredients

4 skinless chicken breasts
4 tbsp soy sauce
1 tbsp corn flour
2 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
1 cucumber diced, to serve
Peanut sauce -
2 tbsp groundnut oil or vegetable oil

½ onion finely chopped
1 garlic clove finely chopped
4 tbsp crunchy peanut butter
4-5 tbsp water
½ tsp chilli powder

Method

Put the chicken cubes in a shallow dish. Mix the soy sauce, corn flour, garlic and ginger together in a small bowl and pour over the chicken. Meanwhile, preheat the grill to hot. Thread the chicken on to 12 pre-soaked, wooden skewers. Cook the skewers under the preheated grill for 3-4 minutes or until the chicken is tender and cooked through.

To make the sauce -

Heat the oil in a saucepan, add the onion, garlic and cook over a medium heat, stirring frequently for 3-4 minutes until softened. Add the peanut butter, water and chilli powder and simmer for 2-3 minutes

until softened and thinned. Serve the skewers immediately with the warm sauce and sliced cucumber.

SALT AND PEPPER CRISPY BEEF

Ingredients

400g boneless beef
1 inch piece ginger
4-6 cloves garlic
½ stalk celery
1 large onion
5-6 pieces spring onion greens
5-6 red chilli whole
4 tbsp cornstarch
Oil to deep fry, 4 tbsp oil
1 tbsp soy sauce
1 tbsp peppercorn crushed
2 tsp sugar
¼ tsp tasting salt
Salt to taste

