

Spice is Nice II

Chinese chicken rice

Ingredients

1/2 chicken
2-3 pips garlic - blend/pound
1 inch root ginger - blend/pound
3-4 spring onions, tied into knots
Some sesame oil
Sufficient water
1 tomato - garnish
1/2 cucumber - garnish
Some coriander leaves - garnish
Salt

Method

Rub chicken with salt, blended garlic and ginger
Set aside for 20 minutes
Boil water in a saucepan
Put the marinated chicken and knotted spring onions in
Let simmer for 30 minutes (check it is cooked)
Remove and plunge into cold water
Drain, rub with sesame oil and set aside
When cool, chop into small pieces and arrange on a plate with garnish

Rice

Ingredients

1 cup rice
1-2 tbs peanut oil
2 shallots, pound
2 pips garlic, pound
Stock from chicken

Method

Heat the peanut oil
Add the shallot and garlic
When fragrant, add rice and mix well
Add chicken stock, bring to boil.
Turn low, cook for 15 minutes and remove.

Chilli Dip - Blend all and serve after 1 hour with the rice and chicken

2-3 fresh red chillies - deseeded
1-2 shallots
2-3 pips garlic
1/2 inch root ginger
1/2 cup boiled chicken stock
3 tsp lime juice
1 tsp malt vinegar
1/2 tsp salt