



Cooking Instructions

Rendang - Chicken

Larder Essentials

Chicken 125g-150g per person
125ml of stock per person
Salt
Jasmine Rice

Optional

Small new potatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Rendang paste,
Lemon grass,
Lime leaves,
Star Anise,
Cinnamon bark,
Creamed Coconut block,
Dark soy sauce,
Desiccated coconut,
Palm sugar,
Chilli flakes.

Introduction

This is a mild curry but you can make it as hot as you like. Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the chicken is cooked and how thick you want the sauce to be. Test the largest piece of chicken by cutting in half to check it is cooked. I use chicken thighs for slicing and chicken breasts for cutting into cubes. The weight of chicken per person in the shopping list is only a guide as I tend to use 2 thighs or 1 breast per person but I do get them from my local butcher as they tend to be bigger and better.

NOTE: If you want this dish to be gluten free, do not add the Dark Soy Sauce

Preparation

1. Fold the lime leaves in half and pull out the stem. Put them into a pile and slice them thinly.
2. Cut each chicken thigh into 3 similar size slices or chicken breasts into 2cm cubes.
3. Bruise the lemon grass with the back of a knife so it breaks the skin.
4. Make 125ml stock per person.
5. Measure out (use the packet quantity advice as a guide) and wash the rice.
6. Parboil new potatoes (if adding later) and slice in half when cooled.
7. Put a dry (no oil) frying pan on a low to medium heat and pour all the white desiccated coconut into the pan and spread evenly. Stir the coconut gently and regularly so it does not burn. Take the pan off the heat when the majority of the coconut is a brown colour and put into a small dish to cool. Do not make the pan too hot otherwise the coconut will burn very quickly.
8. Optional garnish for serving: Pick a few coriander leaves. Slice 2 fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking the rice.
2. Moderately heat 4 dessert spoons of cooking oil in a pan.
3. Cook cinnamon bark and star anise in the oil for 5 minutes to release their aromas.
4. Add the rendang paste to the pan, stirring gently so it does not stick or burn.
5. After 2 minutes, add the chicken and stir gently to coat all the pieces.
6. Add the stock, bruised lemon grass stalks, creamed coconut block, dark soy sauce and sliced lime leaves and stir until thoroughly mixed.
7. Bring to the boil for a minute then reduce heat to a simmer and cook until the stock has reduced by about 50% stirring occasionally.
8. Season for saltiness, sweetness and spice heat.
 - 8.1. Salt test. Add a pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
 - 8.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
 - 8.3. Spice test. Add some of the chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
9. If using parboiled potatoes, add them now.
10. If the curry gets too dry before its ready, add a half a cup of water (or stock) and stir. Test the chicken is ready by taking out a large piece and cut in half. If still uncooked part the way through, keep simmering and repeat this point.
11. When ready to serve, remove lemon grass stalks, cinnamon bark and star anise and any excess coconut oil.
12. Garnish the serving with some coriander leaves, toasted coconut and a few sliced chillies.
13. Serve with rice.

Chicken