

SINGAPOREAN CHICKEN RICE

from Endrina Tay

Chicken

1 whole chicken (3.5 to 4 lbs), washed, enclosed giblets, extra fat and tail removed
10 slices of fresh ginger, about 1/16-inch thick
6 stalks green onions (whole, with end root removed)
10 cloves fresh garlic
½ tbsp salt
1 tbsp sesame oil
Water to cover chicken
Ice

Rice

2 tbsp vegetable oil
3 tbsp ground ginger & garlic
2 cups Thai Jasmine or long-grain uncooked rice
½ tsp salt
1 tsp sesame oil
2 cups chicken stock

Chili Garlic Sauce

4 tbsp ground chili
4 cloves garlic, minced
1 tbsp ground ginger or minced ginger
2 tsp sugar
1 tbsp lime juice
1 tsp fish sauce or soy sauce

1 large cucumber, peeled, sliced in half and then on the bias



1. In a large pot, boil enough water to cover the chicken.
2. Remove giblets inside the chicken, remove excess fat, and wash chicken thoroughly inside and outside with salt.
3. When the water for the chicken comes to a boil, add ginger slices, spring onions, salt and sesame oil. Add chicken (breast down), cover pot, and boil for 10 minutes on medium heat. Leave pot covered tightly, switch heat off, and leave chicken to poach for 40 to 45 minutes.
4. Rinse rice in water and drain thoroughly. In a pot, heat oil, and sauté ground ginger & garlic on medium heat until fragrant. Add rice and stir to coat for 2 minutes. Add sesame oil and salt and sauté for another minute. Transfer rice to a rice cooker, add 2 cups of stock from liquid used to boil the chicken, and cook. Stir mixture gently periodically to prevent the rice from burning on the bottom. (If cooking in a regular pot, boil rice mixture with stock, stirring periodically. When almost all of the stock has evaporated, turn heat to very low, cover, and allow rice to steam till done.)
5. Place ice in a large bowl and add water to create an ice bath.
6. After chicken has been cooking for 40 to 45 minutes, remove chicken from the water and submerge chicken right away in the ice bath for 10 minutes. The ice bath stops the cooking process, makes the meat tender, and gives the skin a firm texture.
7. Remove chicken from ice bath, and rub or brush skin with sesame oil.

8. Cut up chicken. Cut off drumsticks at the joint and chop into pieces (if desired), or else leave whole. Remove the breast meat from the breast bone with the wing, one side at a time. Remove wings at the joint, and slice breast meat into even pieces.
9. To make the chili garlic sauce, blend ingredients in a food processor or blender until smooth and bright red.
10. When rice is ready, scoop into a small bowl and press into the bowl. Turn over bowl onto a plate to create a shaped mound of rice. Place sliced chicken on top of the mound of rice. Mix ingredients for flavoring sauce, place in a squeeze bottle (optional), and squirt sauce on chicken slices to flavor. Garnish chicken rice with cilantro and scallions. Arrange cucumber slices on plate, and serve with chili garlic sauce.

PARATHA *with* CURRY SAUCE

Paratha

2 cups all-purpose flour
2/3 cup warm water
1/4 cup + 2 tbsp melted ghee
Vegetable oil
Pinch salt
Pinch sugar

1. Stir the warm water, ¼ cup melted ghee, salt, and sugar together.
2. Add flour to a bowl, slowly add enough of the wet ingredient to it until the dough comes together. The dough should be soft and pillowy, not sticky. If the dough isn't sticking together, add a little bit more water and mix. If the dough is sticky, add a little of flour and mix.
3. Place the dough on a greased countertop and knead for 5 minutes.
4. Divide the dough into four smaller balls of dough. Place them in a greased bowl, cover with a towel, and let it rest in a warm place for at least an hour.
5. Working with one dough ball at a time, stretch it out until it's practically paper thin. Use vegetable oil to grease your countertop. Lightly grease your hands. Place one dough ball on the counter and begin to stretch it by spreading it out with your palm. To further stretch it, you can roll it out with a rolling pin or gently stretch it out with your fingers. It should look like the picture on the right when you're done.
6. Fold the dough together by bringing the top to the middle, then the bottom, left, and right.
7. Stretch the dough a little bit more with your hands.
8. Fry the paratha in a greased skillet on medium heat until both sides are golden brown, about 2-3 minutes per side.
9. Served with curry sauce. For a sweet dish, drizzle with honey or condensed milk.



Simple Curry

Vegetable oil

1 cup onion, chopped

2 cup potatoes, cubed

2 cup carrots, cubed

2 tbsp curry powder

1 cinnamon stick

1 star anise

5 cloves

4-5 cups vegetable or chicken broth

½ cup coconut milk

Salt

1. Add a little bit of vegetable oil to a small pot. On medium heat, sauté the onion for a few minutes then add the potatoes and carrots. Continue sautéing for a few minutes then add the curry powder and sauté for another minute.
2. Add the cinnamon stick, star anise, cloves, and broth. Season with salt. Simmer until the vegetables are cooked.
3. Add coconut milk. Depending on how much you like coconut milk, you can add more or less than ½ cup.

If you have extra curry, have it with rice or rice noodles!

Tip: To make this curry even simpler, you can use masaman curry paste, such as the Masesri brand, and just add your choice of vegetables and protein.