



Cooking with Claire @TVInfants

The World Tour

Recipes from South East Asia ...





Cooking with Claire @TVInfants

Middle Eastern Recipes, Do you know your countries?

Thai Red Curry with chicken

Ingredients

2 shallots or 1 small onion
 1 stalk lemongrass
 1 tbsp vegetable oil
 3-4 tsp red Thai curry paste
 4 boneless and skinless chicken breast, cut into bite-size pieces
 1 tbsp fish sauce
 1 tsp sugar brown is best
 4 kaffir lime leaves
 400ml can coconut milk
 20g pack fresh coriander

Method:

1. Peel shallots or onion and cut in half from top to root. Lay the cut sides flat on a board and thinly slice. Very finely slice the lemongrass, starting at the thinner end, stopping towards the base when it gets tough (often described as 'woody' and white in the centre).
2. Heat the oil in a wok or large saucepan for a couple of minutes until the oil separates (it looks more liquid at this point). Add the shallots or onion. Fry for 3-5 mins, until soft and translucent. Stir in the curry paste and cook for 1 min, stirring all the time.
3. Add chicken pieces and stir until they are coated. Add the lemongrass, fish sauce, sugar, kaffir lime leaves and coconut milk. Bring slowly to the boil, then reduce heat and simmer, uncovered, for 15 mins until the chicken is cooked. Stir the curry a few times while it cooks, to stop it sticking and to keep the chicken submerged.
4. While the chicken is cooking, strip the leaves from the coriander stalks, gather into a pile and chop very roughly. Taste the curry and add a little more curry paste and salt if you think it needs it. Stir half the coriander into the curry and sprinkle the rest over the top. Serve with Thai jasmine or basmati rice.



Chicken Satay

Ingredients

small piece ginger
 2 garlic clove
 zest and juice 1 lime
 1 tsp clear honey
 1 tbsp soy sauce
 1 tbsp mild curry powder
 3 tbsp smooth peanut butter
 500g pack skinless chicken breast fillets
 165ml can coconut milk
 1 tsp vegetable oil
 cooked rice and lime wedges, to serve



Method:

Peel the ginger and help them to finely grate it and tip it into a bowl. Repeat with the garlic and lime zest. Halve the lime and juice it, then mix it in a bowl with the honey, soy, curry powder and peanut butter. Give it a good mix, adding a small splash of water if it's too stiff, spoon two-thirds of the mix into a small pan. Set aside for later. Put the chicken in the sandwich bag, one breast at a time and flatten each one with a rolling pin or a meat mallet. Mix the chicken with the marinade you made. Cut the chicken into strips, tip it into the remaining third of the peanut-butter mix, stir well. While the chicken is marinating, pour the coconut milk into the pan and stir together with the peanut butter mix. The sauce needs to be heated gently and stirred. 'Sew' the chicken onto the skewers. The chicken needs to be threaded into 'S' shapes onto the skewers. Paint the tray with oil and cook the chicken. Heat the grill to high and grill the skewers for about 10 mins, turning occasionally, until lightly charred.

Balinese Chicken Satay

Ingredients

3 shallot
3 or 4 garlic clove
25g root ginger, peeled
2 small red or 1 large plump red chilli
1 tbsp vegetable or groundnut oil
 $\frac{1}{2}$ tsp each ground turmeric, ground white pepper and ground coriander
 $\frac{1}{4}$ tsp ground nutmeg
pinch ground cloves
500g pkt minced chicken (or lamb)
2 fresh (or freeze dried) lime leaf cut into fine strips with scissors
1 tbsp unsweetened desiccated coconut grated seeded and finely chopped, or to Taste
4 eggs



Method:

Thinly slice then finely chop the shallots, garlic and ginger. Now finely chop the chilli, including the seeds.

This amount of chilli gives a spicy but not too fiery kick to the chicken satay, but discard the seeds if you don't like the heat.

Heat the oil in a frying pan over a low heat. Add the shallots, garlic, ginger and chillies and fry for 1-2 minutes just to soften.

Pour in a couple of tablespoons of water to soften, then stir in the spices (and freeze-dried lime leaves, if using) and fry for a minute.

Remove the pan from the heat, let the mixture cool down, blend to a paste with a pestle and mortar, using an up-and-down motion with the pestle. It will take several minutes to make a soft paste.

Mix the spice paste, the coconut and, if using, the shredded fresh lime leaves with the minced chicken. Season with salt.

Break off pieces of the mixture the size of a large walnut. For each, flatten into a round and lay a lemongrass stalk or wooden skewer in the centre. Mould around the bulbous end of the stalk (or skewer), working it so it goes about 8cm up it.

Rough up the surface a little with your fingers so that the meat is not completely smooth and has some texture, then set aside while you shape the rest of the skewers. Brush each skewer with extra oil.

Cook the skewers on a preheated BBQ, griddle pan or grill for 8-10 minutes, turning several times. Serve on banana leaves.

Thai Fish Cakes

Ingredients

400g pack frozen pollock fillets, thawed, dried and roughly chopped
1 egg
1 tbsp red Thai curry paste
2 tsp fish sauce
1 tbsp cornflour
zest and juice 1 lime
50g green beans, trimmed and finely sliced
2 tbsp sunflower oil
, for frying
3 tbsp sweet chilli dipping sauce



Method

Tip the fish into a food processor with the egg, curry paste, fish sauce and cornflour, then blitz until smooth.

Tip the mixture into a bowl and stir in the lime zest and green beans, then shape into 8 fish cakes.

Heat a little oil in a large non-stick frying pan, then cook the fish cakes (in batches) for a couple of mins each side until firm and cooked through.

While the fish cakes are cooking, stir the lime juice into the chilli sauce to make a dressing. Pile salad onto plates, top with the fish cakes and drizzle with a little dressing.

Pad Thai with Prawns

Ingredients:

250g udon noodle
2 tsp vegetable oil
100g peeled raw prawn
4 spring onion chopped
2 egg beaten
2 tbsp roasted peanut, chopped
small handful coriander leaves
lime wedges, to serve

For the sauce
2 tbsp tamarind paste
1 tbsp fish sauce
juice 1 lime
1 tbsp soft brown sugar

Method:

Boil the noodles in salted water for 3 mins until soft. Drain and rinse in cold water. To make the sauce, mix all the ingredients together in a small bowl. Heat a wok with half the oil. Add the prawns and spring onions, and cook, stirring quickly, for 1 min or until the prawns turn pink. Push to the side and add the remaining oil. Add the egg and let sit for 30 secs, then scramble until cooked. Add the noodles and sauce, and cook, stirring continuously, for 3 mins or until everything is hot. Serve the noodles with the peanuts and coriander sprinkled on top, and lime wedges for squeezing over.



Nasi Goreng (Indonesian Stir Fry Rice)

Ingredients

185g uncooked white rice
475ml water
1/2 tablespoon vegetable oil, for frying the egg
3 eggs, beaten
1/2 tablespoon vegetable oil, for stir frying
1 onion, chopped
1 leek, chopped
1 clove garlic, finely chopped
2 green chillies, chopped
225g boneless chicken breast fillets, cut into thin strips
225g raw king prawns, peeled and deveined
1 teaspoon ground coriander
1 teaspoon ground cumin
3 tablespoons sweet soy sauce

Method

Bring the rice and water to the boil in a saucepan over high heat. Reduce heat to medium-low, cover and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes. Spread onto a baking tray, and refrigerate until chilled. Heat a large non-stick frying pan over medium heat. Heat 1/2 tablespoon oil. Pour eggs into hot frying pan. Cook until the eggs begin to set, lifting up the edges of the set eggs to allow the uncooked egg to contact the hot pan, about 1 minute. Flip omelette in one piece and cook until fully set, about 30 seconds. Slice omelette into 1cm strips. Heat 1/2 tablespoon oil in a wok or large frying pan over high heat. Stir in the onion, leek, garlic and chillies. Cook, stirring, until onion is soft, 3 to 5 minutes. Stir in the chicken, prawns, coriander and cumin, mixing well. Cook and stir for approximately 5 minutes. Mix in the cold rice, sweet soy sauce and egg strips; cook until prawns are bright pink and chicken is no longer pink in the centre, 3 to 5 minutes.



Thai chicken broth (Tom ka ghai)

Ingredients

For the Thai paste

300g green Thai chillies
10g palm sugar
1 thumb-sized piece root ginger
6 garlic cloves
2 tablespoons sesame oil
1 stalk lemongrass
2 limes, juiced
30ml fish sauce

For the broth

5 shallots, chopped
1 chicken breast fillet, shredded
2 tablespoons Thai paste
100ml rice wine
1L chicken stock
1 red pepper, thinly sliced
50g rice noodles
2 shallots, thinly sliced
1 (5cm) piece leek, shredded
finely chopped coriander to taste
soy sauce, for serving
chilli flakes, for serving

About this recipe: Thai soups come in an amazing array of colours and spices. This recipe is easy to follow and can be changed to suit any palate from the heat of the chilli to the strength of the broth. In Thailand, an indispensable ingredient is a good Thai paste. We will incorporate this into the recipe. You'll start by putting your Thai paste together the day before to be used in an array of Thai food classics such as curries, broths and noodles. Refrigerate in an airtight container.

Thai Green Curry Paste

Ingredients:

4 large or 8 small green chillies
1 medium onion chopped
1 tablespoon chopped garlic
 $\frac{1}{2}$ cup chopped fresh coriander including stems and leaves
 $\frac{1}{4}$ cup finely chopped sliced lemon grass or thinly peeled rind of 1 lemon
1 tablespoon chopped galangal
2 teaspoons ground coriander
1 teaspoon black peppercorns
1 teaspoon ground turmeric
1 teaspoon dried shrimp paste

Remove stems and roughly chop chillies (if you want it hot leave the seeds in, milder – then remove them, put into an electric blender with remaining ingredients and puree. Add a little water if necessary to help blending.

Method

Ideally, the day before you make the broth, add all ingredients for the Thai paste to a hand blender and blend to a smooth paste.



Transfer into a saucepan, bring to the simmer and cook off the excess liquid. Store in a plastic container in the fridge. For the broth: Sweat off the 5 chopped shallots in a saucepan for 2 to 3 minutes. Add shredded chicken breast and Thai paste and continue to cook for a further 3 minutes before deglazing the pan with the rice wine. Next, pour over the chicken stock and bring to a simmer.

To serve: Add noodles to the boiling broth and cook for 2 minutes before adding the shredded vegetables and coriander. Serve with a good quality soy sauce and chilli flakes to be added to taste by each diner.

Thai Red Curry Paste

Ingredients:

4 to 6 dry red chillies
2 small brown onions chopped
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon salt
1 stem finely chopped sliced lemon grass or 2 teaspoons lemon rind
2 teaspoons chopped galangal
1 teaspoon black peppercorns
1 tablespoon chopped garlic
2 tablespoons chopped fresh coriander including stems and leaves
1 teaspoon ground turmeric
2 teaspoons paprika
2 teaspoons dried shrimp paste

Remove stems and roughly chop chillies (if you want it hot leave the seeds in, milder – then remove them, put into an electric blender with remaining ingredients and puree. Add a little water if necessary to help blending.