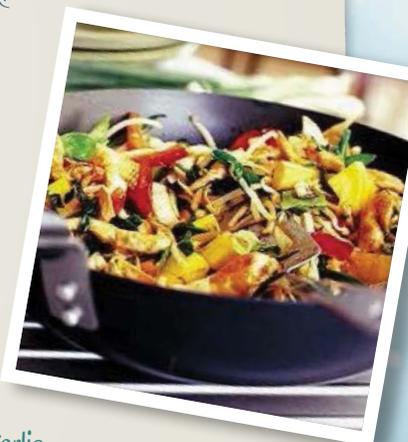


Recipe Cards

WINTER DEC, JAN & FEB



Chicken Stir Fry



Main Ingredients

- | | |
|---|-------------------------|
| x4 skinless boneless chicken breasts | x 1 red chilli |
| x 1 egg white | x 1 clove of garlic |
| x 1 tbsp corn flour, plus x 1 tsp extra | x 1 tbsp vegetable oil |
| 350g Thai fragrant rice | x 1 tbsp fish sauce |
| Thumb sized root of ginger | Juice of one lime |
| x 1 red pepper | Handful of basil leaves |
| x 1 shallot | |

Method

Velveting the chicken: (see food facts overleaf)

- Slice the chicken into bite-size pieces.
- Beat together the egg white and 1 tbsp. corn flour in a bowl.
- Tip in the chicken and coat with the mix.
- Marinate for 15-30 mins (don't place in the fridge or the mix will harden).
Now rinse the rice in a sieve under the cold tap until the water runs clear.

Making perfect rice:

- Drain the rice, tip into a pan with a lid and pour over 600ml water and a pinch of salt.
- Bring the water to the boil, then cook the rice uncovered for 10 mins or so until the water has almost boiled away and small craters appear.
- Cover with a lid, turn the heat down as low as it will go and cook for 10 mins more.



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Method



Getting the ingredients ready:

- Strip the ginger skin with a teaspoon and finely chop until you have 1 tbsp.
- Halve the pepper and trim off the stalk, inner pith and seeds.
- Cut into bite-size pieces. Peel the shallot and garlic clove, then thinly slice.
- Trim the ends off the chilli, if using, removing the seeds if you like it milder, and cut into thin slices.
- Remove the chicken from the egg marinade and pat dry with kitchen paper.

Foolproof stir-frying:

- Heat a wok and pour in 1 tbsp oil.
- Cook the chicken for 7-10 mins, tossing until just cooked - set aside.
- Pour in some more oil if you need to.
- Add the pepper and cook for 1 min, then cook the ginger, shallot and garlic for 1-2 mins more.
- Combine the fish sauce, lime juice, 50ml water and 1 tsp. corn flour.
- Tip into the wok, then add the chicken.
- Cook for 1 min, stir through the basil, then serve with the rice.



Food Facts...

Velveting is a technique used in Asian cooking for protecting delicate meats like chicken or fish. The light marinade of egg white and corn flour provides a protective coating when cooked, stopping meat from drying out. The coating also gives it a soft, velvety texture, hence the name.