# AIFA – Fitness Artificial Intelligence

LOGO

**Navigation**

**Div content wrapper**

**Aside left**

**List of links**

**Main Section**

**Article 1**

turkey-tonnato.jpg

## Turkey tonnato

Jamie Oliver

* This is my twist on a classic dish from the Italian region of Piedmont – it’s totally retro and really delicious http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

242 cal On hover – the nutrition description shows up information.

Carbs 0.6g

Sugar 0.4g

Fat 11.7g

Saturates 2.4g

Protein 33.3g

242 cal

Nutrition description:

Calories are simply a unit of energy. If you eat more than you use up, you might gain weight, or lose it if you don’t eat enough. The amount you need depends on your age. The average person calories per person per day is around 2,000.

Carbs 0.6g

Carbs are a great source of energy and excluding foods such as potatoes, bread, past and ceral. Carbs is necessary for your training activity, but try to make them all wholegrain.

Sugar 0.4g

Limit your sugar intake where is possible. Most the sugar concentrate in your visceral. To clear you mind: carbs are sugar but sugar are not carbs.

Fat 11.7g

We all need to eat a small amount of fat because it protects our organs and helps us grow. Indeed we need to be careful about how much fat you consume, because in higher levels it’s associate with weight gain, diabetes, cancer and heart disease.

Saturates 2.4g

Saturated fat most of the time is found in chicken skin, butter, cream and cheese, and sometimes in beef and pork. It is bad for your heart and cholesterol levels, try to void them.

Protein 33.3g

Protein helps our muscle to grow and repair also provides you a essential amino acids. When it comes to protein, try to eat leaner sources such as chicken breast and fish or non-meat sources as eggs, dairy, beans, nuts seeds, tofu, and pulses.

javaScript to show them

### Ingredients

* 4 fresh red chillies
* 4 anchovies
* 2 tablespoons small capers
* 1 tablespoon red wine vinegar
* 4 tablespoons extra virgin olive oil
* 2 tablespoons quality tinned tuna
* 2 heaped teaspoons light Hellmann’s Real Mayonnaise
* cayenne pepper
* 1 lemon
* sea salt
* freshly ground black pepper
* 800 g free-range cooked turkey breast, ask your butcher to slice it very finely for you
* 60 g rocket

### Cooking Direction

Get your butcher to very finely slice the cooked turkey breast for you – it'll save you a lot of time and trouble.  
  
Prick the chillies with a knife, then hold them over a direct flame on the hob (or place under the grill) for around 5 minutes, or until blackened and blistered all over, turning occasionally. Transfer to a bowl, cover with clingfilm and leave to cool for around 10 minutes.   
  
Halve the anchovies lengthways, then add to a bowl along with the capers, red wine vinegar and extra virgin olive oil. Scrape off and discard the blackened skin from the cooled chillies. Halve, deseed and finely slice them lengthways, then add to the bowl. Mix well.  
  
Mash the tuna in a pestle and mortar to a smooth, creamy paste. Stir in the mayo, a pinch of cayenne, a squeeze of lemon juice and roughly 1 tablespoon of the dressing from the anchovies and chillies. Taste and season with salt and pepper, if you think it needs it.  
  
Arrange the turkey slices on a large platter, then drizzle over the tuna-spiked mayo. Now it's time to get retro – lay over the anchovy fillets in neat vertical lines, then place the chillies horizontally on top so you've created a pattern, a bit like a checkerboard! Sprinkle over the capers and the rocket and drizzle over the remaining dressing. Finish with a sprinkling of cayenne and a good grating of lemon zest, then tuck in.

Video james oliver

<iframe width="560" height="315" src=https:"//www.youtube.com/embed/3Rn1jbA2eXM?list=UUpSgg\_ECBj25s9moCDfSTsA" frameborder="0" allowfullscreen></iframe>

ARTICLE 2

## Turkey salad & warm clementine dressing

**Jamie Oliver**

Calories 460

Carbs 10.3g

Sugar 7g

Fat 35.7g

Saturates 5.1g

Protein 26.7g

### Ingredients

* 2 banana shallots
* olive oil
* 2 clementines
* 2 tablespoons red wine vinegar
* sea salt
* freshly ground black pepper
* 250 g leftover free-range turkey
* 100 g mixed nuts and seeds, such as hazelnuts, pistachios or pumpkin seeds
* 50 g dried cranberries
* 1 teaspoon runny honey
* 2 red chicory
* 75 g watercress
* 75 g rocket
* 2 tablespoons low-fat natural yoghurt
* 1 pomegranate

### Cooking method

*For this recipe, you will need* [*250 g leftover free-range turkey.*](http://www.jamieoliver.com/recipes/turkey-recipes/turkey-salad-warm-clementine-dressing/)  
  
Peel and finely dice the shallots, then add to a small frying pan with a splash of olive oil and cook over a medium-low heat for around 5 minutes, or until golden and sticky. Finely grate in the zest from the clementines, then squeeze in the juice and cook for a further 5 minutes, or until reduced to a nice, syrupy consistency. Pour in the vinegar and 4 tablespoons of olive oil, season to taste, then reduce the heat to low and leave the to simmer until needed.  
  
Heat a lug of olive oil in a large non-stick frying pan over a medium-high heat. Shred and add the turkey (I use both the brown and white meat) and fry for around 5 minutes, or until crispy. Roughly bash the nuts and seeds in a pestle and mortar, then add to the pan with the cranberries and honey. Season with salt and pepper and cook for a further couple of minutes, or until sticky and caramelised.  
  
Meanwhile, trim the nice tops off the chicory, leaving them whole, then trim and finely slice the base. Place the chicory leaves onto a serving platter with the watercress and rocket. Drizzle over the warm clementine dressing, pile the sticky, caramelised turkey on top and spoon over the yoghurt. Halve a pomegranate, then hold one half cut-side down in your hand and bash the back with a spoon so the seeds fall over the salad. Serve and enjoy!

ARTICLE 3

## Gennaro’s turkey Milanese

# Jamie Oliver

Calories 763

Carbs 10.3g

Sugar 7g

Fat 35.7g

Saturates 5.1g

Protein 26.7g

### Ingredients

* 1 x 800 g free-range turkey breast
* 7 large free-range eggs
* 200 g fresh white breadcrumbs
* 100 g plain flour
* 100 g soft Italian cheese, such as fontina or scamorza
* 8 slices quality Parma ham
* olive oil
* truffle oil, (optional)
* 20 g Parmesan cheese, to serve

### Cooking Methods

Using a sharp knife, halve the turkey breast across the middle so it opens out like a book, then cut each piece in half so you end up with four equal-sized pieces.  
  
Place the turkey on a board, cover with a large piece of cling film and bash each piece to roughly ½cm thick. Beat three eggs in a bowl, then place the breadcrumbs and flour into two separate bowls. Dip a turkey breast in the flour, then shake off any excess and dip into the egg and roll in the breadcrumbs until well coated. Place onto a tray, then repeat with the remaining turkey.  
  
Slice the cheese into thin slices, then place onto the turkey, using your hands to stick it down. Layer over the Parma ham, pushing it down so it sticks, then coat each turkey breast in the flour, dip in the egg and coat in the breadcrumbs once more, then set aside.  
  
Heat a good lug of olive oil in a large non-stick frying pan over a medium heat. Add two turkey breasts and fry for 6 to 8 minutes, or until cooked through and golden, turning halfway. Transfer to a plate and repeat with the remaining turkey. Meanwhile, fry the remaining eggs in a large non-stick frying pan for 2 to 3 minutes for runny eggs. Divide the turkey between your plates, layer over the eggs and drizzle a little truffle oil on top, if using. Finish with a grating of Parmesan and serve with a nice watercress salad, if you like.

ARTICLE 4

## Turkey & sweet leek pie

Jamie Oliver

### http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgThis comforting pie with homemade gravy turns leftover turkey meat into a real crowd pleaser http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 589

Carbs 37.8g

Sugar 7.5g

Fat 26.3g

Saturates 13.7g

Protein 47g

* 2 rashers higher-welfare smoked streaky bacon, roughly chopped
* ½ bunch fresh thyme, leaves picked
* olive oil
* 2 kg leeks, washed, trimmed; white end chopped into chunks, green end finely sliced
* sea salt
* freshly ground black pepper
* 800 g cooked white turkey meat, torn into big chunks
* 2 heaped tablespoons plain flour, plus extra for dusting
* 2 pints organic turkey, chicken or vegetable stock
* 2 tablespoons crème fraîche
* 500 g puff pastry
* 12 jarred or vac-packed chesntnuts, roasted and peeled
* 2 sprigs of fresh sage, leaves picked
* 1 free-range egg, beaten

### Cooking Methods

*For this recipe, you will need* [*800 g cooked white turkey meat, torn into big chunks.*](http://www.jamieoliver.com/recipes/turkey-recipes/turkey-and-sweet-leek-pie/) *This is dead simple, completely versatile and absolutely gorgeous. It's not a pretty-boy pie; it's a proper, old-school pie that everyone will be over the moon to see on the table. I'm putting leftover white turkey meat to good use here, but you could also mix brown meat in there too.*   
  
Preheat your oven to 190°C/375°F/gas 5. Put your bacon in a large pan on a medium heat and add your thyme leaves. Add a lug of olive oil and let it all fry off a few minutes. Add all of your prepped leeks and fry them off for about 3 minutes. Add a pinch of salt and pepper then pop the lid on top, turn the heat down to medium and let them cook away gently for 30 minutes, stirring every 5 to 10 minutes to make sure they don't catch. There's going to be enough moisture in the leeks to keep them happy in the pan so they should be soft and melt in your mouth once they're done.  
  
When your leeks are ready, add the turkey meat to them and stir. If you've got a bit of stuffing mixed in there you can put that in too. Add the flour, mix it in well then pour in your stock and stir again. Add the crème fraîche then turn the heat up and bring everything back up to the boil. Have a taste and add a bit more salt and pepper if it needs it then turn the heat off. Pour the mixture through a sieve over another large empty pan and let the wonderful gravy from the mixture drip into the pan while you roll out your pastry.   
  
Get a deep baking dish roughly 22 x 30cm. Dust a clean surface and a rolling pin with a bit of flour and roll your pastry out so it's about double the size of your dish. Crumble the chestnuts over one half of the pastry then tear a few of the sage leaves over the chestnuts. Fold the other half of pastry on top then roll it out carefully and evenly so you have a rectangle big enough to cover your baking tray. Don't worry if a few bits stick out here and there.   
  
Spoon that thick leek mixture from your sieve into the pie dish and spread it out evenly. Lay your pastry on top, tuck the ends under then gently score the pastry diagonally with your knife. Add a pinch of salt to your beaten egg then paint this egg wash over the top of your pastry. Pop your pie in the oven for about 35 to 40 minutes or until the pastry is puffed up and golden brown. When the pie is ready, re-heat the lovely gravy and serve with your pie, along with some peas tossed in butter, lemon, salt and pepper and everyone's happy!

ARTICLE 5

## Gorgeous gado-gado

Jamie Oliver

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgTossed with the most incredible peanut dressing and served with crunchy prawn crackers, it’s a winning combo http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 505

Carbs 40.1g

Sugar 19.8g

Fat 27g

Saturates 5.3g

Protein 27.4g

### Ingredients

#### For the salad:

* 400 g new potatoes
* 4 large free-range eggs
* 400 g firm silken tofu
* sesame oil
* ½ Chinese cabbage
* 2 ripe tomatoes
* 1 handful of radishes
* ½ cucumber
* 2 handfuls beansprouts (ready to eat)
* ½ bunch of fresh coriander
* prawn crackers, optional
* 1 fresh bird's-eye chilli, optional

#### For the sauce:

* 1 clove of garlic
* 50 g palm sugar
* 120 g crunchy peanut butter
* 1–2 fresh red chillies
* juice of 2 limes
* 2 teaspoons fish sauce
* 1 tablespoon low-salt soy sauce
* 1 tablespoon tamarind paste

### Cooking Method

*This is a mega salad that has its roots in Sundanese cooking and has now become the typical street food of Jakarta in Indonesia. Gado-gado means medley or potpourri, which refers to all the different seasonal veggies and ingredients that are used, making it slightly different wherever you go and whatever the time of year. Tossed with the most incredible peanut dressing, which to be honest is more of a substantial sauce, and served with something crunchy on the side, such as prawn crackers, it's a winning combination.*  
  
Start by prepping all your salad ingredients. Scrub the potatoes and cook in boiling salted water for around 15 minutes, or until tender, then halve or slice up. Soft-boil the eggs for 6 minutes, or longer if you prefer them more cooked. Cut the tofu into 2½cm chunks and fry in a splash of sesame oil for around 15 minutes, or until golden, then sprinkle lightly with sea salt. Finely shred the cabbage if you want it raw or, if you'd rather cook it (which is traditional), cut it into 2cm slices, place in a colander and slowly pour a kettle of boiling water over the top. For me, this is the perfect amount of heat to soften the cabbage, but means you keep much of the delicious nutrients in there – feel free to apply this to any other seasonal greens you can find, too. Cut the tomatoes into wedges, quarter the radishes and slice the cucumber (I use my crinkle-cut knife – you should get one!). Season everything from a height with a little salt.  
  
Next, put all the sauce ingredients into a blender, peeling the garlic and grating in the palm sugar (if needed), then blitz until smooth. Have a taste and adjust the seasoning, making sure the acidity of the lime sings through, so tweak with more, if needed.  
  
Traditionally, you'd take a little bit of everything, put it into a bowl and pour the sauce over the top, which is a fine way to serve it. I like to do the reverse, because I feel that once you pour the sauce over you can't see the care and attention that has gone into the preparation of the ingredients. So I spoon the sauce between four bowls, spread it up around the sides, then divide the ingredients around the bowls, taking a bit of pride in making them look nice. Pick over a few coriander leaves, add the prawn crackers and some finely sliced fresh chilli (if using), then show everyone what a celebration of food this is by getting them to toss together their very own portion.

ARTICLE

## Mango & apricot pickle

Jamie Oliver

### http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgPoppadoms are great dipped in this mango chutney, or just dollop a bit on your favourite curry http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 505

Carbs 40.1g

Sugar 19.8g

Fat 27g

Saturates 5.3g

Protein 27.4g

### Ingredients

* 1 splash vegetable oil
* 1 clove garlic, finely sliced
* 1 pinch cumin seeds
* 2 tomatoes, peeled and chopped
* 2 tablespoons tamarind paste
* 1 ripe mango, peeled and diced
* 1 small handful dried apricots, torn or roughly chopped
* 1½ tablespoons brown sugar
* zest and juice of 1 lime

### Cooking Method

*This is much easier to make than you think – the tamarind is the secret, which is available in a lot of supermarkets these days. If you can't find it, leave it out and add the juice of the lime at the end.*  
  
Heat a stainless-steel saucepan and add a splash of vegetable oil. Fry the garlic until light brown, add the cumin seeds, the tomatoes, the tamarind paste, the mango chunks, the apricots and the brown sugar. Turn the heat down and simmer gently for about 15 minutes or so, or until the chutney reduces and thickens slightly.   
  
Taste and season with more salt, sugar or lime juice if necessary, and put to one side to cool. Add a little grated lime zest before serving.

ARTICLE

## Seafood cocktail

## With fresh white crab meat and prawns

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgThis delicious seafood salad is super easy to knock together – a brilliant dinner party starter http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 260

Carbs 7.1g

Sugar 5.3g

Fat 11g

Saturates 1.8g

Protein 28.2g

Ingredients

* 4 tablespoons low-fat mayonnaise, made with free-range eggs
* 2 tablespoons ketchup
* juice and finely grated zest of plus lemon wedges to serve 1 lemon
* a few drops Tabasco
* 1 splash Worcestershire sauce
* ½ small radicchio lettuce, shredded
* 2 little gem lettuces, leaves separated
* 200 g fresh white crab meat, from sustainable sources, ask your fishmonger
* 250 g large cooked and peeled prawns, from sustainable sources, ask your fishmonger
* 1 large punnet cress, snipped
* a few pinches paprika

Cooking Methods

Whisk the mayonnaise, tomato ketchup and lemon juice together, then stir in the Tabasco and Worcestershire sauce. Set aside.   
  
Divide the shredded radicchio between 4 small bowls or glass tumblers. Arrange the little gem lettuce leaves upright around the sides of each bowl or glass tumbler, then dived the crab meat and prawns between them. Finish with a few spoonfuls of the spicy mayonnaise, the lemon zest and a bunch of cress. Top with a sprinkle of paprika and a wedge of lemon to serve.

ARTICLE

## Beef kofta curry with fluffy rice, beans & peas

## Quick, easy and fragrant curry

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgCurries don't have to cook for ages, this aromatic beef curry is super quick and full of flavour http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 260

Carbs 7.1g

Sugar 5.3g

Fat 11g

Saturates 1.8g

Protein 28.2g

Ingredients

#### For the curry

* 1 x 250 g pack of ready-to-eat Puy lentils
* 1 heaped teaspoon garam masala
* 400 g quality lean beef mince olive oil
* 3 ripe tomatoes
* 1 thumb-sized piece of ginger
* 2 spring onions
* 1 fresh red chilli
* 1 bunch fresh coriander
* 1 teaspoon turmeric
* 1 teaspoon runny honey
* 2 heaped teaspoons Patak's rogan josh curry paste
* ½ x 400 g tin of light coconut milk
* 4 tablespoons fat-free natural yoghurt, to serve
* 1 lemon

#### For the rice

* 1 mug (300g) 10-minute wholegrain or basmati rice
* 5 cardamom pods
* 200 g green or yellow beans
* 200 g frozen peas
* 2 uncooked poppadoms

Cooking Method

Ingredients out • Kettle boiled • Large frying pan, high heat • Medium lidded casserole pan, high heat • Liquidizer  
  
START COOKING  
Put the lentils into a bowl with salt, pepper, the garam masala and mince, then mix and scrunch together with clean hands • Divide the mixture in half, then with wet hands quickly squeeze and mould each half into 6 fat fingers • Put them into the frying pan with 1 tablespoon of oil, turning when golden  
  
Put 1 mug of rice, 2 mugs of boiling water and the cardamom pods into the casserole pan, then halve and add the beans and put the lid on • Squash the tomatoes into the liquidizer, add the peeled ginger, trimmed spring onions, half the chilli, the coriander stalks, turmeric, honey, curry paste and coconut milk, then blitz until combined • Pour into the kofta pan, bring to the boil, then simmer and season to taste  
  
Take the lid off the rice, add the peas, mix it all up and give it just a few more minutes • Crack up the uncooked poppadoms and pop them in the microwave (800W) for a minute or two to puff up • Finely slice the remaining chilli and the coriander leaves and scatter them over the curry, dollop with yoghurt, then serve with lemon wedges, poppadoms and the rice, beans and peas

## Mint caipirinha fruit salad

## One for the grown-ups

* This boozy, fresh fruit salad is inspired by the one-and-only Brazilian caipirinha cocktail http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 154

Carbs 33.7g

Sugar 32.0g

Fat 0.5g

Saturates 0.1g

Protein 1.7g

Ingredients

* 1 bunch fresh mint, leaves picked
* finely grated zest and juice of 3 limes
* 4 tablespoons caster sugar, plus extra to taste
* Cachaça
* 1 ripe melon, deseeded and flesh scooped out with a spoon
* 1 ripe papaya, deseeded and flesh scooped out with a spoon
* 1 large handful fresh strawberries, hulled and halved lengthways
* 1 ripe mango, stoned and flesh scooped out with a spoon
* 1 pineapple, peeled, cored and cut into chunks

Cooking Method

*cachaça is a potent and popular Brazilian sugar cane liqueur. If your local offie doesn't stock it, substitute with equal parts of white tequila and white rum.*  
  
In a pestle and mortar, bash most of the mint leaves (reserving the remainder to decorate) with the finely grated lime zest. Add the sugar and a good lug of cachaça. Mix gently in the mortar and pestle, add the lime juice, taste and add more sugar if you think you need to.   
  
Toss the fruit together in a bowl with a little of the mint and lime mixture, then spread it all out on a big plate. Spoon the rest of the mint and lime mixture over the top. Decorate with the remaining mint before serving.

ARTICLE

## Fresh pineapple with crème fraîche & mint

## Perfect for summer

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgThis is one easy-peasy pineapple recipe and makes a deliciously light dessert at barbecues http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 143

Carbs 15.5g

Sugar 15.4g

Fat 8.0g

Saturates 5.4g

Protein 1.2g

Ingredients

* 1 small tub crème fraîche
* 1 vanilla pod, scored lengthways and seeds scraped out
* 1 pineapple
* icing sugar, for dusting
* 1 handful fresh mint, leaves picked and finely sliced

Cooking Method

Preheat your barbecue. Beat the crème fraîche with the seeds from the vanilla pod and put to one side.  
  
Cut the ends off the pineapple. Sit it on a board and cut off the skin in wide strips from top to bottom, making sure you cut out any woody eyes. Thinly slice the pineapple, and dust the slices with icing sugar.  
  
Make sure the bars of the barbecue are clean – especially if you've been cooking fish or meat beforehand – and drop the slices of pineapple on to it. Grill for about 30 seconds on each side then lift off with the tongs and transfer to a serving plate.  
  
Serve scattered with mint and a generous dollop of vanilla-flavoured crème fraîche.

ARTICLE

## Light & fluffy rice

## The perfect rice every time

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgThis foolproof, hassle-free way to cook rice will give you that light, fluffy texture you love http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 574

Carbs 126.2g

Sugar 0.0g

Fat 0.9g

Saturates 0.0g

Protein 14.1g

Ingredients

* sea salt
* 350 g basmati rice

Cooing Method

*This is my basic recipe for getting perfect rice every time. Have a go at mastering it – you'll be amazed at the light and fluffy results. Once you've got the hang of that, you can have a go at flavouring it - any flavouring you boil with the rice will infuse it with wonderful fragrances and flavours. So try boiling things like fresh herbs, a cinnamon stick, a few cardamom pods, a strip of lemon zest or even a green tea bag in the water with the rice. Doubling the amounts in the recipe will give you enough rice to serve 8-12 people.*  
  
Put a large pan of salted water on a high heat and bring to the boil. Rinse the rice in a colander under running water for about 1 minute, or until the water runs clear (this will stop the grains sticking together later). Add your rice to the boiling water and wait for the grains to start dancing around. From that point, boil for 5 minutes   
  
Drain the rice in a colander. Pour 2.5cm of water into the pan, put it back on the heat and bring it to the boil again, then turn down to a simmer. Cover the rice in the colander with foil or a lid. Place the colander on top of the pan of simmering water and let the rice steam over it for 8 to 10 minutes. Remove from the heat and if you're ready, serve immediately. If not, leave the foil or lid on and put aside until ready to serve – it should stay warm for about 20 minutes.

ARTICLE

## Barbecued chicken dim sum

## With an awesome fiery marinade

http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_left.jpgThese gorgeous steamed buns are delicious with leftover barbecued chicken http://jamieoliverprod.s3.amazonaws.com/_beta/recipes/images/quote_right.jpg

Calories 355

Carbs 47.9g

Sugar 4.7g

Fat 9.5g

Saturates 4.3g

Protein 18g

Ingredients

* 3 fresh chillies, (different colours)
* 4 spring onions
* 300 g cooked chicken
* ½ a small bunch fresh coriander
* 1cm piece of fresh ginger, peeled and finely grated
* 5 tablespoons barbecue sauce
* 1 lime
* 500 g self-raising flour, plus extra for dusting
* 400 ml light coconut milk, or semi skimmed milk
* sea salt
* 5 tablespoons sesame seeds, toasted
* hoisin sauce

Cooking Method

For this recipe, you will need [300 g cooked chicken.](http://www.jamieoliver.com/recipes/chicken-recipes/barbecued-chicken-dim-sum/)   
  
Halve and deseed the chillies, trim and halve the spring onions, then very finely slice the chillies and spring onions lengthways and place into a bowl of iced water until they curl. Put to one side.  
  
Shred the cooked chicken into a bowl. Finely slice the coriander (stalks and all) and add to the bowl, then mix in the grated ginger, barbecue sauce and a good squeeze of lime juice, then set aside.   
  
Place the flour, coconut milk or semi-skimmed milk and a good pinch salt into a food processor, then pulse a few times until you have a sticky dough. Transfer to a flour-dusted work surface and shape into a long sausage, adding a little more flour if it's too sticky. Cut into 16 equal-sized pieces, then flatten or roll each into circles (roughly ½ cm thick).  
  
Equally divide the chicken mixture between each of the 16 dough circles (you'll need roughly 1 heaped teaspoon of chicken per circle), making sure to leave a 2cm gap around the edges. Pull and fold the sides over the filling, pinching the edges together to seal. Place the dim sum balls, upside-down in double-layered, lightly greased muffin cases and divide between two bamboo steamer baskets.  
  
Place a wok on a high heat and fill with 2cm worth of boiling water. Once boiling, place the baskets on top of the wok and cover with a lid. Steam for 12 minutes or until light, fluffy and cooked through.  
  
Drain and scatter over the spring onions and chillies, sprinkle with toasted sesame seeds and serve with a bowl of lime-spiked hoisin sauce for dipping.

**ASIDE**

**SECTION TOP FOOD**

**Section Oliver videos**

## How To - Jamie's Perfect Winter Muesli

# <iframe width="560" height="315" src="https://www.youtube.com/embed/L0jx01GLEQg" frameborder="0" allowfullscreen></iframe>

## Tue 4th Dec 2012 13:01

Jamie whips up his super-healthy and super-tasty overnight muesli.

## How to Make Perfect Porridge - 5 Ways

<iframe width="560" height="315" src=http:"//www.youtube.com/embed/ywkEGKXk2cQ" frameborder="0" allowfullscreen></iframe>

Jamie Oliver

**Published on 19 Jan 2014**

Looking for how to make the perfect porridge? Then follow Jamie's own recipe for the ultimate breakfast winter warmer. Twist it up with his different toppings & flavours and you'll never get bored of this classic dish to start your day.

## Jamie's Ultimate Leftover Turkey Sandwich

<iframe width="560" height="315" src="https://www.youtube.com/embed/Jc8dThmo5T8" frameborder="0" allowfullscreen></iframe>

Jamie Oliver

**Published on 25 Dec 2013**

Check out this Turkey Banh Mi - the perfect recipe for the day after Christmas! Warm baguette, spread with pate, then filled with succulent leftover turkey meat, cooked in sweet chilli sauce. Topped with fresh pickle & flavoured mayonnaise, it's a delicious twist on classic Vietnamiese street food.

Section 15 minutes meal