

AYAM GORENG

INGREDIENTS

1.25 kg / 2.5 lb chicken thighs and drumsticks, bone in skin on

Toasted spices:

2 tsp coriander seeds
2 tsp cumin seeds
1 tsp fennel seeds

Ayam Goreng Curry Paste:

3 garlic cloves, roughly chopped
1 tbsp ginger, roughly chopped
1 tbsp galangal, roughly chopped
1 1/2 tsp curry powder (any type fine, mild or spicy – your choice)
1 lemongrass, white part only roughly chopped
1 tsp turmeric powder
2 small shallots, peeled and roughly chopped
1 tsp fine salt
1/2 tsp chilli powder, adjust to taste
2 tsp brown sugar
7 tbsp coconut milk

Cooking:

1/2 cup cornflour / cornstarch
1.75 litres oil

Garnish (optional):

1 tbsp garlic, minced (not too small, else it burns)
1 tbsp large red chilli (cayenne pepper), deseeded and minced
1 tbsp green onion, minced
Pinch of salt
Coriander/cilantro leaves

INSTRUCTIONS

Step 1: Toast spices: Toast spices in a small skillet over medium heat (no oil) for 2 minutes or until the spices smell fragrant. Transfer seeds into blender, small food processor OR into a tall jug that fits a stick blender.

Step 2: Add remaining Curry Paste ingredients and blend until smooth. Pour Curry Paste over chicken in a ziplock bag or bowl. Toss to coat, then marinate for 24 hours in the fridge, up to 48 hours.

Step 3: Dechill chicken: Remove chicken from fridge 30 minutes prior to cooking and transfer into a bowl (most marinade should be stuck to chicken).

Step 4: Cornflour coating: Add cornflour to chicken and toss to coat – it will thicken the paste, this is what makes the craggy coating.

Step 5: Pour oil into a wide, heavy based pot to a depth of 6 cm. Heat over medium high heat to 180°C – maintain temp as best you can

Step 6: Carefully place 3 pieces of chicken in, do not touch for 2 min (to let crust adhere). Oil temperature should drop to 150°C/300°C – increase heat if needed.

Step 7: Fry for 8 minutes (wings for 5 minutes), or until deep golden brown and internal temperature at thickest part is cooked through.

Keep warm: Place cooked chicken onto rack and keep warm in oven. Cook remaining chicken.

Serve immediately, sprinkled with coriander and garlic-chilli garnish, if using.

GARNISH:

Heat 3 tbsp oil in a small skillet over medium heat. Add garlic and chilli, cook until garlic is starting to go light golden. Then add green onion and cook until garlic is golden. Drain on paper towels, sprinkle with salt. Cool then sprinkle on chicken.

THE COOKERY

by The Secret Jozi Chef