

Khao Soi (Yellow Chicken Curry): a dish from Burma/Myanmar



Ingredients:

Chicken breast or thighs
1 teaspoon of sugar
250ml coconut cream
400ml coconut milk
2 tablespoons of fish sauce
1 tablespoon canola oil
300g egg noodles (optional)

Yellow Curry Paste

1 medium red onion
8 garlic cloves
1 teaspoon turmeric
4cm piece of ginger

Spice Mix

1 tablespoons Corriander seeds
1 tablespoons cumin seeds
1 tablespoons fennel seeds
½ teaspoon peppercorns
2 tablespoons sea salt

Method:

1. Dice chicken into bite size pieces and set aside.
2. Place coconut cream in a saucepan and heat (with a high temperature) until the coconut and the oil in the coconut milk split (you will know when this happens as you will see oily pools on top of the white milk).

To make the Yellow Curry Paste

3. Peel and chop the red onion.
4. Peel and chop to garlic.
5. Peel and chop the ginger.
6. In a heavy based pan or wok mix these ingredients with the canola oil and turmeric. Stir until coloured and soft. Add a little hot water to this mix when they are looking cooked to slow down the cooking process and caramelise these ingredients (which will give the finished curry depth and added flavour).
7. When the hot water has evaporated or melted into the curry paste mix, stir in the chicken pieces and stir regularly.
8. When chicken pieces have taken on the colour of the yellow curry paste and are looking cooked, add the coconut milk.
9. Then, when the coconut cream has split, add this to the chicken and curry paste mix. Stir this dish.

To make the spice mix

10. Wet the cumin, coriander, cumin and fennel, then drain and dry-roast slowly in a small pan on the stove top (do not burn). These spices should be fragrant when ready to remove from the heat.
11. Set this mix aside to cook and then blend in a food process or grind by hand using a mortar and pestle.
12. Pass this powdered spice mix in a fine mesh sieve.
13. Stir the remaining fine powder into the chicken and coconut milk/cream mix.
14. Add the egg noodles (make sure they have been pre-cooked)
15. Let the whole meal cook together for 15 minutes.
16. Prepare some steamed basmati rice to eat with this dish.

