

Thai-style chicken and rice

By Palisa Anderson

1 hour, plus resting and soaking time

Preparation Time

2 hours 30 minutes

Cooking Time

6 (as part of a Thai banquet)

Serves



INGREDIENTS

Chicken

1.3 kg free-range organic chicken
½ tsp salt flakes

Chicken stock

5 pandan leaves, knotted into a knot
2 lemongrass stalks, lightly crushed
2 coriander roots, lightly crushed
10 cm piece mature ginger (50 g), cut into 2 cm rounds, lightly crushed
1 tbsp salt flakes
1 ¼ litres (5 cups) water

Rice

10 garlic cloves, peeled
10 cm piece mature ginger (50 g), peeled and cut into 2 cm rounds, lightly crushed
4 cm piece mature galangal (20 g)
3 coriander roots, peeled and cut into 2 cm rounds, lightly crushed
100 g (½ cup) glutinous sticky rice, washed and soaked for 2 hours
300 g (1 ½ cups) jasmine rice, washed and soaked for 2 hours
5 pandan leaves, tied into a knot

Poached chicken and soup

125 ml (½ cup) Chinese cooking wine
1 tbsp salt flakes
1 tbsp light soy sauce

Khao mun gai sauce

1 tbsp salt flakes
½ tsp white peppercorns
6 garlic cloves, peeled and flattened
6 cm piece mature galangal (30 g), roughly chopped
8 cm piece mature ginger (40 g), peeled and roughly chopped
1-2 small red chillies, roughly chopped
4 coriander roots, roughly chopped
20 g palm sugar
1 ½ tbsp salted yellow beans
1 ½ tbsp sweet dark soy sauce
1 ½ tbsp rice vinegar
2 tbsp oyster sauce
1 lime, juiced

To serve

2 tsp cold-pressed sesame oil
2 cucumbers, cut on an angle
2 limes, cut into wedges
2 long red chillies pureed with ¼ cup rice vinegar
2 spring onions, thinly sliced
Coriander leaves

METHOD

Chicken

1. Debone the chicken into drumsticks, thighs, wings and breast, reserve the neck and any excess skin and set aside. Remove the bone from the thigh. Keep the skin on the chicken pieces.
2. Sprinkle the salt on the chicken pieces and place it back in the fridge while you make the stock.

Chicken stock

1. Place the chicken bones, wings, neck and stock ingredients into a 4-litre pot and cover with the water.
2. Bring the stock to the boil on medium heat, induction setting 6 then reduce to low, induction setting 3 and simmer, covered, for 2 hours.

Rice

1. Roughly chop the reserved chicken skin.
2. Place the chopped chicken skin into a medium saucepan. Heat on medium heat, induction setting 5 for 5 minutes.
3. Once the fat has been released from the skin and the skin starts to turn golden brown, add the garlic cloves. Continue to cook for 8 minutes, or until the garlic browns.
4. Add the ginger, galangal and coriander root and reduce the heat to medium-low, induction setting 4 and cook for another 2 minutes.
5. Place the rendered skin mixture into an unperforated steam container with the rice, pandan leaves and 2 cups of the stock. Combine well, stirring carefully without breaking the rice grains.
6. Place into the steam oven and Steam at 100°C for 15 minutes.

Poached chicken and soup

1. Place the remaining stock into another unperforated steam container and add the chicken pieces, Chinese cooking wine, salt and light soy sauce.
2. Place into the steam oven and Steam at 100°C for 15 minutes, along with the rice.
3. Remove the chicken from the stock and cool in a bowl of cold water briefly to firm the skin.
4. Reserve the cooking liquid for the soup.

Khao mun gai sauce

1. Using a mortar and pestle, pound the salt and white peppercorns then slowly add the garlic, galangal, ginger, chilli and coriander roots. Pound until well incorporated and is the texture of a fine paste.
2. Add the palm sugar and pound until well mixed through.
3. Stir through the salted yellow beans, sweet dark soy sauce, rice vinegar, oyster sauce and lime juice.

To serve

1. Slice the chicken thinly and leave the drumstick whole. Drizzle the chicken with the sesame oil.
2. Serve the rice with the chicken, soup, sauce, cucumber, lime wedges and the combined chilli and vinegar.
3. Garnish the soup with spring onions and coriander.

Hints and tips

- You can also ask your butcher to cut up the chicken for you, if you don't feel confident doing it yourself at home. Although Palisa highly recommends giving it a go!
- This dish is an investment of time to make at home, but your diners will thank you for it every time.