FOODIE CITY WARSAW

JAPANESE CHICKEN CURRY – RECIPE

4 servings

INGREDIENTS:

CURRY:

- 600 g — boneless, skinless chicken thighs
- 4.5 g — salt
- 0.75 g — black pepper
- 15 g — plain flour for dusting the chicken
- 30 ml — oil
- 150 g — onion
- 9 g — garlic
- 9 g — fresh ginger
- 150 g — carrot
- 225 g — potatoes
- 75 g — apple
- 525 ml — chicken stock
- extra hot water to adjust the sauce
- 15 g — soy sauce
- 6 g — sugar
- 60 g — frozen peas

CURRY ROUX:

- 30 g — butter
- 30 g — plain flour
- 9 g — curry powder
- 1.5 g — garam masala
- 0.3 g — cinnamon
- 0.75 g each — garlic granules and onion powder
- 9 g — soy sauce
- 6 g — honey
- 30 g — grated apple
- 15 g — ketchup

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RICE:

- 240 g — jasmine rice
- 360 ml — water
- 2 g — salt

SLAW:

- 300 g — white or red cabbage
- 1 — lime, juice to taste
- 19 ml — rice vinegar
- 7.5 g — sugar
- 2.5 g — salt
- 10 ml — sesame oil

METHOD:

CURRY:

- Peel the vegetables.
- Slice the onion, cut the carrot into half-moons and the potatoes into roughly 2 cm cubes.
- Finely chop the garlic and ginger and grate the apple.
- Keep the apple and soy sauce portions for the roux separate.
- Pat the chicken dry, cut into 2–3 cm pieces, season with salt and pepper and dust with the flour for the meat.
- Do not wash raw chicken; use a separate board and utensils.
- Heat the oil in a wide pot, brown the chicken in batches and transfer to a clean tray.
- Soften the onion in the same pot, add the garlic and ginger, then the carrot and apple intended for the curry.
- Add the stock and scrape up the browned bits.
- Return the chicken and add the potatoes, soy sauce and sugar.
- Simmer gently for about 20–25 minutes until the vegetables are tender and the chicken is cooked.
- The thickest pieces must reach at least 75°C in the centre for 30 seconds.
- Melt the butter in a small saucepan, add the roux flour and cook, stirring, for 3–5 minutes until lightly golden.
- Lower the heat, add the dry spices and stir for 20–30 seconds.
- Add the ketchup, honey and reserved apple and soy sauce.
- Gradually whisk in hot liquid from the curry pot until smooth.
- Stir into the curry and simmer for 5–10 minutes, stirring frequently.

- Add the peas and cook for about 3 minutes.
- Add hot water if the sauce is too thick.
- Taste and adjust: it should be thick but easy to ladle.

RICE IN A SAUCEPAN:

- Rinse the rice thoroughly and drain.
- Put in a heavy-based saucepan with 360 ml water and the salt.
- The ratio is 1 g dry rice to 1.5 ml water.
- Bring to a boil, stir once, cover tightly and reduce the heat to its lowest setting.
- Cook for about 12 minutes without lifting the lid, taking account of the packet instructions.
- Turn off the heat and leave covered for 10 minutes.
- Fluff with a fork.
- If still hard and dry, add a little boiling water and cook covered for a little longer.

SLAW AND SERVING:

- Finely shred the cabbage and briefly massage with the salt.
- Mix the vinegar, sugar, sesame oil and lime juice, adding the juice to taste.
- Toss with the cabbage and chill.
- Serve the rice, curry and cold slaw together on plates and eat immediately.

NOTES:

- Use a precision scale for small spice quantities. 0.3 g cinnamon is a small pinch.
- For buffet service, keep hot curry and rice separately in preheated chafing dishes at or above 63°C.
- Serve the slaw cold.
- A chafing dish maintains temperature.

ENJOY!