



# Saucy Chicken

The savvy shopper can save a bundle in grocery bills. Beside buying house brands and economy packs and looking out for special offers, you should consider frozen meat. The benefits of frozen meat are many - It's cheaper than chilled meat and tastes great. Our dishes made with frozen chicken turned out moist and tender.



## Frozen versus Chilled

Freezing and frozen storage is the best method of extending the shelf life of meat; keeping its freshness, taste, nutrition value and quality. The freshness of frozen meat can be maintained for up to six months to a year under proper storage conditions while unrefrigerated meat can go stale and spoil within a day.

## AYAM TEMPRA

(CHICKEN IN SPICY SOYA SAUCE)

Serves 4-6

- 12 frozen chicken wings
- 2 large onions, sliced
- 4 green chillies, sliced
- 4 red chillies, sliced
- 2 cloves garlic, sliced
- 1 large tomato, cut into 8 wedges
- 5-6 limes
- 1 tbsp sugar, or more to taste
- 4-5 tbsps dark soya sauce
- 3 tbsps cooking oil

### METHOD

- 1 Discard chicken wing tips. Chop each wing into three bite size pieces. Season with ½ teaspoon salt and a few dashes of ground pepper. Set aside for about 10 minutes.
- 2 Heat oil in a medium wok and fry sliced onion and garlic till soft. Add red and green chillies and chicken. Fry for 2 minutes.
- 3 Add dark soya sauce and sugar, mix well. Cover wok and leave to cook for about 8 minutes.
- 4 Add tomato and about ¼ teaspoon of salt. Squeeze lime juice over chicken. Toss and taste, adding a little more sugar or salt if necessary.
- 5 Serve hot with porridge or rice.



## CLAYPOT CHICKEN RICE

Serves 4

- 10 frozen chicken wings
- 4 cups long grain rice
- 1 Chinese sausage, sliced (optional)
- 6 dried mushrooms, softened in water for 10 minutes
- 100 g mustard greens (chye sim)
- 1-2 red chillies, sliced
- ½ cup dark soya sauce
- 2 tbsps shallot oil

Seasoning: 2 ½ tbsps cooking wine  
2 tps sugar  
¼ tsp salt  
⅓ tsp ground pepper

### METHOD

- 1 Discard chicken wing tips and cut each wing into three bite size pieces. Marinate chicken with the seasoning ingredients and set aside.
- 2 Rinse rice and put in a large claypot, add 5 ½ cups water and bring to boil over medium heat.
- 3 Arrange marinated chicken on rice and cover casserole. Leave to cook for about 5 minutes. Reduce heat to low and cook till dry. (It is ready when there's a slight burnt fragrance.)
- 4 Clean and cut mustard greens into 4 cm lengths. Blanch in boiling water. Drain well and set aside.
- 5 Fry sliced sausage in 2 tablespoons cooking oil until slightly brown.
- 6 Squeeze excess water from mushrooms and halve.
- 7 Dry softened salted fish and cut into 1 cm pieces.
- 8 Add mushrooms and salted fish to fried sausage in pan. Cook briefly. Scatter blanched mustard greens, sausage, mushrooms and salted fish over chicken and rice.
- 9 Combine shallot oil and ¾ of the black soya sauce. Pour over rice. Mix well and serve with sliced red chillies and the remaining black soya sauce.

### TIPS from the Agri-Food & Veterinary Authority of Singapore

**When BUYING** – look for packs in a hard frozen state with packages that are not torn, crushed, juice-stained or with excessive ice crystals. Pick frozen meat up just before paying, and head home immediately, preferably with meat in an insulated bag.

**When STORING** – Store in your home freezer at -18° C with space between items to allow air circulation around them. Keep tabs of what you have in your freezer, and use older items first.

**When THAWING** – Thaw without opening the package to prevent contamination, dehydration or absorption of foreign flavors. Thaw just what you need. Thaw in the chiller compartment of your fridge (overnight) or microwave oven (3-5 mins). Don't refreeze meat that has been thawed. Instead, leave thawed meat in the chiller and use within two days.

