

Spicy Chicken with Tomato Puree

Recipe by DJ Jian Wen (FM 100.3)

Ingredients:

chicken	400 g (cut)
onion	150 g (cut)
tomato	3 (cut)
tomato purees	80 g
nutmeg	3 pcs
cinnamon	1 (small)
green peas	100 g
sunflower oil	100 g

Soy milk: (mix well and sieve)

soybean powder – 4 tbsp, water – 150 ml

Chilli mixture: (grind into paste)

red chilli – 6 pcs, shallot – 50 g, garlic – 15 g, ginger – 15 g, belacan – 10 g, cumin powder – 1 tbsp, white pepper powder – 1 tsp

Seasoning:

salt – ½ tsp, granulated sugar – 1 tsp, chicken powder – 1 tsp

Method:

1. Fry cinnamon and nutmeg in sunflower oil till fragrant.
2. Add in chilli mixture to fry until done, add in chicken pieces and mix well.
3. Add in onion, tomato, purees, seasoning and soy milk and cook till chicken is done.
4. Add in green peas and cook for another 2 minutes.

茄汁香辣鸡

材料:

鸡肉	400克(切块)
大葱	150克(切块)
蕃茄	3粒(切块)
浓茄汁	80克
小豆蔻	3粒
桂皮	1小块
青豆	100克
向日葵油	100克

豆浆: 一起拌均匀, 再过滤

保龄纯黄豆粉 – 4汤匙, 清水 – 150毫升

辣椒料:

红辣椒 – 6条, 小葱头 – 50克, 蒜头 – 15克, 生姜 – 15克, 芭拉煎 – 10克, 芫茜粉 – 1汤匙, 白仁丹粉 – 1茶匙.

调味:

盐 – ½茶匙, 太古天然甘香砂糖 – 1茶匙, 鸡精粉 – 1茶匙.

做法:

1. 先将辣椒料磨幼.
2. 镬烧热, 用向日葵油先炒香桂皮, 小豆蔻,
3. 再加入辣椒料炒香; 加入鸡肉炒匀.
4. 加入大葱, 蕃茄, 茄汁, 调味料及保龄纯黄豆浆煮到鸡熟.
5. 加入青豆, 再煮两分钟即可.

*白仁丹粉 = 小茴香粉

