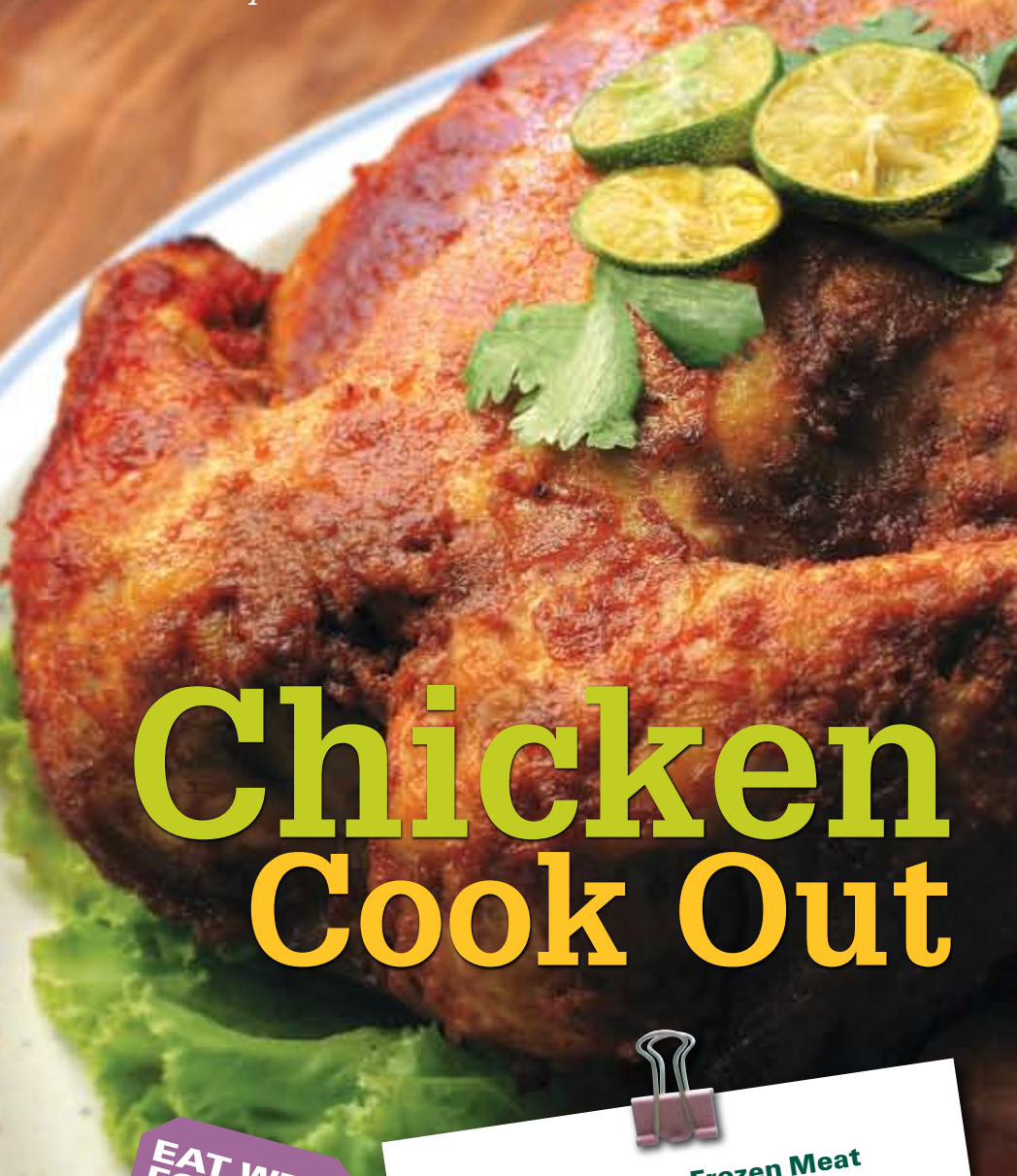


Spice up National Day with a barbecue. Marinate frozen meat a day ahead, and let diners grill their own satay. For the roast, if your bbq doesn't come with a spit, roast chicken at home, wrap in foil and re-heat on coals when ready to serve. A balmy breeze, the fragrance of barbecued food, and fireworks ... what could be a more perfect end to Singapore's 43rd birthday!



Chicken Cook Out

SAMBAL ROAST CHICKEN

Serves : 5
Prep : 15 mins
Roast : 35 mins in total

One 1 kg frozen chicken

1 1/2 tpsps salt
1/2 tsp sugar
100 ml coconut

GRIND FOR MARINADE:

15 dried chillies
5 buah keras (candlenuts)
2 large onions
5 cloves garlic
2 stalks lemongrass
2 galangal (langkuas) slices

METHOD

- 1 Clean chicken. Coat with marinade overnight or for at least five hours.
- 2 Set aside leftover marinade. Microwave chicken for 15 mins on High, remove every 5 mins and brush with coconut milk.
- 3 Fry leftover marinade till fragrant. Add salt and sugar to taste.
- 4 Remove from microwave oven and roast in oven or turbo broiler for 20 mins.
- 5 Serve with extra marinade, tomato slices and lettuce.



CHICKEN SATAY

Serves : 4
Prep : 10 mins
Grill : 20 mins

500 g frozen chicken meat (mix breast and thigh)

GRIND FOR MARINADE:

2 tpsps coriander powder
1 tsp cumin
1/2 tsp fennel seeds
2 medium onions
5 cloves garlic
3 slices galangal (langkuas)
2 slices ginger
1/2 tsp turmeric powder
1 stalk lemongrass
4 tpsps tamarind water (from fishball sized tamarind lump soaked in 1/4 cup water)

GARNISH:

1 onion, quartered
1 cucumber, cut into chunks

GRIND FOR SAUCE

(prepare ahead and bottle for your barbi):

7 dried chillies
1 stalk lemongrass
3 slices galangal (langkuas)
1 tbsp coriander powder
4 buah keras (candlenuts)
50 ml tamarind water
1 tbsp sugar
1 tsp salt

3 tpsps vegetable oil
3 tpsps creamy peanut butter
1/4 cup coconut milk

METHOD

- 1 Cut chicken into bite sizes. Marinate overnight.
- 2 Thread chicken pieces on satay sticks and grill, turning after 10 mins. Be careful not to overcook or chicken will be chewy.
- 3 Fry ground sauce ingredients until fragrant. Quickly stir in peanut butter and coconut milk, and turn off flame.
- 4 Serve with lontong rice, cucumber and onions.



Why Choose Frozen Meat

Freezing and frozen storage is the best method of extending the shelf life of meat; keeping its freshness, taste, nutrition value and quality. Under proper storage conditions, the freshness of frozen meat can be maintained whereas unrefrigerated meat can go stale and spoil within a day.



Thawing tips

- Do not refreeze meat that has completely thawed as the quality of the meat may deteriorate and lead to food poisoning.
- Thaw only the amount required.
- Instead of freezing unused portions, keep them chilled for up to two days. Or cook them extra first then store chilled or frozen till the next meal.

