

Curry Chicken with Hot Sweet Peppers Recipe

Ingredients: Serves 4-6

24 okra pods
One 1.5kg chicken

Sauce:

½ large red capsicum, seeds and ribs discarded, minced
2 tablespoons hot chili oil
¼ cup vegetable oil
½ cup peeled and minced red onion
½ cup peeled and minced white onion
3 tablespoons peeled and minced garlic
1½ tablespoons minced lemongrass (use the peeled, tender bulb end only)
1½ tablespoons peeled and minced galangal
1 tablespoon peeled and minced fresh ginger
3 kaffir lime leaves, optional
¼ cup meat curry powder
2 cups Chicken stock or canned chicken broth
¼ cup ketchup
½ tablespoon sugar
2 whole star anise
1 teaspoon salt
One 300g can of coconut milk (regular or light)

Method:

Trim the stem ends and tips from the okra. Place the okra in a medium bowl and add cold water to cover. Set aside. Bring a large pot of water to a boil over high heat. Using a cleaver, cut the wings, thighs and drumsticks from the chicken. Chop off and discard the wing tips; then chop the wings in half through the joint. Chop each thigh and drumstick in half. Chop the carcass in half lengthwise, then chop it into 16 pieces, each about 1½ by 2 inches. Add the chicken to the water and return the water to a boil. Remove from the heat, cover and let stand for 10 minutes while you prepare the sauce. This will cook the chicken by about 40 percent. To begin the sauce, mix the red capsicum with the hot chili oil in a small bowl to combine. Set it aside. Heat a large wok over high heat. Add the vegetable oil and heat until it is shimmering but not smoking. Add the red and white onions, garlic, lemongrass, galangal, ginger and optional lime leaves and stir-fry until the onions soften around the edges, about 30 seconds. Add the red capsicum mixture and stir continuously over medium-high heat until the sauce turns red, about 7 minutes. It should simmer and gently bubble. If you have to stop to attend to something else, turn off the heat. Meanwhile, bring a medium saucepan of water to a boil over high heat. Drain the okra and add it to the saucepan. Cook until tender, about 5 minutes. Drain. Return to the sauce, and if you had turned off the heat, bring the sauce back to a simmer. Add the curry powder, then the stock, ketchup, sugar, star anise and salt, and stir fry for 30 seconds. Drain the chicken and add it to the wok. Stir in the coconut milk and bring the sauce to a simmer. Cook until the chicken shows no pink when it is pierced at the bone, 10 minutes. During the last minute, add the okra. Remove the star anise and lime leaves, if using and serve immediately.