

Gai Yang Recipe

(Thai Recipe)

Ingredients: Serves 4-6

8 chicken legs or thighs

For the marinade:

10 cloves garlic, peeled and coarsely chopped

3 stalks lemongrass, white part only, peeled and coarsely chopped

2 scallions (green onions), finely chopped

2 tablespoons fish sauce

2 tablespoons fresh calamansi juice

2 tablespoons dry white wine

½ cup (4 fl oz/125 ml) coconut milk

1 tablespoon Asian (toasted) sesame oil

½ teaspoon freshly ground black pepper

Method:

To make marinade: In a mortar, combine garlic and lemongrass and pound to a coarse paste with a pestle. Or, thinly slice, then chop together to a coarse paste with a cleaver or chef's knife. Stir in all remaining marinade ingredients. Arrange chicken legs in one layer in a shallow dish. Pour over the marinade, and gently shake chicken to coat. Let stand at room temperature for 2 hours, or cover and refrigerate overnight, turning pieces several times. If refrigerated, let chicken stand at room temperature for 30 minutes before cooking. Light a fire in a charcoal grill. Wipe marinade from chicken and grill, turning occasionally, until golden on all sides and juices run clear when chicken is pierced, 20-30 minutes. Alternatively, cook chicken pieces under a broiler (grill). Lay chicken about 10 inches (25 cm) from the flame and cook, turning occasionally, until golden on all sides and juices run clear when chicken is pierced, 20-30 minutes.

Note: Traditionally, this dish is made with whole spatchcock chickens that have been butterflied, by splitting down the backbone and flattening. Broil (grill), skin-side down, for 10-15 minutes, then turn and broil, skin-side up, for 10 minutes. After cooking, cut chicken with a cleaver, through the bones, into smaller pieces. You may also use chicken halves.