



Posted on 15 October 2012
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España Chicken

Ingredients

4 chicken breasts - sliced
1/2 cup red bell pepper - sliced
1 tbs oil
1 tbsp cornflour
4 tbsp coconut milk powder
2 tsp tomato purée
2 tbsp mixed spice curry powder (recipe below)
1/2 tsp allspice powder (recipe below)
1 large tin pineapple slices in syrup - save the syrup
1/2 tsp honey
1 1/4 cup water - boiling
1/4 tsp salt
MIXED SPICE CURRY POWDER
Blend all the ingredients below and store in an airtight container...
2 tbsp coriander seeds
1 tbsp cumin seed
3/4 tbsp fennel seed
1/2 tbsp chili powder
1/2 tsp turmeric powder
1/4 tsp clove
1/4 tsp cinnamon
1/4 tsp cardamom
1/4 tsp pepper

ALLSPICE POWDER
Mix all the ingredients together and store in an airtight container...
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground cloves

Preparation

- 1 Heat some oil in a large pan and fry the chicken breast slices till they turn golden brown.
- 2 Then add the Malaysian curry powder and gently fry for around 2 minutes.
- 3 At the side, in a cup, blend the cornflour and pineapple syrup.
- 4 After that add the mixture to the pan and lightly mix it together with the chicken.
- 5 Then pour in the allspice powder, honey, pineapple pieces and tomato purée.
- 6 Stir this around for a few minutes.
- 7 Then lower the heat and add in the coconut milk (made from the coconut milk powder).
- 8 Gently stir and cover.
- 9 Let the dish cook for 25 minutes - allowing the chicken to infuse with the sauce mix.
- 10 Then uncover the pan, and throw in the sliced red bell pepper and some salt.
- 11 Allow this to simmer for another 5 minutes.
- 12 Tastes best when eaten with sliced bread or rice.

Cooks Note

