re.garum

RECIPE BOOK · MEAT & FISH

25 min | 4 servings | Gluten-free

Chicken curry

The chicken cooks with the heat off – and stays incredibly tender.



INGREDIENTS

- 500 g chicken breast
- 1 large onion
- 1 garlic clove
- 15 g fresh ginger
- 400 ml coconut milk
- 200 ml water
- 15 g yellow curry paste (red for more heat)
- 10 g cornstarch
- 65 g re.garum Chicken
- fresh coriander and lime

METHOD

1. Chop the onion, slice the garlic, dice the ginger. Fry over a high heat until golden. (5 min)
2. Add the coconut milk, curry paste and water. Bring to the boil and let it bubble. (5 min)
3. Dissolve the starch in a little cold water and stir it in gradually until the sauce is creamy.
4. Take off the heat and stir in the re.garum Chicken.
5. Cut the chicken into pieces, add to the hot sauce, cover and turn off the heat. Let it cook like that. (10 min)
6. Check the chicken is cooked through and serve with rice, coriander and lime.

Our tip: The secret is the heat off: the chicken cooks gently in the hot sauce and never turns dry.

Chef version: Marinate the diced chicken with 6% re.garum Chicken for 1 hour. Batch and blast-chill the sauce base; to order, bring to 85 °C, add the chicken, lid on, 8 minutes off the heat (core 68–70 °C).

re.garum Chicken

Cook smarter, not harder.

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