



WORLD KITCHEN

SERIES 4 RECIPES

EPISODE 8: MALAYSIA - PENANG



CHICKEN CURRY LAKSA

Lovely laksa! Served throughout Malaysia, this curried noodle soup is a winner in hot or cold weather.

Serves 4

Ingredients

100g dried thin egg noodles
100g rice vermicelli
2 tbsp cooking oil
2 cups chicken or vegetable stock
1 stalk lemongrass, smashed
2 Tegel chicken breasts, skinless & boneless, chopped into cubes
400ml coconut milk
Salt to taste
8 prawns, shelled
Juice 1 lime
Garnishes – mint leaves, bean sprouts, coriander

Paste:

1 - 2 red chillies, de-seeded & chopped•
6 cloves garlic
6cm piece fresh ginger, peeled and chopped
4 - 5 shallots
½ tsp salt
1 tbsp coriander seeds
2 tsp turmeric
½ tsp shrimp oil paste
2 tbsp cooking oil

Method

Boil egg noodles in salted water until tender, drain and set aside. Cook vermicelli by soaking in boiling water for 3 - 4 minutes. Drain and set aside.
Grind paste ingredients until smooth. Heat oil in large pot and fry paste until fragrant and beginning to brown. Add stock, lemongrass, chicken and coconut milk, bring to a simmer, cook for 10 minutes. Add prawns and simmer until prawns and chicken are cooked though. Salt to taste. Add lime juice.

Divide noodles and vermicelli evenly into 4 bowls. Spoon chicken and prawns into each, then pour hot laksa broth over and garnish.



EASY ROTI (FLATBREAD) SERVED WITH CONDENSED MILK

Once you master the art of making these flatbreads you'll never go back to store-bought! They're easy and fun to make and this basic recipe can be used for sweet or savoury roti.

Makes 10-12

Ingredients

3 cups flour

1 teaspoon salt

1 cup water

½ egg, whisked

2 tablespoons butter, ghee or oil

Extra oil – rice bran oil

Sweetened condensed milk

Method

In a large bowl, combine the flour and salt. Add water and egg and mix until a dough forms, then turn out and knead for 5 -10 minutes until smooth and like clay. Roll into a cylinder and divide into 10-12 balls. Knead each until smooth, shape into a ball, smother in butter (or ghee or oil) and put into a clean bowl. Dough balls can touch as long as they are well oiled. Cover and set aside for at least 2 hours to allow gluten (in the flour) to relax.

Oil the work bench. Take each ball and press out to a disc as big as your palm. Then throw, roll or stretch out until a very thin circular shape. Fold in, in three sides, until a rough smaller disc is formed (about 15 cm across).

Heat a heavy based fry pan and oil it well. Fry each roti until golden on one side, then flip. They will puff up slightly.

NB: like pancakes, the first one is often not the best one!

Serve warm and drizzled with sweetened condensed milk.