

Culinary delights  
with  
**PALM OIL**



INGREDIENTS



1.5 kg chicken thighs, cut into pieces  
1 kg palm oil for deep frying  
10 stalks lemongrass  
2 cm fresh ginger root  
5 cm galangal  
3 cm fresh turmeric root  
5 cloves garlic  
1 tbsp fennel seeds  
1 tbsp cumin seeds  
1 tbsp coriander seeds  
1/2 tbsp sea salt  
1/2 tbsp white pepper  
1/2 tbsp brown sugar  
2 tbsp com flour

METHOD



Blend together lemongrass, ginger root, galangal, turmeric root, garlic, fennel seeds, cumin seeds, coriander seeds, salt, white pepper brown sugar and com flour until a smooth consistency is achieved. Add oil if required, to smoothen the blending process. Transfer the spice mixture into a stainless steel bowl, then add chicken pieces. Leave to marinate in the refrigerator for at least 2 hours, or overnight.

Heat palm oil in a wok over high heat. When the oil is hot, fry the chicken pieces one by one until golden brown. Serve immediately.