

# Culinary delights with PALM OIL

## Grilled turmeric chicken with oyster mushrooms braised in coconut sauce



The use of turmeric in Asian culture is widespread, either for culinary purposes, or for religious purposes, where the bright- yellow pigment of its ground form serves as a cost-effective dye. Not to be confused with saffron, which is similarly hued, turmeric in fact boasts an aromatic, and rather tart, ginger-like flavour that is common in Asian curries. Alongside the sweet and mild taste of coconut milk, a popular cooking base that is used in many Thai curries, this chicken will take your culinary perspective to greater heights with a touch of traditional charm.

### INGREDIENTS

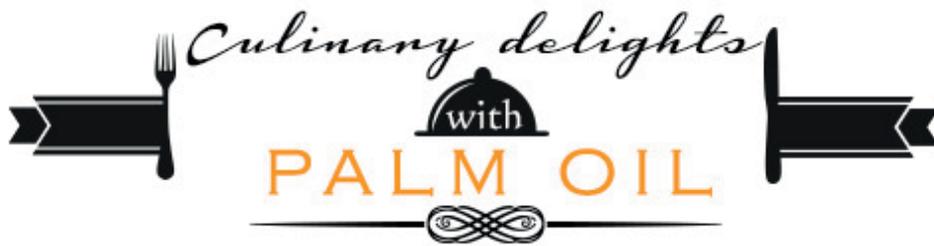


#### FOR GRILLED CHICKEN

- 4 pieces chicken breast
- 10 g turmeric, freshly grated
- 1/2 tsp salt
- 1/2 tsp white pepper
- 1/2 tbsp palm sugar syrup
- 1 tbsp garlic paste
- 1 tbsp onion paste
- 2 tbsp palm oil

#### FOR OYSTER MUSHROOM SAUCE

- 200 g oyster mushrooms, trimmed and cut
- 1/2 tbsp garlic paste
- 1/4 tbsp onion paste
- 2 tbsp red palm oil
- 2 tbsp fish sauce
- 1/2 tsp palm sugar
- 100 ml coconut milk
- 1 red chili, diced
- Salt and pepper to taste



## METHOD



To grill chicken.

In a large bowl, mix together chicken breast pieces, grated turmeric, salt, white pepper, palm sugar, garlic paste, onion paste, and palm oil. Set a griddle over high heat, then grill chicken breast pieces on its hot surface for about 2-3 minutes. Flip the chicken pieces over and grill their other sides for another 2 - 3 minutes, or until it is cooked through. Keep the chicken breast pieces aside until they are required.

To cook oyster mushrooms.

Set a small, heavy-bottom saucepan over medium heat. Add in red palm oil, then sauté garlic and red onion paste until the mixture emits a fragrance. Add in oyster mushrooms and stir fry until the mushrooms are slightly caramelised.

Pour in coconut milk and allow to boil before lowering the heat, taking care to not overcook the mixture. Season with fish sauce, palm sugar, salt, and pepper to taste. Set grilled chicken pieces into the gravy and allow to simmer for 1-2 minutes before removing the saucepan from heat. Serve garnished with red chillies.