

thai poached chicken

This is our all-time family favourite, and I always serve it when we have guests. It's light and refreshing, with a delicious sauce.

And the kids love it too!

500g chicken breast
6 cups water
1 cup rice
Bunch coriander
½ cucumber, sliced diagonally
3 shallots, sliced diagonally

Sauce:

25 grams of grated palm sugar (I use 1 tsp brown sugar)
1/3 cup peanut oil
1 tsp sesame oil
2 tbsp fish sauce
¼ cup lime juice
1 tsp ginger (*I use minced ginger*)
1 tsp garlic (*I use minced garlic*)
1 small fresh red chilli (*optional*), finely chopped with seeds removed
1 kaffir lime leaf, finely sliced (*I keep a bag of these in the freezer*)

Place chicken breasts, water, a teaspoon of salt and the roots and stems of the coriander in a saucepan. Bring to the boil gently, then cover and simmer lightly for 15 minutes. (Check to ensure the boil is not too high, or the chicken will dry out)

While the chicken is cooking, cook your rice. Also combine the ingredients for the sauce and stir until the sugar dissolves.

Slice the chicken breast and ensure cooked through.

When chicken is cooked, slice in large chunks and serve on top of the rice. Surround with slices of cucumber and top with shallots. Drizzle with the dressing and scatter with fresh coriander leaves.



Reference: Apologies for the lack of reference. I've had this recipe in my folder for ten years and cannot locate the origin.

