

GLOBAL KITCHEN STAGE RECIPES

Kukul Mas – Sri Lankan Chicken Curry

Ingredients

Serves 6

- 4 Chicken Maryland – cut into 3
- 1 Tsp Turmeric
- 1 Tsp Chilli Powder
- 4 Tsp Miris - Sri-Lankan Dark Roasted Curry Powder
- 2 Tsp Cumin Powder
- 1 Cinnamon Quill
- 3 Cardamom pods – bruised
- 3 Cloves
- ¼ cup of Vegetable oil
- 1 medium Onion diced.
- 2 x 4cm strip of Rampe ** Pandan Leaves
- 6 x Karapincha Leaves ** Curry Leaves
- 2 x 4cm pcs of Sare (Lemongrass)
- 2 cloves of Garlic finely diced.
- 1 x 2cm piece of Ginger finely diced.
- 200g Canned Tomatoes
- 200 ml Coconut Milk
- ¼ cup water
- 1 tbs Vinegar
- Salt to taste

Method

Heat oil in a pan, add all spices, onion, garlic, ginger and fresh herbs, stir until the smell hits the back of your throat.

Add chicken, stir until meat is well coated.

Add canned tomatoes, vinegar and salt.

Cook for 10 mins, then add coconut milk.

Simmer on low heat until cooked – approximately 20 mins.

NOTE – if it looks a little dry, add ¼ cup of water.

GLOBAL KITCHEN STAGE RECIPES

Annassi Achcharu – Pineapple Sambol

Ingredients

- 1 x Pineapple
- 1Tbs **Miris Gourmet Mustard**
- 1 Red Onion sliced into thin rings.
- 1 Tsp Sugar to taste
- 1 Tsp Salt to taste

Method

Remove skin from pineapple and slice into rings
Cut rings into eighths
Combine mustard, sugar, salt & mix into pineapple pieces
Add sliced onion
Refrigerate until ready serve

Parippu / Dhal – Lentil Vegetable

Ingredients

Serves 6

- 2 cups red Lentils washed.
- 1 Tbs Vegetable oil
- ½ Onion sliced finely
- 2 x 4cm strip of Rampe **
- 6 x Karapincha Leaves **
- ½ piece of Cinnamon
- ¼ cup of Vegetable – eg Spinach
- 2 Tsp Mustard Seeds
- 1 Tsp Turmeric Powder
- 2 cups water
- 200 ml Coconut milk
- Salt to Taste

Method

Heat oil in a pan, add onion, rampe, karapincha, cinnamon fry until onions are glazed & light brown
Add mustard seeds, cook until seeds start to pop
Add washed lentils, turmeric, water & salt
Cover & simmer until lentils are cooked
Add coconut cream & simmer for a further 5 mins.

GLOBAL KITCHEN STAGE RECIPES

Home Made Gnocchi

Ingredients

- 5 large sized potatoes, washed
- 1 large egg
- 1 ½ cups plain flour
- 1 teaspoon salt
- Carbonara Sauce
- 300g bacon, cut into small pieces
- 1 onion, chopped
- 200g mushrooms – optional
- 100g baby spinach leaves
- 1 x 600ml cream
- 1/2 cup milk
- 1/2 cup grated parmesan cheese
- salt and pepper to taste
- 2 Tablespoon olive oil

Instructions:

1. Wash and steam whole potatoes for 20 minutes or until soft. Remove from heat to cool.
2. Heat 2 tablespoons of oil in a frypan and cook onion and bacon until onion becomes transparent. Add mushrooms and cook for two minutes.
3. Add cream, milk and parmesan and simmer on low heat until the sauce thickens—season with salt and pepper as required.
4. In the meantime, boil a pot of water to cook the gnocchi
5. Peel and grate or mash potatoes.
6. Add egg, flour, and salt. Mix with a fork to form a dough
7. Sprinkle flour onto the workbench. Divide the dough into 4 pieces
8. Roll each piece of dough into a cylinder. Divide into bite-size pieces and round them off.
9. Cook each batch in boiling water. When gnocchi floats to the top, remove and drain them, then toss them in an oiled bowl with 1 tablespoon of oil. 10. Toss the gnocchi and spinach in with the sauce when ready to serve.

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Add washed lentils, turmeric, water & salt
Cover & simmer until lentils are cooked
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KNOX FEST

SATURDAY 2 MARCH
10AM-10PM
WALLY TEW RESERVE
FERNTREE GULLY

GLOBAL KITCHEN STAGE RECIPES

Sticky Spanish Chicken & Rice

INGREDIENTS:

- 8 (about 1kg Chicken Thigh fillets, excess fat trimmed
- 2 tsp sweet paprika
- 1 tsp ground cumin
- 1 long fresh red chilli (optional), finely chopped
- 3 garlic cloves, crushed
- 2 tbsp olive oil
- 1 lemon, rind finely grated, juiced
- 1 red onion, finely chopped
- 300g (1 1/2 cups) Basmati rice
- 750ml (3 cups) water
- 280g btl mixed chargrilled capsicum, drained, coarsely chopped
- 150g (1 cup) frozen baby peas
- 60g (1/3 cup) roasted almonds, coarsely chopped
- 1/4 cup chopped fresh coriander
- 1 tbsp honey

STEP 1:

Combine the chicken, paprika, cumin, chilli, two-thirds of the garlic, 2 teaspoons oil and one-third of the lemon juice in a bowl. Season.

STEP 2:

Heat 1 tablespoon of the remaining oil in a saucepan over medium heat.

Add the onion and remaining garlic. Cook, stirring, for 3 minutes or until soft.

Stir in the rice and water. Bring to the boil, stirring occasionally.

Reduce heat to low. Cover. Cook for 12 minutes or until rice is tender.

Remove from heat. Top with capsicum and peas. Set aside, covered, for 5 minutes.

Add the lemon rind and half the remaining lemon juice. Season. Use a fork to separate the grains.

Top with almond and coriander.

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STEP 3:

Meanwhile, heat the remaining oil in a large non-stick frying pan over medium-high heat. Cook the chicken, turning, for 6

minutes or until browned. Reduce heat to medium-low. Cover. Cook, turning once, for 6-8 minutes or until cooked. Add honey and remaining lemon juice. Cook for 1 minute or until glaze thickens.

STEP 4:

Serve chicken with rice.

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GLOBAL KITCHEN STAGE RECIPES

Pork Belly Burnt Ends with Peach Tea Glaze

Ingredients

Rub pork belly with spice mix:

- Cumin
- Coriander
- Salt
- Brown sugar
- Paprika
- Garlic powder

Smoke for 6 hours

Refrigerate and cut into 1-inch cubes

Flash fry on high heat for 3 minutes

Serve drizzled with peach tea glaze mixed to taste:

- Bickfords peach tea cordial
- White vinegar
- Corn starch

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