

TIMORESE RECIPES | Caril de Galinha

(Chicken Curry)



Ingredients

- 4 tablespoons vegetable oil
- 1.5kg chicken, cut up into 8 to 10 pieces
- ¼ cup minced shallots
- 2 teaspoons minced garlic
- 1 medium-sized tomato, finely chopped
- 12 dry red peppers, crumbled
- 1 teaspoon turmeric
- 1 teaspoon black pepper
- 2 teaspoons paprika
- ½ cup coconut milk or water
- 2 teaspoons tamarind paste or minced sour prunes
- 2 tablespoons julienned fresh ginger
- 2 teaspoons salt
- 2 tablespoons minced lemon grass, or 1 teaspoon lemon zest
- 1 medium-sized green pepper, cored and chopped
- 1 medium-sized sweet red pepper, cored and chopped
- Serves 4 to 6

Method

1. Heat one tablespoon of the oil in a large skillet over medium-high heat. Add the chicken pieces and sear, turning them often, until lightly colored. Remove chicken to a platter.
2. Add the remaining oil to the pan along with the shallots and garlic. Cook, stirring, until shallots turn light brown (about four minutes). Add the tomatoes and continue cooking until the oil separates (about three minutes). Stir in pepper flakes, turmeric, black pepper and paprika.
3. Add the chicken pieces and mix to coat them with the spices. Add the coconut milk, along with the tamarind, ginger and salt. Mix well and bring contents to a boil. Cook and cover, over medium-low heat for 30 minutes or until the chicken is tender. Fold in the lemon grass and peppers. Cook for an additional five minutes. Uncover and serve immediately garnished with chillies.



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TIMORESE RECIPES | Pastel de Nata (Custard Tarts)



Ingredients

- 1/3 cup all-purpose flour (40g)
- 1/4 teaspoon salt
- 1 1/2 cups of whole milk (350ml)
- 1 1/3 cups white sugar (265g)
- 1/3 cup water (80ml)
- 6 large egg yolks
- 1 teaspoon vanilla extract (5ml)
- 1 cinnamon stick
- 1 lemon peel only, cut into strips
- 1 sheet pre-rolled puff pastry (about 300g or 10oz)
- Optional ground cinnamon for dusting on top
- Makes 12 tarts

Method

1. Preheat oven to high, over 200°C, and lightly grease a 12-cup muffin tin.
2. In a saucepan, bring to a boil the sugar, water, vanilla extract, lemon zest and cinnamon stick. Cook until a thermometer reads a temperature of 100°C. Do not stir.
3. Whisk the milk, flour and salt together very thoroughly. Cook over medium heat, whisking constantly, for about 5 minutes or until well combined and the milk is thickened. Take off the heat and let cool for 10 minutes.
4. Once cooled, whisk in the egg yolks. Then add the sugar syrup (first removing the cinnamon stick) and mix until everything is well-combined. Strain into a measuring cup.
5. Meanwhile, cut the puff pastry sheet into two pieces and place them on top of each other. Tightly roll the sheets into a log, from the short side, and cut into 12 pieces.
6. Place a piece in each well of the muffin tin. Push a finger into the centre of the dough piece and press outwards to form a cup with the pastry.
7. Fill each pastry cup 3/4 of the way to the top with custard.
8. Put the tray in the oven and bake until the custard starts to caramelize and blister and the pastry goes golden brown (roughly 10-12 minutes).
9. Serve warm, with powdered sugar and ground cinnamon.



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