

East West Bake Cooking Show
CURRIED PASTRY
Chef Norman Musa

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Episode 9 – Curried Pastry
by Chef Norman Musa

Serves 4-6

Ingredients

2 tbs vegetable oil
1 onion, diced
3 garlic cloves
2.5cm ginger
4 sprigs of curry leaves (or bay leaves)
2 tbs curry powder
Salt to taste
500g chicken breast, diced
200ml coconut milk
4 large handful kale
Shortcut pastry (see previous recipe)
1 egg yolk, lightly beaten

Heat the vegetable oil in a medium size frying pan. Add the onion, garlic and ginger. Sauté for 2-3 minutes until golden brown. Add the curry leaves and fry for 30 seconds. Next add the curry powder and salt. Cook for 1 minute, add a dash of water if too dry. Add the chicken and cook for 2-3 minutes until pieces are sealed. Next add the coconut milk, cook for 1 minute and add the kale. Cook until chicken pieces are fully cooked and kale wilted. Spoon the filling into a large pie or a baking dish and leave to cool. Heat oven to 220C/fan 200C/gas 7. On a floured surface, roll the pastry to the thickness of 3-5mm. lift the pastry over the pie, using the rolling pin to help. Gently press the edges with your fingers and trim with a sharp knife. Cut cross in the middle (about 5cm) and brush lightly with egg to glaze, then bake for 30 mins or until the pastry turned dark golden brown.

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