

East West Bake Cooking Show

AYAM GOLEH | ROAST CHICKEN

Chef Norman Musa



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Episode 7 – Ayam Goleh | Roast Chicken

by Chef Norman Musa

Serves 4

Ingredients – for the marinade

- 1 whole chicken, 1.5kg
- 1 tablespoon coriander seeds
- 1 teaspoon fennel seeds
- 1 teaspoon cumin seeds
- 1 teaspoon black peppercorns
- 1 tsp salt
- 1 tsp ground turmeric
- 3 tablespoons coconut oil, melted

Ingredients – for the spice paste

- 2 medium white onion
- 3 garlic cloves
- 2.5cm ginger
- 2.5cm galangal
- 5cm fresh turmeric
- 5 dried chillies, soaked in hot water for 10 minutes
- 3 lemongrass

Preheat the oven to 200C/180C Fan/Gas 6.

Using a small frying pan, lightly toasted the seeds except for ground turmeric for 1 minute on a low heat. Using a pestel and mortar to crush the seeds and transfer to a bowl. Stir in the ground turmeric, salt and coconut oil. Mix well.

Spoon the mixture all over the chicken including underneath the skin. Place the chicken in a roasting tray and pour over the remaining oil mixture. Cover the chicken loosely with foil Set aside.

In a large saucepan, Cover the chicken loosely with foil and roast for 30 minutes. While the chicken is in the oven, blitz the spice paste with a dash of water until smooth. Heat up the coconut oil in a medium saucepan then add in the spice paste and sauté for 2 minutes then add the coconut milk, sugar and salt. Bring to the boil then lower the heat to simmer for 8-10 mins until the sauce thickened up.

Take the chicken out from the oven, remove the foil then pour half of the sauce on top of the chicken. Reduce the temperature to 180C/160C Fan/Gas 4 and roast for a further 25 minutes, or until the chicken is cooked through. Turn off the oven and take the chicken out then pour the remaining sauce on top of it and put the chicken back in the oven. Let it rest in the residual heat for 10 minutes. Remove from the oven, then ready to serve.

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