



Clarity amidst Chaos
RECIPES

Coconut & Turmeric Chicken Stew

Right at end of the cooking time, when the chicken has fallen off the drumsticks...taking the drumsticks out of the dish gives you a 'true stew'.
Base Recipe.

Ingredients:

1/8 cup Olive oil (approx..)

8 chicken drumsticks

1 large or 2 medium onions

½ tspn Turmeric powder

Good serve of Cabbage sliced

Good serve of Pumpkin, peeled and cut into chunks

Salt & Pepper

Boiling water

Small can of Ayam Coconut Cream

Optional: Lentils, cannellini beans, sweet potato, garlic, other green veg e.g. broccoli.

Directions:

Add olive oil into stainless steel cooktop casserole dish (one with a lid).

Add chicken drumsticks.

Start cooking to brown the drumsticks.

Add salt and pepper to taste.

Once the chicken drumsticks have started cooking and juices gathering in bottom of pan, sprinkle the turmeric onto the chicken drumsticks.

Add salt & pepper to taste.

Whilst the chicken is cooking, add the sliced onions and start them cooking.

Then prepare the cabbage & pumpkin, add to chicken & onions.

Add boiling water to only just cover the chicken. Add coconut cream.

Leave to cook on gentle simmer for approx.. 1hour or until chicken is falling off the bones.

Note: If adding dried red lentils – check water levels and adjust as cooking progresses. **This recipe is even tastier reheated the day after it is cooked.**