



The Great NZ Food Show

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These recipes are a mix of my favourite dishes from travelling and some hometown favourites. They're all super easy to put together and would make for a fabulous mid-week meal or, dress them up for entertaining guests. COOK EAT ENJOY!

Zingy Balinese Chicken Curry

(Serves 2)

This is a stand-out recipe and incredibly simple to make. It's not a hot curry but is extremely fragrant and tasty.

Paste

1 medium onion, roughly chopped

3 cloves garlic, peeled

2 mild red chillies, de-seeded

¼ cup cashew nuts

1 teaspoon dried turmeric

3 tablespoons lemon juice

1 tablespoon dark soy sauce

1 tablespoon fresh ginger, grated

1 tablespoon cooking oil

2 chicken breasts, boned and skinned, cubed

2 tablespoons palm sugar, grated (or 1T brown sugar)

½ cup coconut milk

½ cup water

Salt to season

Method:

Put the onion, garlic, chillies, cashew nuts, turmeric, lemon juice, soy sauce and ginger in a food processor or mortar and pestle and blend or grind to form a smooth paste.

Heat the oil in a heavy based pot or pan and add the spice paste. Fry this, stirring to prevent sticking, for 4-5 minutes to let the flavours develop. Add the chicken and sugar cook for a further 15 minutes.

Add the coconut milk and water, reduce the heat to low. Simmer uncovered, stirring occasionally, until the chicken is tender and the sauce has thickened, about 10 to 15 minutes. Serve with rice and/or salad.



LIME & COCONUT ICECREAM WITH SESAME BRITTLE

(Serves 2)

Plain ice-cream gets an exotic make-over to become a gourmet treat! You can make the sesame brittle in advance, as it keeps well in an airtight container.

ICECREAM

4 scoops vanilla ice-cream (no need to go gourmet)
Zest of 1 lime
2 tablespoons of shredded coconut, toasted

SESAME BRITTLE

1 cup sesame seeds
½ cup brown sugar
Water

To prepare the ice-cream, soften the ice-cream slightly by leaving it out of the freezer for about 10 minutes. Grate lime zest into it and add the toasted coconut. Stir through. Put back in freezer until required.

Pre-heat the oven to 170°C. Line a tray with baking paper.

To make the brittle, mix the sesame seeds and sugar together with just enough water - start with 1 tablespoon - to moisten the mixture so that it forms a thick paste. Spread paste onto prepared and bake at 170°C for about 20 minutes or until it is bubbling and crackling. Check it frequently to make sure it doesn't burn.

Remove from the oven and, when it has cooled, break into pieces. Store in an airtight container until required.

Serve ice-cream and sesame brittle.