

Wok-Fried Vietnamese Turmeric Chicken Recipe

Ingredients:

500 g chicken breast fillet, sliced
2 garlic cloves, finely chopped
1 onion, roughly sliced
2 large lemongrass stems (white part only), finely sliced
1 long red chili, sliced on the diagonal
1/4 cup peanut oil
2 cups coconut milk
2 bunches asparagus, ends trimmed, sliced on the diagonal
1 1/2 tablespoons fish sauce
1 tablespoon oyster sauce
5 teaspoons castor sugar
2 teaspoons ground turmeric
Vegetable oil, for deep-frying
Handful Thai basil leaves*
1/3 cup roughly chopped roasted peanuts (optional)

Method:

Place the chicken, garlic, onion, lemongrass and chili in a bowl and mix well. Place peanut oil in a hot wok over high heat. Add chicken mixture in batches and stir-fry 1-2 minutes or until cooked. Return all of the chicken mixture to wok, pour in milk, add asparagus and bring to the boil. Reduce heat to a medium and simmer 1 minute. Add sauces, sugar, turmeric and a pinch of salt. Stir-fry for 2 minutes or until asparagus is tender. Fill a wok or heavy-based saucepan one-third full of oil and heat to 180 degrees Celsius, or until a cube of bread dropped into the oil browns in 15 seconds. Add basil and fry briefly until crisp - be very careful as oil may spit. Drain on crumpled paper towel. To serve, divide the chicken between four plates, sprinkle with the fried basil and peanuts, if desired.

* Thai basil leaves are from selected greengrocers and Asian supermarkets. Before you deep-fry the leaves, make sure they are bone dry. Even the tiniest amount of water on the leaves will make the oil splatter and hiss.