

Gai Yang: Grilled Chicken

Recipe courtesy David Thompson, Thai Food, Ten Speed Press, August 1, 2002



Recipe Summary

Difficulty: Easy

Prep Time: 5 minutes

Cook Time: 30 minutes

Yield: 4 servings

User Rating: No Rating

This is the basic recipe for a dish that allows great variation. Some cooks add a large pinch of powdered turmeric to the paste; others add some fresh lemongrass or a little black pepper. To my mind, the best version comes from a village called Si Saket, in the north-east of Thailand.

Chicken:

3 coriander roots, scraped and chopped

Pinch salt

4 garlic cloves, peeled

10 white peppercorns

2 small chickens, about 12 ounces- Poussin or Cornish game hens

3 tablespoons fish sauce

Large pinch palm sugar

Sauce:

1/4 cup scraped and chopped coriander root

Salt

1/4 cup garlic cloves, peeled

1/2 cup long red chiles, deseeded if desired

2 cups white vinegar

1 1/2 cups white sugar

2 cups water

Using a pestle and mortar, pound coriander roots, salt, garlic, and peppercorns into a fine paste. Cut chicken in half along the breastbone. Flatten out, wash and dry. Work in the paste, fish sauce and sugar and leave to marinate for a few hours.

For the sweet chili sauce, pound coriander root, salt, garlic and chiles into a paste. Combine vinegar, sugar, water, and salt in a pot and bring to the boil. Add paste and stir to dissolve. Simmer sauce until reduced by half, skimming as necessary, then set aside to cool.

Chargrill chicken for about 15-20 minutes, turning regularly. Serve with a bowl of the sauce.

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