



AUSTRALIAN
GOURMET
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2017



FEASTING FAVOURITES *with*

JORDAN THEODOROS

PEEL ST

Banana blossom, chilli jam and chicken salad

Prep time: 40 mins,

Cook: 15 mins (plus resting)

Serves 4

- 220 gm chicken breast, at room temperature
- 4 eggs, at room temperature
- ½ (450 gm) banana blossom
- ½ lime
- ½ small Spanish onion, thinly sliced
- 3 spring onions, thinly sliced
- 1 cup (150gm) roasted unsalted peanuts, crushed
- 1 long red chilli, thinly sliced
- 2 stalks lemongrass, white and pale green section thinly sliced
- 10 kaffir lime leaves, very thinly sliced
- ¼ cup mint
- ¼ cup coriander
- ½ lime
- ¼ cup (60ml) coconut cream
- ¼ cup (20gm) crisp fried shallots
- 1 cup (70gm) shredded coconut, toasted

Chilli jam dressing

- ½ tsp shaved palm sugar
- 2 tsp lime juice
- ½ tsp fish sauce
- 1 tsp chilli jam, or to taste (see note)
- 1 tsp coconut cream

Nam jim

- 1 coriander root, washed, scraped and coarsely chopped
- 1 clove garlic, coarsely chopped
- 1 long red chilli, finely chopped
- 1 Pinch of white pepper
- 1 Pinch of salt
- 1 tsp each caster sugar, fish sauce and lime juice

1 Steam chicken breast in a steamer over a saucepan of boiling water until just cooked (10-12 minutes). Rest chicken for 10 minutes, then shred into long strips. Meanwhile, steam eggs for 7 minutes then plunge into cold water to cool quickly, drain and peel.

2 For chilli jam dressing, combine palm sugar and 2 tsp water in a small saucepan, stir over medium-high heat until sugar dissolves (1-2 minutes), then set aside to cool (8-10 minutes). Add lime juice, fish sauce, chilli jam and coconut cream, and whisk to combine.

3 For nam jim, using a mortar and pestle, pound coriander root, garlic, chilli, white pepper and a pinch of salt to a paste. Add sugar, fish sauce and lime juice, and mix well. It should be hot, sweet, sour and salty.

4 Remove and set aside outer purple-red petals of banana blossom until paler parts are reached. Remove all petals from stem, discard banana bracts, finely slice petals and immerse in a bowl of cold water with half lime squeezed in to slow browning. Drain just before use.

5 Combine chicken, banana blossom, onion, spring onion, peanuts, chilli, lemongrass, kaffir lime leaves, mint, coriander, 1 tsp coconut cream, chilli jam dressing and nam jim dressing in a large bowl, and turn gently to mix. Add crisp shallots and shredded coconut, and combine gently. Spoon into four reserved banana petals and top with torn steamed eggs. Drizzle with remaining coconut cream and serve straight away.

Note Chilli jam is available from Simon Johnson stores.

MY NOTES

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