

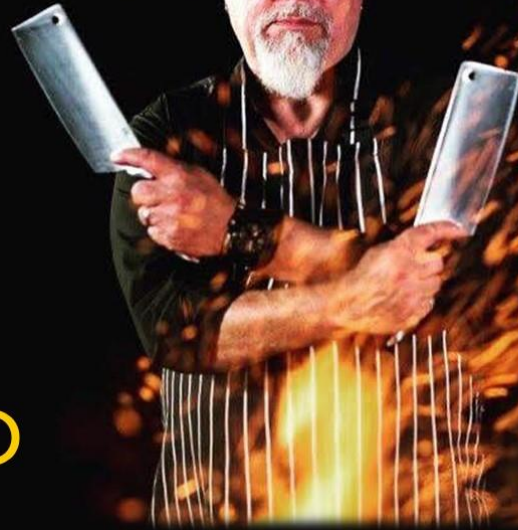
CampFIRE FUN



# **Cook-Along**

with

**CHEF PETE  
GOFFE-WOOD**



Join live on Zoom on  
Tuesday, 19 July 2022  
at 18h00 South African time (UTC +2h):  
Zoom: <http://tiny.cc/fd40-zoom>  
or join live stream on  
<https://firediabetes.com/firefun-7>



## BUTTER CHICKEN & CAULI "PILAU" (SERVES 4)

### INGREDIENTS

500g Chicken breast cut into cubes

### MARINADE

### INGREDIENTS

2 Cloves  
10 Black peppercorns  
1 stick Cinnamon  
2 Bay leaves  
1 tsp Coriander seeds  
1 tsp Cumin seeds  
2 Cardamom pods  
1 Juice of 1 lemon  
1 tsp Dried chilli flakes  
2 tsp Turmeric  
500 ml Greek yoghurt

### CHEF PETE WILL GUIDE US THROUGH THESE INSTRUCTIONS

Combine all of the dry spices in a roasting pan and toast in a hot oven for 10 minutes. Remove the spices from the oven and grind into a fine powder. Combine the ground spices with the rest of the marinade ingredients and mix together thoroughly with the cubed chicken and marinate for at least 15 minutes (although the longer the better).

### CURRY

### INGREDIENTS

40 ml Coconut oil  
2 Onions finely chopped  
4 cloves Garlic finely chopped  
20 Ginger grated  
200 g Tomato puree  
1 litre Chicken stock  
1 handful Curry leaves  
100 g Butter  
Salt, pepper & xylitol



---

## CHEF PETE WILL GUIDE US THROUGH THESE INSTRUCTIONS

Heat the oil in a large pot and fry the onions until golden brown and then add the chopped garlic and ginger. Fry for a further 5 minutes. Add the tomato puree and bring to the boil. Then add the chicken stock and the curry leaves. Simmer uncovered until a thick sauce consistency is achieved. Then add the chicken and the marinade to the sauce. Cook gently until the chicken is cooked. Then cube the butter and stir into the curry. Make sure the curry doesn't boil again otherwise the butter will split. Season to taste with salt, pepper and xylitol.

Serve with cauli pilau and garnish with picked coriander.

## CAULI "PILAU"

---

### INGREDIENTS

½ head	Cauliflower
½ tsp	Cumin seeds
½ tsp	Mustard seeds
½	Onion, finely chopped
½	Juice of ½ lemon
10 g	Coriander, roughly chopped

---

## CHEF PETE WILL GUIDE US THROUGH THESE INSTRUCTIONS

Grate the cauliflower and keep to one side.

Heat a medium size frying pan with a little butter. Add the dry spices and fry until they begin to pop. Then add the onions and fry until they begin to colour.

Then add the grated cauliflower and fry for a few minutes longer. Remove the pan from the heat, add the lemon juice and chopped coriander.

Season to taste with salt and pepper.

***May the Sauce be with You!***