MALAYSIAN · LUNCH · DINNER

Ayam Masak Lemak Cili Api (Malay Turmeric Coconut Chicken)

Ayam masak lemak cili api

50 min · Serves 6 · 504 kcal a serve · Video 7:10 in Malay · Che Nom

Gluten-free ingredients · No dairy listed · No nuts listed

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Chicken and a few potatoes simmered in fresh turmeric, chilli and coconut milk: about 38 g protein and 14 g net carbs a serve, with no added sugar or oil.

Ingredients 12 · SERVES 6

- [ ] 10–20 **bird's eye chillies** (cili padi), stems removed
- [ ] 5–8 cm piece **fresh turmeric** (kunyit hidup), scraped
- [ ] a little **water**, for blending
- [ ] 1 small **chicken** (about 1.5 kg), cut into pieces
- [ ] 2 **lemongrass** stalks, bruised
- [ ] **Coconut milk**: a splash of thin coconut milk (second pressing of the same coconut) or water, to rinse the blender
- [ ] 2 **potatoes**, peeled and cut into wedges
- [ ] a little **ground turmeric**, for colour (optional)
- [ ] **thick coconut milk** from 1 coconut (or 2 × 200 ml cartons coconut milk)
- [ ] **salt** to taste
- [ ] 1 **turmeric leaf** (daun kunyit), finely sliced
- [ ] 2 slices **asam keping** (dried garcinia)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pull the stems off the chillies, peel the potatoes and cut them into 4–6 wedges, scrape the skin off the turmeric, bruise the lemongrass and finely slice the turmeric leaf. 1:00
2. Blend the chillies and turmeric with a little water (or thin coconut milk) to a coarse paste. 3:53
3. Put the chicken pieces in a dry wok over medium heat and cook, turning, until their liquid has dried up and the fat starts to render. No oil is needed. 4:09
4. Add the chilli-turmeric paste and fry it in the chicken fat until fragrant, add the bruised lemongrass, then rinse the blender into the wok with a splash of thin coconut milk, cover and cook briefly. 4:58
5. Add the potatoes, cover and cook until the chicken is fully tender, as it cooks only briefly after the thick coconut milk goes in. Add a little ground turmeric if you want a brighter yellow. 5:21
6. Pour in the thick coconut milk, add salt, the turmeric leaf and asam keping, and bring slowly just to the boil over low heat, stirring gently so the coconut milk doesn't split. Too thick? Add thin coconut milk or water. 5:46

> **Tip** Serves 6 (our estimate from one 1.5 kg chicken). No fresh turmeric? Che Nom says ½ tbsp ground turmeric works. Leave out the potatoes to cut the carbs further. It is eaten with hot rice; cauliflower rice works too.

The method is a summary in our words, in English — the video (in Malay) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
504 kcal	38 g	16 g	1.5 g	32 g	510 mg
2,110 kJ	76% of a day	14 g net · 1.3 g sugars	6% of a day	18 g saturated	22% of a day
		6% of a day		41% of a day	

Energy from net carbs 11% · protein 31% · fat 58% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 64% · Vitamin B6 43% · Zinc 28% · Iron 27%

Source of (10–19%) Magnesium 18% · Potassium 17% · Vitamin B12 16% · Vitamin C 14%

Recipe and video: Che Nom (@CheNom) on YouTube — youtube.com/watch?v=HjJ99NuixYg, published 22 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ayam-masak-lemak-cili-api