

Marinated Coconut Chicken



Serves 4-6

Recipe developed by Dr Alba du Toit

INGREDIENTS:

- 3-4 cactus pear fruit

Coconut chicken

- 6-8 skinless chicken breast fillets cut into strips lengthwise

Marinade

- 100 ml cactus pear juice
- 5 ml dark soy sauce
- pinch of salt
- 15 ml brown sugar
- 1 thumb-sized crushed ginger root

Coconut crust

- 500 ml (240 g) cake flour
- 1 ml salt
- 1 ml ground black pepper
- 2 ml dried ginger seasoning
- 3 eggs
- 35 ml water
- 500 ml (200 g) desiccated dried coconut

METHOD:

- Wash the cactus pear fruit under cold water to remove most of the thorns.
- Blanch the cactus pear fruit in boiling water for 60 seconds, remove and place in cold water to stop the cooking process.
- Peel the outer skin from the cactus pear fruits.
- Place the peeled fruits into a food processor or a blender and liquidise into a smooth pulp or juice.
- Pass the pulp through a sieve to remove the seeds.
- Set aside 100 ml juice for the marinade.
- Slice the chicken breasts into strips.
- Combine the ingredients for the marinade; cactus pear juice, dark soy sauce, salt, brown sugar and the crushed ginger. Marinate the chicken strips in the juice and refrigerate for 1 hour.
- Season the flour with the ginger, salt and pepper
- Whisk the eggs with the water. Prepare 3 containers, one for the flour mixture, one for the egg wash and one for the coconut.
- Remove the chicken from the marinade. Season the strips with salt and pepper. Dip each strip first in flour, then in the egg wash and finally roll it in the coconut.
- Refrigerate the strips for the coating to stick to the chicken during the frying process.
- Heat oil in a frying pan and sauté the chicken strips until golden brown.
- Serve with the Cactus Pear Cook-in-Sauce (recipe available on website) and garnish with the coriander leaves and a sprinkle of chilli flakes