



GAI YARNG CHONNABOT

country-style grilled chicken

ไก่ย่างชนบท

desired result: the chicken is tender, tasty, and fragrant with a shiny texture. The dish is served with sweet or spicy dipping sauce to add more flavor.

1 home raised chicken (1 kg)
3 tablespoons lemongrass, finely chopped
1½ tablespoons peeled garlic, finely chopped
1 teaspoon ground pepper
1 teaspoon ground sea salt
1 tablespoon fish sauce

prepare: bamboo skewers and small metal wire

sweet dipping sauce:

2 deseeded spur chilies, finely chopped or coarsely sliced

1 tablespoon peeled pickled garlic, finely chopped

2 teaspoons palm sugar

1 teaspoon ground sea salt

2 tablespoons pickled garlic sauce

1 tablespoon vinegar

spicy dipping sauce: mix all ingredients together and rest in a bowl.

1 tablespoon dried bird's eye chili, roasted and powdered

5-7 roasted Thai Sida tomatoes, lightly mashed

2 tablespoons fish sauce

1½ tablespoons lime juice

To make the sweet dipping sauce, pound the chilies and pickled garlic well. Add sugar, salt, pickled garlic sauce and vinegar. Stir to dissolve all ingredients. Heat in a pot. Once heated, remove from the stove and rest in a bowl.

Gut the chicken and wash to clean. Spread the chicken then pat dry. Rest in a bowl.

Finely pound the lemongrass, garlic, salt and pepper. Lather the mixture on the chicken. Leave to marinate for around 2 hours (or marinate in a closed lid container and place in the refrigerator overnight).

Spread open the chicken. Then slide the chicken in between the bamboo sticks. Fasten both ends tightly with a piece of small metal wire. Place the chicken on a charcoal grill using low heat. Grill until cooked on both sides then rest on a plate.

Chop up the grilled chicken into large pieces. Arrange on a serving plate. Serve with the sweet or spicy dipping sauce as per preference, along with steamed sticky rice or young papaya salad. Also, the chicken can be served whole with a dipping sauce and fresh vegetables.

tips: use chicken weighing about 1½ kg. or less, as the meat will be tender. The bamboo skewers help prevent the chicken from curling up and helps the meat to be evenly cooked. Alternatively, the chicken can be halved or chopped into different parts such as thighs, wings or breast before grilling.

For the chicken to be tender, after marinating steam the chicken over boiling water and cook the meat to be 70% cooked before grilling. This way, the chicken will be fragrant and evenly cooked. When grilling, use high heat and grill for only a short period of time.