

BIR Pre-Cooked Chicken Recipe

Spice: Mild | Difficulty: Easy | Total: 30 mins | Prep: 10 mins | Cook: 20 mins

In a busy kitchen cooking chicken from raw every time someone orders a curry isn't feasible. The chef is under pressure to get the curries out as quickly as possible, and often a batch of chicken is pre-cooked in advance. This speeds up the curry cooking process and also adds extra depth of flavour to the chicken.

Ingredients

1kg (approx 5) **chicken breasts cut into 1" cubes**

1 chef's spoon (40ml) **vegetable oil**

1 heaped teaspoon (20g) **garlic & ginger paste**

1 & ½ teaspoon (10g) **salt**

1 heaped teaspoon (10g) **BIR mix powder**

1 chef's spoon (30g) **BIR tomato paste**

100ml **water**

Instructions

- 1 Cut the chicken breasts in to 1 inch cubes
- 2 Heat a pan on a medium high heat and add the vegetable oil
- 3 Add the garlic and ginger paste, salt and BIR mix powder and BIR tomato paste. Stir well and cook for 30 secs.
- 4 Add the chicken breast cubes and stir well so that the chicken is coated in the spices for around 2 mins
- 5 Add the water and cover with a lid. Cook on a medium heat for around 15-20 mins stirring occasionally
- 6 The chicken should turn yellow on the outside and be white but still juicy on the inside
- 7 Once cooled, store in a container with the sauce from the chicken for up to 3 days in the fridge.

Tips

- 1 The chicken breast can be replaced for boneless chicken thighs or a mixture of half breast and half thigh for more flavour and texture in the meat.
- 2 The leftover sauce from the chicken can be used in base gravy or curries to add extra flavour.

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