

Pholourie Fritters with Green Apple Amchar

Pholourie - Vegan

Flour - 240g

Dry Yeast - 7g packet

Baking Powder - 10g

Curry Powder - 10g

Red Onion - 1 small diced

Garlic - 6 cloves minced

Parsley flat - 25g

Brown Sugar - 10g

Salt - 5g

Water 200g

Place all ingredients aside from the water in a bowl and mix well. Add the water slowly and mix as you do. You may need to add more or less water to get the consistency correct so go very slowly. What you want is a loose dough. You should not be able to make a dough ball. It should conform to the mixing bowl but not be smooth. I use my freshly cleaned hands to mix at home but you can use a wooden spoon.

Cover with cling and rest in the warmest place in the kitchen for 45 mins. You can turn the light on in the oven and stick in there. If you are cooking the next day you can place it in the fridge and it should slowly rise overnight and be ready to fry when you take it out. The dough will be much more loose and stretchy/sticky. It will be very wet.

Heat some vegetable oil in a pot or very deep frying pan. 5cm of oil is what you are aiming for. You want to be between 165 - 180C . The traditional method is to scoop the dough up with your hands and make a fist while forcing the dough out through your index finger and thumb in perfectly round balls. BUT we are going to use 2 large spoons.

Scoop a spoon full of dough and lower the dough till it almost touches the oil and very slowly use the other spoon to scrape the batter into the oil. You are aiming for golf ball sized. The imperfections make it tastier so do not worry about shape. 7-8 minutes should do. TEST one at a time! If the exterior is very dark after 7-8 minutes lower the heat or if they are raw on the inside, turn the heat up!

After they come out of the oil they will need a pinch of salt before they dive into the chutney!

Green Apple Chutney - Vegan

Red Onions - 2 Large thinly sliced
Green/Cooking apples - 2 Large thinly sliced
Curry Powder - 20 g
Brown Sugar - 100g
Olive Oil - Coat the bottom of the pan
Salt to taste about 5g

Heat oil on high in a deep saucepan. Add onions and fry till almost brown. Add curry powder and as soon as it starts to brown add water to cover the onions. Once the water heats up, add the apples. Stir on medium heat until the apples are very soft. Add the sugar and salt at this point and TASTE. The mixture should be spicy, tart and sweet. Add more salt or sugar as needed. The dish is very forgiving so you can be heavy handed with those. You are aiming for a chunky chutney. If you want it smooth, stick it in the blender!

The pholourie must be served with a chutney, it is a vehicle for the sauce.

Jerk Chicken

Scallion - 1 Bunch
Habanero Peppers - 4
Red Onion - 1 large
Garlic - 1 Bulb
Ginger - 2 thumbs
Pimento/Allspice Powder - 10g
Black pepper - 5g
Salt 5g

Place all the ingredients in a blender until chunky paste. Add water as needed to help the blender. Do not sweat the measurements too much. They are a rough guide. What's more important is quality ingredients. When you taste the marinade it should be very very hot. Most of the heat is going to be lost to the cooking so do not fret.

Prep a whole chicken by cutting it in half. Heavily salt the exterior of the chicken and then rub heavily with the marinade. Push some marinade under the skin of the breast meat by accessing it through the neck. Do the same with the Leg. Try not to make the hole too large or the skin will come off while cooking. More marinade the better so if in doubt add more! Save a small amount to drizzle on at the end.

The most important thing here is time. You must marinate this overnight at the LEAST. I like to use a large plastic bag to place the meat in and I try to work all the air out. This way the meat is always in contact with the marinade.

To cook in the oven, set to 100c until the bird is cooked through or 75c at the thickest part of the thigh. Then set the grill on high and leave the oven door slightly ajar so you can see the browning. You want LOTS of colour here.

To cook on a grill use the indirect method until the bird is cooked through or 75c at the thickest part of the thigh. Then turn the heat up or add more coals and get your colour and crisp going.

Let the chicken rest for 15 minutes. Butcher the chicken, rest on a plate and drizzle some of the marinade on it. Garnish with some lime wedges!