

# Chicken Jalfrezi

## Requisition of Equipment

2 blue trays, vegetable knife, red chopping board, brown chopping board, green chopping board, safety mat, small mixing bowl for peelings, wooden spoon, large saucepan, measuring jug, measuring spoon (tablespoon), digital timer



## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. RE SET TIMER.
<b>Step 2</b> 5 min	Place safety mat beneath brown chopping board. Peel and chop onion. Place peelings into small mixing bowl. Finely chop garlic (optional). RE SET TIMER.
<b>Step 3</b> 5 min	Slice pepper thinly on brown chopping board. RE SET TIMER.
<b>Step 4</b> 5 min	Quarter and roughly chop tomatoes on green chopping board. RE SET TIMER.
<b>Step 5</b> 10 min	Chop chicken fillets into pieces on red chopping board. Wash your hands and the vegetable knife. RE SET TIMER.
<b>Step 6</b> 5 min	Your teacher will pour your oil into saucepan. Heat oil on a medium heat (number 3). Test oil for correct frying temperature. Gently fry onion, peppers and garlic. RE SET TIMER.
<b>Step 7</b> 2 min	Your teacher will add the curry powder. Fry for 1 min on medium heat. RE SET TIMER.
<b>Step 8</b> 10 min	Add chopped chicken and cook in spices/curry powder (until chicken goes white all the way through). RE SET TIMER.
<b>Step 9</b> 5 min	Add tomatoes and simmer gently while stirring. Add water (from measuring jug) to stop ingredients sticking to the bottom of the pot. RE SET TIMER.
<b>Step 10</b> 15 min	Add tomato puree and reduce to number 1 and simmer. Wash up using hot soapy water as you have been working with raw meat. Pack all equipment away. RE SET TIMER.
<b>Step 11</b> 15 min	Place curry into container and then into blast chiller. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class.

## Ingredients

- 1 pepper
- 2 tablespoons oil
- 1 onion
- 2 cloves garlic (optional)
- 2 chicken fillet breasts
- 5 fresh tomatoes
- 3 tablespoons curry powder (school)
- 1 tablespoon tomato puree

## **CONTAINER**

