

A Social Studies Project

"Food Around The World 1"

Hainanese Chicken Rice Vs Limau Purut Chicken Curry

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Hainanese Chicken Rice

Origin: Haikou, capital of Hainan Island

Ingredients

1 (2-pound) chicken
1 scallion, cut into 1 inch pieces
4 slices fresh, peeled ginger
6 tbsp vegetable oil or chicken oil rendered from chicken fat
6 to 8 cloves garlic, finely chopped
4 cups long-grain uncooked rice, washed and drained
1 tsp fine salt

Mix together for Chilli Sauce

2 to 3 tbsp freshly squeezed lime or lemon juice, 5 tbsp finely chopped fresh red chilies, 5 cloves garlic, chopped, 3 tbsp finely chopped ginger, 1 tsp fine salt, 1/2 cup boiling hot chicken soup

Method

Boil a large pot of water. Stuff the cavity of the chicken with scallion and ginger. Add chicken to boiling water, breast side-down. Lower the heat to a simmer just under boiling point and cook, covered until just cooked through, about 40 minutes. Bathe the chicken in an ice water bath till chicken is cold to create a tender, springy texture. Heat oil in a rice cooker, add garlic, stir fry till fragrant. Add uncooked rice, stir fry for two minutes, add salt and enough chicken soup to cover 1/2 inch above the top of the rice. Boil on high heat, lower heat when steam holes form, cover and steam for 30 minutes till rice is cooked. Chop chicken and serve with steaming hot rice and chilli sauce. Dark soya sauce is the ideal accompaniment.

By VIOLET OON



Limau Purut Chicken Curry



By Thng Lay Teen

Ingredients

- 1.8kg chicken, chopped into pieces
- 8 medium potatoes (cut into wedges)
- 5 Tbs Baba's meat curry powder (2 Tbs to marinate chicken and 3 Tbs to mix into chilli paste)
- 1 tsp salt
- 10 Tbs cooking oil (for frying paste)

Chilli paste

- 8 buah keras (candle nut)
- 25 dried chillies (soak in hot water for about half an hour, wash and drain)
- 10g turmeric
- 15g lengkuas (galangal)
- 180g shallots
- 30g garlic
- 1 stalk lemongrass, bashed
(Grind the above, except lemongrass, into a fine paste.)
- 6 limau purut leaves (remove stalk and tear leaves up roughly)
- Thick coconut milk from one coconut (250ml)
- 800ml water
- 1/2 to 1 tsp salt (to taste)

Method

1. Wash chicken and drain dry. Marinate it with curry powder and salt for a few hours.
2. Deep-fry potatoes till half-cooked. Set aside.
3. Add 3 tbs meat curry powder to chilli paste and mix well.
4. Heat wok and add oil. When it turns hot, add ground spices and fry over low heat for about 10 minutes till oil emerges. Add bashed lemongrass and limau purut leaves halfway through.
5. Put in chicken and fry till the pieces are well coated with chilli paste. Add potatoes.
6. Add water slowly and bring curry to a boil. Lower heat and simmer for about 20 minutes, depending on how tender you want the chicken to be.
7. Add salt, bearing in mind it should be a little salty as thick coconut milk has yet to be added.
8. Add thick coconut milk and bring to a boil. Don't keep boiling. Turn off heat.

Similarities

Both the Hainanese Chicken rice and the Limau Perut Chicken Curry dishes are among the most popular dishes in Singapore. The Hainanese Chicken Rice is from Hainan Island, China. This dish was most probably brought to Singapore by Hainanese immigrants coming to Singapore as workers a long time ago.

The Limau Perut Chicken Curry is an Indian dish and is probably from South India. Again, this dish was probably brought to Singapore in the past, by Indian immigrants who were likely to be traders.

So, the similarities of these two dishes are that :

- Both dishes have chicken as the main ingredient
- Both dishes originally came from other countries near Singapore
- Both dishes were brought to Singapore by immigrants
- Both dishes are very popular in Singapore
- Both dishes are commonly found in restaurants and food courts in Singapore

For ingredients the similarities are :

- Both dishes use salt
- Both dishes use chill
- Both dishes use cooking oil
- Both dishes need to fry the chicken

For the similarities in taste :

Both dishes are very delicious to me and I will always gobble up every bit of both dishes.

In my house, both dishes are commonly prepared on special occasions. My family and I always look forward to eating these dishes.

Both these dishes are similar as the ingredients can be easily bought in a wet market or at a supermarket, so they can easily be prepared made in our kitchen.

Differences

Main differences between these two dishes are :

- The Limau Perut Chicken Curry is spicy
- The Hananese Chicken rice is not spicy
- The Hananese Chicken rice uses scallion (Spring Onions) as vegetables while the Limau Perut Chicken Curry uses potatoes
- The Limau Perut Chicken Curry has a sauce, which is the curry, while the Hananese Chicken Rice has very little sauce
- The Hananese Chicken Rice comes from China, but the Limau Perut Chicken Curry comes all the way from Southern India

Although both dishes are use chicken as the main ingredients there are some big differences.

For example the Hananese Chicken rice dish has rice, chicken and vegetable as the main ingredients which makes this a complete dish, you don't need to have any other side dishes to enjoy the Hananese Chicken rice.

However, for the Limau Perut Chicken Curry, it is can be a side dish as you need to have some rice and lots of water ! To really enjoy this dish. To be healthy, adding an extra plate of vegetables or salad may also be very nice.

One of the biggest differences is of course – the fact that the Limau Perut Chicken Curry is hot and spicy. While the Hananese Chicken rice is not spicy, but just as nice.

It seems to me that the Limau Perut Chicken Curry makes you sweat due to the chill and this is natural air conditioning for the body in a hot country like Southern India. On the other hand the Hananese Chicken rice is very nice to eat on a cool day.

As the Hananese Chicken rice is not spicy many people including small children may be able to eat this dish with no problems. The difference for the Limau Perut Chicken Curry is that is is spicy and only those like me who are able to eat hot and spicy things can enjoy the Limau Perut Chicken Curry.

Conclusion

Although both dishes are very different despite using chicken as the main ingredient they are similar in that they are the favourite food for many people in Singapore.