



# LAKSA - Class Notes

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## BREAKING DOWN THE CHICKEN

- Remove chicken marylands from whole chicken
  - Cut the thigh away from the drumstick
  - Remove thigh bone from chicken (keep bone for the stock)
  - Cut around the base (foot end) of the chicken drumstick (so that when the chicken drumstick cooks the meat will pull up the bone and it will look like a lollipop)
- Remove chicken wings from frame
  - Cut the wing tip off (Keep for the stock)
  - Make a small cut between the wingette and the drumette (but do not cut completely off)
- Cut the back frame off the breast plate
  - Then cut the back frame in half
  - Cut the breast plate & breast in half

## PORTIONING THE CHICKEN - Per Station

- 1 Drumstick
- 1 Thigh
- 1 Thigh bone
- 1 Wing tip
- 1 Wingette & Drumette
- ½ Back Frame
- ½ Breast plate with 1 chicken breast

## PASTE NOTES

- When teaching a class more than half, make sure you use 2 vitamixes to blend all the paste ingredients. Divide all the ingredients in half and blend both blenders at the same time (you can ask a student to help you with this).
- Super important you blend all ingredients to a fine paste. Otherwise the laksa will be gritty.
- When cooking out the paste, make sure it is cooked out well to bring through all the flavours. The bottom of the pan should be going a deep brown colour, before adding the stock.
- Do not rush this demo, otherwise your hainan chicken will not be ready.

## HAINAN CHICKEN NOTES



- When you place the chicken into the broth, make sure it comes back to a boil (not just a simmer). Then turn off the heat and cover with cling film immediately. Boiling for too long will make the chicken dry and not bringing to the boil the chicken will be undercooked.