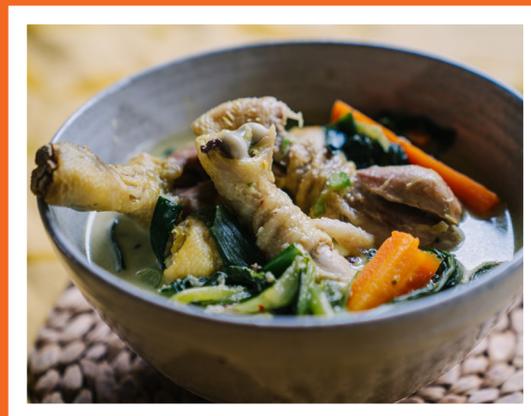


Chicken & Vegetable Mumu

Mumu is a style of cooking in Papua New Guinea where food is traditionally cooked in a pot over coals or cooked directly in ground ovens (mumus). Wet-cooked in a pot with coconut milk this traditional dish was taught to Veronica by her mother, uses a layering cooking method & is served with root vegetable taro cooked in the same broth, but in a different pot. This is a comforting & hearty meal that tastes like home.



A recipe from Veronica's Papua New Guinean Feast

Time

45 minutes

Veronicas Feast Serves

6–8 people

*Served with Taro (recipe provided)

Ingredients

- 6–8 large chicken drumsticks
- 25g garlic, finely grated
- 20g red chilli, finely chopped
- 30g ginger, finely grated
- 200g carrots, cut into thick 1x5cm strips
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon turmeric
- 400ml coconut milk
- 700g spinach, washed & remove roots
- 2 spring onions, washed & thinly sliced

Method

1. Place chicken in large saucepan on high heat & cover three quarters with water.
2. Add finely chopped chillies, garlic & half of the ginger. Cover & bring to the boil, then turn heat to low & simmer for 10 minutes.
3. Add the carrots & simmer a further 5 minutes or until the chicken is tender. Add salt, pepper, turmeric & half the coconut milk & stir through.
4. Place the spinach on top of the chicken mixture & add the remaining ginger & coconut milk.
5. Gently press the spinach down into the liquid.
6. Simmer uncovered on low heat for another 10 minutes, gently pressing the spinach but not stirring.
7. Add additional salt & pepper to taste & garnish with spring onions to serve.

Cook's Notes:

Spinach can be substituted with any green leafy vegetable such as silverbeet, kale, Chinese cabbage, bokchoi etc.