

Chicken triangles

CUISIMAGES

Ref :
6508

Type :
Aperitif

Preparation :
30 mn
Rest :

Cooking :
15 +5 mn

Cost :
  

Difficulty :
  

Origin :




For 12 triangles

- 2 chicken breasts (250 g)
- 6 sheets of pre-baked fritter dough
- 1 onion
- 1 teaspoon ginger
- 1 teaspoon coriander
- 1 teaspoon curry
- 1 teaspoon corn flour
- 4 tablespoons olive oil
- Salt



Chop onion finely. Brown with 2 tablespoons of olive oil over a low heat.

Dice the chicken finely and add to pan with onion.



Add ginger plus 100 ml of water. Blend with a wooden spatula and simmer for 10 min.

Crush coriander and add to meat. Then add corn flour and curry.



Add 50 ml of water and simmer 5 more minutes, while stirring.

Cut sheets of pre-baked fritter dough into 2 pieces. To form triangles, bent double sheet of dough, round side joining the right side.



Place 1 tablespoon of meat on dough. Leave a triangle space form uncovered with meat.

Fold the dough back onto meat, and join the edges.



Fold the formed triangle back onto the dough and join the edges.

Repeat several times to secure meat into pastry.



Moisten the remainder of sheet so the edges stick and the triangle keeps its form. Brown the triangles with 2 tablespoons of olive oil, for 4 min on each side.

Lay the chicken triangles on absorbing paper.



Suggestion
Variante
Wine

You can freeze them. Then bake 150°C for 15 min.

Bordeaux