

# FutureChef

## Resources: Recipes

### Bobby's Pineapple Chicken with Obe Ata



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## Introduction

This recipe has been created to support and enrich culinary lessons, designed for teachers and young people. The recipe can be used on an individual basis at home or within school to support and compliment a cooking lesson as part of the FutureChef programme.

If there are any resources you think would be useful, please get in touch with us at [info@futurechef.uk.net](mailto:info@futurechef.uk.net)



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## Bobby's Pineapple Chicken with Obe Ata

### INGREDIENTS

#### For chicken

- 2 large skinless chicken thighs
- 1 thumb of ginger
- 2 cloves of garlic
- 15ml light soy sauce
- 15ml rice wine vinegar
- 2 tsp caster sugar
- 1 1/2 tsp bicarbonate of soda
- 30g corn flour
- 1 egg (white only)
- 50ml pineapple juice

#### For pineapple sauce

- 100ml pineapple juice
- 15g sugar
- 10ml light soy sauce
- 10ml sesame oil
- Chilli flakes (optional)
- 15g corn flour
- Water

#### Obe Ata (Pepper Stew) –

- 1 small onion
- 4 cloves of garlic
- 1 thumb of ginger
- 1 red bell pepper
- 300g fresh tomatoes
- 1 scotch bonnet (optional)
- Curry powder
- Thyme
- Ground crayfish
- 1 Maggi cube

Obe Ata is a Nigerian pepper stew which is rich in crucial vitamins and minerals

### METHOD

1. Cut boneless, skinless chicken thighs into inch pieces and add to bowl with grated ginger and garlic.
2. Add the light soy sauce, rice vinegar, bicarbonate of soda, cornflour, 1 egg white and pineapple juice.
3. Season with S&P, mix and leave to marinate. 1 hour maximum!
4. In a blender add the onion, garlic, ginger, bell pepper, tomato and scotch bonnet. Blend roughly (you still want a bit of texture).



## **METHOD**

- 4. Heat up vegetable oil in a pot and add the blended mixture.**
- 5. Add curry powder, thyme, ground crayfish and Maggi cube. Season with S&P.**
- 6. Simmer on low till thickened.**
- 7. Heat a pan with a healthy amount of vegetable oil and fry chicken until cooked through. Drain on kitchen roll.**
- 8. In a small saucepan, add pineapple juice, sugar, light soy sauce, sesame oil and chilli flakes.**
- 9. Bring to a boil then thicken with cornflour slurry.**
- 10. Toss chicken in sauce.**
- 11. Serve the obe ata with steam rice and fried plantain, along with the pineapple chicken**
- 12. Enjoy**