



Malaysian Fried Chicken

5 Shallots, crushed or finely diced
4 cloves garlic, crushed or finely diced
½ tsp. coriander powder
½ tsp. cumin powder
½ tsp. turmeric powder
1 tsp. chili powder
1 tsp. salt
1 tsp. pepper
4-5 chicken drumsticks
Palm Oil for frying

Combine all the seasonings to form a marinade. Cover chicken with marinade and let sit for at least 2 hours. Heat oil in pan over medium setting. Deep-fry the marinated chicken for about 5-6 minutes or until crispy and golden brown. Remove chicken and drain on paper towel. Serve hot. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



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