

CHICKEN

Chicken Pot (Adapted to Port Moresby)

one chicken cut into serving pieces
a little oil

kaukau

bunch of green onions

pumpkin tips

cobs of corn

2 coconuts for cream

salt to taste

curry powder to taste

1. Place chicken in the pot with a little oil if necessary.
2. Chop kaukau and place on top of chicken.
3. Coarsely chop green onion and add next.
4. Coarsely chop pumpkin tips and add next.
5. Peel and break corn to place on top of greens.
6. Squeeze coconut milk over the meat and vegetables to cover.
7. Cover and bring to a boil.
8. Cook gently for 30-40 minutes.
9. Add salt and curry powder.
10. Serve as a meal. You could separate the vegetables and meat for serving and place the liquid in a container to serve as a sauce or soup.

Chicken and Vegetables

butter for browning

1 chicken cut into serving pieces

1 coconut for cream

enough vegetables to serve 6 people: tapioca, yam, banana, pumpkin, kaukau, onions, etc.

1. Brown the chicken in a little butter in a heavy frying pan (electric if you have one).
2. Add peeled, washed and chopped vegetables to frying pan.
3. Cover with coconut cream.
4. Add a little salt, chopped onions and any seasoning to taste.
5. Cover and cook slowly until vegetables are tender, about half an hour.

Mumu in a Drum (Adapted from the Highlands)

an empty and clean 5 gallon drum

smooth stones to cover the bottom of the drum

large banana or other leaves

1 or 2 chickens

piece of pork

starchy vegetables

greens

2 or more coconuts for cream