

Indonesian Fried Chicken – Ayam Goreng

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-fried-chicken-recipe>

Ingredients:

- 1 chicken cut into 8 pieces
- 6 shallots
- 2 cloves garlic
- 1 5/8 inches galangal as big as the half thumb
- 1 3/16 inches turmeric
- 1 5/8 inches ginger as big as the half thumb
- 1 teaspoon salt
- 1/2 cup water
- 2 bay leaves
- 1/2 teaspoon white pepper
- 1 lemongrass crushed
- cooking oil for frying

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 245 milligrams
4. Fat: 16 grams
5. Protein: 81 grams
6. SaturatedFat: 4 grams
7. Sodium: 900 milligrams

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