

# Ayam Goreng (Malaysian Fried Chicken)

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 teaspoon fennel seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 3 shallots peeled, coarsely chopped
- 4 garlic cloves peeled, coarsely chopped
- 1 5/8 inches ginger piece, peeled, coarsely chopped
- 1 5/8 inches galangal piece, peeled, coarsely chopped
- 1 lemongrass stalk white part only, coarsely chopped
- 1 teaspoon ground turmeric
- 2 teaspoons sea salt plus extra
- 8 pieces chicken bone-in thighs and drumsticks are my favourite
- 1 egg
- 1 cup cornflour corn starch
- vegetable oil for deep frying

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 1210 milligrams

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