

SPLICED CHICKEN AND RICE



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SERVES: 4-5

40 g (1½ oz) ghee or 2 tablespoons oil

2 large onions, chopped

1 tablespoon Baharat

1 teaspoon ground turmeric

1 chicken, about 1.5 kg (3 lb 5 oz), jointed

375 g (13 oz/1½ cups) chopped, peeled tomatoes

3 cloves

½ teaspoon ground loomi (dried lime), or grated zest of ½ lemon

2 pieces of cinnamon bark 6 cardamom pods

3 teaspoons salt

400 g (14 oz/2 cups) basmati or other good-quality long-grain white rice

2 tablespoons chopped coriander (cilantro) leaves

2 tablespoons chopped flat-leaf parsley

Heat the ghee or oil in a large heavy-based saucepan and gently fry the onion until translucent. Stir in the Baharat and turmeric and cook for 2 minutes longer.

Add the chicken pieces and turn in the onion mixture over medium heat to brown lightly. Add the tomatoes, cloves, ground loomi, or lemon zest, cinnamon, cardamom pods and salt, stirring well to combine.

Pour in 625 ml (21 fl oz/2½ cups) water, then cover and simmer over gentle heat for 45 minutes.

Pick over the rice to remove any discoloured grains. Place in a bowl and wash with cold water until the water runs clear. Drain. Stir the rice gently into the stew, add the herbs and

bring back to a slow simmer.

Cover and simmer over low heat for 35–40 minutes, or until the chicken is tender, stirring gently once or twice during cooking. Remove from the heat and leave for 10 minutes.

Pile the mixture onto a large platter, arranging the chicken pieces in the centre. Serve hot with pickles, salad and Recipe posted by Corne Liebenberg