



Chicken pulao

Chicken on the bone and basmati cooked together in a fragrant stock with whole spices. One pot, gently spiced and perfect with raita.



Serves 4

Prep 20 min

Cook 50 min

Ingredients

1kg chicken in curry pieces, bone in
400g basmati rice, washed and soaked for 30 minutes
5 tbsp oil or ghee
2 onions, thinly sliced
1 tsp cumin seeds
4 green cardamom pods
4 cloves
1 cinnamon stick
10 black peppercorns
1 tbsp ginger paste
1 tbsp garlic paste
2 tomatoes, chopped
2 tsp salt
1 tsp garam masala
4 green chillies, slit
700ml hot water

Ask at the counter for

1 medium chicken, skinned and cut into curry pieces

Method

1. Heat the oil and fry the onions for 12 minutes until golden. Add the cumin, cardamom, cloves, cinnamon and peppercorns and fry for 1 minute.
2. Add the chicken, ginger and garlic and fry on a high heat for 6 minutes. Add the tomatoes and salt and cook for 5 minutes until soft.
3. Add the hot water, garam masala and green chillies, cover and simmer for 15 minutes, until the chicken is nearly cooked.
4. Drain the rice, stir it in gently and bring back to the boil. Cook uncovered on a medium heat for 5 to 6 minutes until most of the water has gone and little holes appear on top.
5. Cover tightly, turn the heat to the lowest setting and steam for 15 minutes. Leave to rest for 5 minutes, then fluff gently with a fork and serve with raita.

Tips

- Check the salt in the stock before adding the rice: it should taste a little too salty.

