

Hameen

Preparation Time: 30 minutes
Cooking Time: Overnight!

Ingredients:

2½ pounds roasting chicken – cut into 4 portions
1 onion – peeled and roughly chopped
1 tablespoon vegetable oil
½ pound salad tomatoes – roughly chopped
1 tablespoon tomato puree
1 cup basmati rice
1 whole clove cardamom
1½ garlic cloves – peeled and finely chopped
1 inche fresh root ginger – peeled and finely chopped
1½ cinnamon sticks
1½ teaspoons turmeric
4 cups chicken stock
Salt and freshly ground black pepper – to season

Method

1. Heat the vegetable oil in a very large skillet. Sauté the onion, garlic, turmeric, and ginger for 2 minutes.
2. Add the chicken pieces and brown all over.
3. Add the rice, tomatoes, tomato puree, cardamom, and cinnamon. Cook for a further 2 minutes and then pour in the stock. Make sure that the stock completely covers the rice.
4. Mix well so that the cinnamon flavours infuse into the chicken. Bring to the boil and then reduce to simmer for 10 minutes.
5. Pre-heat the oven to its lowest setting – 250 F.
6. Transfer to a large ovenproof dish and cover with a lid and foil.
7. Place in the pre-heated oven and cook overnight.
8. Or in Slow cooker for 8 hours.