

Yakhni Pilau Recipe

(Rice Cooked in Stock with Spices and Meat Recipe)

Ingredients: Serves 4-6

1 x 1 kg (2 lb) chicken or 3 lamb shanks
4 cardamoms pods
10 whole black peppercorns
4½ teaspoons salt
1 onion
3 whole cloves
2½ cups long grain rice
5 tablespoons ghee
1 large onion, peeled and finely sliced
¼ teaspoon saffron strands or ⅛ teaspoon powdered saffron
2 cloves garlic, crushed
½ teaspoon finely grated fresh ginger
½ teaspoon garam masala
½ teaspoon ground cardamom
3 tablespoons rose water
¼ cup sultanas
¼ cup fried almonds
1 cup hot cooked green peas
3 hard-boiled eggs, shelled and halved

Method:

Make a strong, well-flavored stock by simmering chicken or lamb in water to cover, with cardamom pods, peppercorns, 2 teaspoons salt and the 1 onion stuck with cloves. Simmer for approximately 2 hours. Cool slightly, strain stock and measure 4 cups. Remove meat from bones, cut into bite-size pieces and set aside. Wash rice thoroughly in water, drain in a colander and allow to dry for at least an hour. Heat ghee in a large saucepan and fry sliced onion until golden. Add saffron, garlic and ginger and fry for a minute until fragrant, stirring constantly. Add rice and fry 5 minutes longer over a moderate heat, stirring with a slotted metal spoon. This prevents breaking the long delicate grains of rice which add so much to the appearance of this dish. Add hot stock, garam masala, cardamom, remaining salt, rose water, sultanas and reserved chicken pieces, stir well. Cover pan with a tightly fitting lid and cook over a very low heat for 20 minutes. Do not uncover saucepan or stir rice during cooking time. When rice is cooked, remove from heat and stand, uncovered, for 5 minutes. Fluff up rice gently with a fork and place in a dish, again using a slotted metal spoon. Garnish with almonds, peas and eggs and serve hot accompanied by pickles, cucumbers in sour cream or yoghurt, and crisp fried poppadoms. A curried dish can also be served if liked.