

CHICKEN SEEKH KEBABS

INGREDIENTS

- 1 medium onion
- 7-8 cloves fresh garlic
- 1-inch ginger
- 2-3 Jalapeno peppers
- 1 ½ pounds boneless chicken breast or thighs
- 3 Tablespoons fresh mint leaves, chopped
- 3 Tablespoons fresh cilantro, chopped

ADDITIONAL ITEMS

- 2 Tablespoons Ghee (clarified butter)
- Live charcoal (for smoking)
- Bamboo or metal skewers as required
- Ghee for grilling



METHOD

Add the onion, garlic, ginger and green chilis in a food processor and chop them finely, if you don't have food processor then you will need to chop it with a knife. Do not use grinder as you may end up making a paste.

Transfer the chopped vegetable mixture to a muslin cloth and squeeze out to remove excess moisture

Mince the chicken finely with knife or directly mince it in the food processor or mixer grinder.

Transfer the minced chicken and chopped vegetable mixture to a large metal mixing bowl, add fresh chopped mint and cilantro, powdered spices, salt & pepper to taste and ghee and combine well.

Create a hole in the middle of the mixture large enough to fit a small metal bowl. Place a small metal bowl in the hole and fill with live charcoal along with a few drops of ghee. Cover the entire set-up with aluminum foil or a lid and smoke for 3-5 minutes

Dip your hands in water to prevent the chicken mixture from sticking to your palms while shaping it over skewers. Make as many as you wish and grill them

Set a large sauté pan on medium heat, add ghee and grill the seekh from all sides until golden brown in color. You can also grill them on open fire, basting with ghee or butter at regular intervals to ensure a golden color as well as charred flavor. Cook until internal temperature of the thickest piece reaches 155 °F (it will continue cooking when removed from the heat). Season hot kebabs with fresh squeezed lemon and a pinch of garam masala before serving. Alternatively, serve kebabs with chutney and some fresh mint leaves and sliced onions, or make a seekh kabab kathi roll using flat bread.

Yields: 6 servings

SAFFRON RICE

INGREDIENTS

1 ½ cups basmati rice
salt as required
2 to 3 generous pinches of saffron (kesar)
¾ teaspoon cumin seeds
2 green cardamoms
1 bay leaf
1 inch cinnamon stick
2 cloves
1 strand of mace
1/3 cup raisins
1/3 cup cashews
3 to 3 ¼ cups water
1 pinch turmeric - optional
1 ½ tablespoons ghee. (clarified butter)
mint leaves for garnish

METHOD

Rinse the rice 3 to 4 times, or until the water runs clear of starch

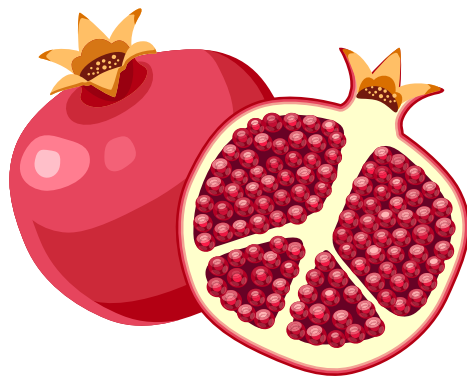
Heat ghee in a deep pan add the cashews and raisins, sauté them for a minute until plumped and lightly browned. Remove from pan and add all the whole spices in the same ghee.

Fry till the spices crackle and become fragrant. Then add rice, stir for 1 to 2 minutes.

Add a pinch of turmeric powder and stir to combine. Crush a small amount of saffron in a mortar-pestle and add to the rice, also add the whole saffron, at this point. Add water along with salt. Cover the pan tightly and let the rice cook till the grains separate and absorb all the water.

Be sure to check the rice a couple of times throughout the cooking process to make sure it isn't burning. Once done, fluff gently with a fork.

Yields: 6 servings



POMEGRANATE RAITA

INGREDIENTS

35 oz tub Greek Yogurt
1 cup Pomegranate Seeds
1 teaspoon Salt
3 teaspoons Sugar
2 Tablespoons Toasted Ground Cumin
1 teaspoon Cayenne

METHOD

Whisk the Greek yogurt till smooth.

In a medium bowl combine 1/2 cups pomegranate seeds, salt, sugar, toasted ground cumin, red chili powder, and mix well. Taste and adjust seasoning.

Transfer the raita in the serving bowl.

Garnish with remaining pomegranate seeds.

Serve chilled