

Pilau (Kreuzkümmel und Huhn-Reis aus Sansibar)

930

Typ: Fleisch

Quelle: Dina Macki (Bahari), S 160

Bemerkungen: I consider this dish a Zanzibari version of a Sunday roast. For my family, at least, it's always been a weekly dish that we make the time to gather at the table for. It's simple and easy to make, and only needs one pot, which is great. I would say this is the most recognisable and well-known dish from Zanzibar. It's usually made with chicken or lamb; I have also tried it with prawns, which works well if you don't eat meat. Whichever protein you choose, remember it is essential you serve it with my Kachumbar salad (see Page 121) and a banana, a common custom across the Swahili coast when serving rice dishes, especially pilau.

Zutaten 120 mL vegetable oil
1 onion, finely diced
3 tbsp cumin seeds
2 tbsp black peppercorns
2 cinnamon sticks
8 cardamom pods, crushed
6 cloves
2 tbsp garlic paste
4 medium or large potatoes, peeled and quartered
1 whole chicken, about 1.5 kg, skin removed, cut into pieces (or use precut skinless pieces of your choice, on the bone)
1 tsp salt
350 g basmati rice, rinsed
50 g raisins

Rezept: Heat the oil in a large saucepan over a medium-high heat. Add the onion and sauté for 10 minutes until translucent, then stir in all the spices and the garlic paste and fry for another 2-3 minutes.

Next, add the potatoes and chicken. Fry for a further 8-10 minutes, stirring occasionally, then add 825 mL of water and the salt. Bring to the boil and let it bubble for 20 minutes until the chicken is mostly cooked.

Rinse the rice well under running water, then tip it into the saucepan, along with the raisins. Wait for the water to come to the boil again, then reduce the heat to very low. Securely wrap a clean tea towel around the lid of your pan to lock in the steam, then place on top and leave to cook for 30 minutes until the chicken, potatoes and rice are cooked through.

Plate up the rice on a large serving platter and serve with kachumbar and bananas