

# Silk Road Chicken and Rice

- 2 onions
- 2 to 3 carrots
- 1 jalapeno pepper
- 1 green bell pepper
- 4 boneless chicken breasts
- 2 teaspoons of salt
- 1/2 teaspoon ground black pepper
- 1/4 cup extra virgin olive oil
- 2 tablespoons sugar
- 1/2 teaspoon fresh or dried ground thyme
- 2 cups uncooked rice
- 6 or so threads of saffron

Dice the onions, wash and peel and grate the carrots, remove the seeds from and mince the jalapeno, and remove the seeds from and dice the bell pepper.

Chop the chicken into cubes. Sprinkle 1-1/2 teaspoons salt and the black pepper on the chicken, to coat it.

Get out two pots. One will be your cooking pot, and should have a tight-fitting cover and be of sufficient size to cook all the ingredients. The other will only be used to boil water, and should be of sufficient size to boil a gallon of water.

Place your cooking pot over a medium heat. Add the oil to the bottom of the cooking pot, and tilt until the bottom is coated.

Once your oil is warmed sufficiently, add in your vegetables – the onions, carrots, jalapeno and bell pepper. Add in the sugar and the thyme.

Start boiling your big pot of water. If it boils before you are ready for it, turn down the heat but keep it boiling and ready for use.

Keep stirring the vegetables, until the onions start to turn translucent.

Add the chicken on top of the vegetables. You will gently stir the chicken, being careful to leave the vegetables underneath the chicken, so that the vegetables are effectively steaming your chicken.

Meanwhile, measure out your uncooked rice. Mix 1/2 teaspoon of salt and the saffron into your uncooked rice.

Once your chicken is evenly white all over, use a spoon to flatten out the chicken. Pour your uncooked rice on top of the chicken, gently smoothing it out so that it is even in the pot.

Gently add enough boiling water to cover the rice by about an inch. Turn the heat down to low, and cover the pot. You will not need any more boiling water, and can turn off the second pot.

Leave the pot of chicken and rice covered and undisturbed for 15 minutes. Remove the lid. If anything above the rice line is toasting to the sides of the pot, gently scrape it atop the rice. Using a long-handled spoon, create vents for the ingredients by poking through the layers all the way to the bottom of the pot several times.

Put the lid back on, and let cook for another 20 minutes. Remove the pot from the heat, but leave covered for another 5 minutes before serving.

Serve in the pot it was cooked in; but remember that the goodies are layered, and one must dig to get beyond the rice!

Serves: 7 to 8

Preparation Time: 75 to 120 minutes

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