

Machboos (Qatar)



Serves: 3 | Source: #ParlezPantry

In continuation of the #F1 themed #SundayLunch in #ParlezPantry we close out the final triple header of the season in Qatar. Other variants exist, Kabsa chicken or meat served on a bed of steaming ...

Ingredients

- 6 Chicken thighs (skin on (bone in))
- 3 cups Basmati rice
- 4 White onions (thinly sliced)
- 6 Salad tomatoes (roughly chopped)
- ¼ cup Chopped coriander
- ¼ tsp Saffron
- 6 Cardamom pods
- 1 tbsp Smoked paprika
- 1 Cinnamon stick
- 2 tbsp Tomato puree
- 1 tbsp Minced garlic
- 1 tbsp Minced ginger
- 12 Almonds (toasted (optional))
- 2 tbsp orange Raisins (toasted (optional))
- 2 Green chillies (sliced lengthways into quarters)
- 4 tablespoons Baharat
- 2 Black limes (pierced)
- ½ Nutmeg (crushed)
- ¼ cup Olive oil



Method

1. Chop the onions and place in a bowl, combine ginger and garlic in a separate bowl. Wash the rice thoroughly before leaving to soak for at least 1 hour.
2. Let's get some colour on that chicken but not cook it at stage as we shall set it aside until later. Add a little oil to the pan on a medium heat, once it is freely able to move around the pan add the chicken skin side down, this will allow the fat in the skin to render down, after a few minutes check the underside and if nicely coloured, turn it over for a further 2 minutes then set aside.
3. Over a medium high heat add some more oil if required oil and cook the onions until translucent then add the following, Baharat, start with 3 tbsp and add as you see fit, garlic, ginger, tomatoes, chillies, nutmeg, black limes (don't forget to pierce them to allow them to re-hydrate and infuse beautifully), add salt and leave until the mixture blends and thoroughly incorporates.
4. Add 2 tbsp of tomato puree and cook that out for a couple of minutes to remove any bitterness.
5. Add 5 cups of boiling water and the optional almonds and raisins, add the paprika and reduce the heat to low, cover and simmer for 15 minutes, remove the lid, add the saffron, and return the chicken to the pot along with the chopped coriander for a further 20 minutes on low.
6. Remove the chicken again from the pot before adding the rice and the cardamom pods and the chillies, and leave it on a low boil for 15 – 20 minutes, don't be tempted to remove some liquid, you want the rice to fully soak it all up as it infuse it, you may even require more time depending on the depth of your pan.
7. Pre-heat the grill to 180c. Line a baking sheet with silver foil and place the chicken atop skin side up. Brush with a little ghee or butter and a little more paprika, to add a rich colour under the grill for 10 to 15 minutes (keep checking it).
8. Transfer the chicken and rice to a serving dish, you can remove the black limes or leave them on the platter (not for eating though), and in good old Brian Hanrahan fashion during the Falklands War with regards the cardamom pods, you could leave them or "count them all out and count them all back again).
9. As for garnish you could choose cucumber, tomatoes, more or coriander, with a raita on the side, your choice.