

DELGRES

CHICKEN COLOMBO



INGREDIENTS

For the Colombo spice mix:

- 1/4 cup coriander seeds
- 1/4 cup cumin seeds
- 1/4 cup uncooked white rice
- 1 tablespoon black peppercorns
- 1 tablespoon fenugreek seeds
- 1 tablespoon black mustard seeds
- 1 teaspoon whole cloves or 1/2 teaspoon ground cloves
- 2 tablespoons turmeric
- 1 tablespoon yellow Indian curry powder

For the chicken Colombo:

- 1 whole chicken, cut into 8 pieces, or 8 chicken parts such as thighs and drumsticks, skin removed
- 3 tablespoons olive oil
- 1 red onion, peeled and thinly sliced
- 3 garlic cloves, peeled and minced
- 1 shallot, peeled and minced
- 2 tablespoons Colombo powder (store-bought or homemade)
- 1 can (14 oz) chicken broth
- 2-3 white or Yukon gold potatoes, peeled and chopped into bite-sized pieces
- 1 carrot, peeled and chopped into bite-sized pieces
- 2 habanero peppers, stemmed, seeded, and finely minced
- 2 scallions, chopped
- Juice of 1 lime
- 2 tablespoons minced thyme leaves
- 2 tablespoons minced Italian parsley
- Salt and pepper, to taste
- Minced chives (optional)

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METHOD

Prepare the Colombo spice mix:

- Toast the uncooked white rice in a dry skillet over medium heat until slightly golden, stirring occasionally to prevent burning. Transfer to a bowl to cool.
- In the same skillet, toast the coriander seeds, cumin seeds, black peppercorns, fenugreek seeds, black mustard seeds, and cloves until fragrant (about 3-4 minutes). Transfer to the bowl with the rice to cool.
- Using a spice grinder, grind the toasted rice and spices into a fine powder. Stir in the turmeric and curry powder.
- Store the Colombo powder in an airtight jar at room temperature.

Season the chicken:

- In a mortar and pestle or spice grinder, grind 1/2 teaspoon each of coriander seeds, mustard seeds, cumin seeds, and anise seeds into a powder.
- Sprinkle this spice mixture over the chicken pieces and set aside.

Cook the dish:

- In a Dutch oven or large skillet, heat the olive oil over medium heat. Add the sliced red onion, minced garlic, and minced shallot; sauté until softened (about 5 minutes).
- Add the seasoned chicken pieces to the pot and cook, turning occasionally, until lightly browned.
- Sprinkle 2 tablespoons of the Colombo powder over the chicken. Add the lime juice and minced habanero peppers; stir to evenly coat the chicken.
- Pour in the chicken broth, bring to a simmer, then cover and cook over medium-low heat for about 30 minutes.
- Add the chopped potatoes, carrot, and scallions to the pot. Continue to simmer, uncovered, until the vegetables are tender (about 20 minutes).
- Stir in the minced thyme and parsley. Season with salt and pepper to taste.

Serve:

- Serve the Chicken Colombo hot, accompanied by white rice. Garnish with minced chives if desired.