



RECIPE

Four easy-peasy chicken recipes

We all start somewhere when it comes to cooking. For some, their very first attempt brings out delectable results, while for others, it can be a total disaster. Whatever the case may be, it is always a memorable experience. We are all amateurs at the beginning and pick things up as we go along.

These four chicken recipes are extremely easy to put together, yet with promising results. You will be surprised at how such minimal effort brings about food that is finger-licking good. These are perfect if you are trying your hand at cooking or want to make a quick meal.

GRILLED HARISSA CHICKEN

Ingredients

- 1 whole chicken
- 8-10 soaked, dried red chillies
- 4 cloves garlic
- 1 tbsp fennel seeds, roasted
- 1 tbsp cumin powder, roasted
- 1 tbsp coriander powder
- 1 tbsp brown sugar
- 2 tbsp lime juice
- ¼ cup + 2 tbsp olive oil
- 1 tsp salt

Method

Harissa is a spicy, fiery sauce, popular in North African and Middle Eastern cuisines. Making this is very simple; combine the soaked red chillies, garlic cloves, spices, brown sugar, and salt in a blender to make

a coarse, grainy mixture. Add in ¼ cup of olive oil and 2 tablespoons of lime juice to get a smooth paste. Make deep slivers on the chicken pieces and use this paste to marinate them for at least 30 minutes. With 2 tablespoons of oil in a grill pan, cook the chicken on high flame. Ensure all the sides are cooked evenly, and there are char marks on the skin.

TRAY BAKED MANGO CHICKEN AND POTATOES

Ingredients

- For the chicken —*
- 1 whole chicken
- 1 tbsp olive oil
- 2 tbsp mango chutney
- 1 tbsp lemon pepper
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- ½ tbsp paprika powder
- 1 tsp salt
- For the potatoes —*
- 2 large potatoes
- 1 tsp olive oil
- 1 tbsp mango chutney
- 1 tsp salt
- 1 tsp lemon pepper
- ½ tsp chilli powder

Method

Make gashes in the chicken pieces and rub in the ingredients for the chicken marinade and let the flavours seep in for an hour. Dice

the potatoes, drizzle them with oil, and sprinkle the seasonings. Toss them so that the seasoning coats all the pieces. Place the chicken and potatoes side by side on a tray. In an oven preheated for 8 minutes, let them cook at 160°C for about 50 minutes. Flip the chicken and toss the potatoes once halfway through cooking.

CHICKEN PICCATA

Ingredients

- 2 boneless chicken breasts
- ¼ cup chicken stock
- 4 tbsp flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp chilli flakes
- 4 tbsp butter
- 2 tbsp olive oil
- 2 tbsp capers
- 2 tbsp lime juice

Method

Slice the chicken in half and butterfly them. Season with salt, pepper, and dust them with flour. Heat oil and half of the butter in a pan and shallow fry the chicken slices. Remove the pieces when both sides have a firm outer layer. In the same pan with leftover chicken fat, add chicken stock, lime juice, chilli flakes, and capers. Let this simmer for 5 minutes and add in the remaining butter. Put the chicken pieces back in and allow the sauce to thicken and

meld with the chicken pieces for a couple of minutes. Serve this with pasta, fresh salad, or roast vegetables.

CHICKEN KATSU

Ingredients

- 2 boneless chicken breasts
- 1 egg
- 4 tbsp flour
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp Chinese five spice powder
- ½ cup breadcrumbs
- ¼ cup oil
- Drizzle of barbeque sauce

Method

Chicken katsu is a common item you will spot on the menu of Japanese restaurants. It is simply the Japanese version of a fried chicken. To make this, slice the chicken breasts in half to get four flat pieces. Season all sides with salt, pepper, and Chinese five spice powder. Coat the slices in flour first, followed by dunking them in a beaten egg and finally, panko breadcrumbs. Heat oil sufficiently and fry the chicken pieces to get a crispy, crunchy exterior. Drain them on a kitchen towel and serve with a drizzle of barbeque sauce on top. They taste great with cabbage slaw.

By Fariha Amber

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