

1. PILAU RICE

Chicken Tikka Masala can be served with different types of rices or breads. Here we give the recipe of the traditional rice dish which accompanies chicken. It can also be served with a host of other dishes.

Serves 4-6

275g / 10oz basmati rice

50g / 2 oz ghee or unsalted butter

1 large onion finely chopped

2-4 cloves garlic, peeled and finely chopped

8 whole cloves

8 green cardamoms, split open the top of each pod

2 cinnamon sticks, 2-inches long each, broken p

8 whole peppercorns

1 tsp ground turmeric

570ml / 20fl oz water

1 1/4 tsp salt or to taste

Wash the rice and soak in cold water for ½ an hour. Drain well.

In a heavy based pan melt the ghee or butter over medium heat and fry onions until they are soft but not brown (about 5 minutes).

Add the garlic, cloves, cardamoms, cinnamon sticks and peppercorns. Stir and fry until the onions are golden brown (3-4 minutes).

Add the rice and turmeric, stir and fry for 1-2 minutes. Adjust heat to low, stir and fry the rice for a further 2-3 minutes.

Add the water and the salt, bring to the boil, cover and simmer for 15 minutes without lifting the lid.

Remove the pan from the heat and keep it undisturbed for a further 10-12 minutes.

Put the pilau rice into a serving dish.