

Kiplings: a recipe for success

Kipling's

Murgh Shashlik

Ingredients...

Ingredients – Chicken fillets

- 6 fillets of chicken breast
- 4 tablespoons natural yoghurt
- 2 tablespoons single cream
- 1 tablespoon olive oil
- 1 tablespoon perkin sauce
- 1 tablespoon ground black pepper and a pinch of salt

Ingredients – Hot platter base

- 2 fresh tomatoes
- 6 button mushrooms
- ½ red sweet pepper
- ½ green sweet pepper
- 1 Spanish onion
- 1 tablespoon olive oil
- juice of half a lemon and a pinch of salt

Ingredients – Mutter sauce

- 3 tablespoons fresh garden peas
- 3 tablespoons choa
- 2 tablespoons single cream
- 2 tablespoons olive oil
- ½ cup water
- 1 teaspoon saffron sauce
- 1 teaspoon whole cumin seeds
- ½ teaspoon garam masala
- pinch of salt and pinch chopped fresh coriander leaves

Method...

Murgh Shashlik is a Persian/Indian dish cooked with fillet of chicken breast, served on a hot platter of sizzling vegetables accompanied by mutter sauce.

1. Wash chicken fillets, leave to drain.
2. For the marinade whisk rest of ingredients until smooth.
3. Combine with chicken fillets and leave to marinate in fridge for 6 hours.
4. Place chicken on skewers and cook in oven (gas mark 5/6, 180 degrees F) for 10 minutes until golden brown.

For the hot platter base:

1. Chop the vegetables into chunky wedges. Add oil into a wok.
2. When hot add prepared vegetables and stir-fry on low heat.
3. Finish off with squeeze of lemon. Sprinkle a pinch of salt before adding chicken fillets.

For the mutter sauce:

1. Add oil to a cooking pan.
2. Add cumin seeds and fry on low heat until seeds are golden brown.
3. Add choa, when fully melted and water. Simmer for a few minutes.
3. Add peas to sauce along with garam masala and saffron sauce.
4. Simmer for a few minutes. Add salt and cream.
5. Stir well for 5 minutes on low heat and sprinkle over with chopped coriander.

Murgh Shashlik

Brought to you by:
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