**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Pilao  |
| **Author:** | Moidjimoi |
| **Origin:** | It is from Mayotte |
| **Characteristics:** | It is a hot dish |
| **Who created it?** | My mother cooks it. It is a family recipe. |
| **Why is it special?** | When we have big parties, we like eating this traditional dish. |
| **When do I eat it?** | Midday, Evening |
| **Ingredients:** | 1 Chicken of 2 kg2 onions500 g Rice1 tablespoon Turmeric2 Cinnamon sticks3 garlic3 ripe tomatoes2 tablespoons Tomato paste4 tablespoons Olive oil2 Large cloves of garlic1 chicken stockChili according to your tasteSalt and pepper  |
| **Preparation:** | 1. Cut the chicken into 8 pieces.
2. Peel and slice the onions.
3. In a large enough pan, stir the onions in hot oil.
4. When they start to color, add the chicken pieces. Cook till it gets a light brown colour
5. Add the tomato paste, spices and minced garlic. Mix quickly.
6. Cut the tomatoes into small parts, add them to the chicken.
7. Leave to cook for 20 minutes.
8. Rinse the rice 3 times with clean water. Add it to the chicken. Mix again.
9. Add water and the stock.
10. Leave to cook over low heat for 20 minutes.
11. Adjust the seasoning
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| **Servings:** | 4 to 6 people |
| **Cooking time:** | 40 minutes |
| **Picture:** |  |