**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 kg  2 onions  500 g Rice  1 tablespoon Turmeric  2 Cinnamon sticks  3 garlic  3 ripe tomatoes  2 tablespoons Tomato paste  4 tablespoons Olive oil  2 Large cloves of garlic  1 chicken stock  Chili according to your taste  Salt 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 | |
| **Servings:** | 4 to 6 people | |
| **Cooking time:** | 40 minutes | |
| **Picture:** |  |