



Nothing brings the celebratory mood in any Kenyan home more than pilau does! My chicken pilau will take this up a notch and you will for sure enjoy this!

Ingredients:

2 cups of pishori rice

2 1/2 tablespoons of pilau masala

1 teaspoon of whole black pepper seeds
(optional)

For the sauce

6 cloves of garlic, minced

1 tablespoon of vegetable oil

1/4 cup of hot water

2 tablespoons of tomato paste

Palm size chicken breast, diced

1 red onion, diced

6 cloves of garlic, minced

1/4 a teaspoon of ground mustard

1/8 teaspoon of white pepper

1/2 a cup of heavy cream

Pinch of salt

Method

In a sufuria, add the onion, garlic and the diced chicken breast. Let this cook until the chicken has just turned white. This will take about 3-5 minutes.

Add the tomato paste and the pilau masala, black pepper seeds and allow this to cook for about 5 minutes.

Add the rice together with some hot water. Mix everything, cover with a lid and allow it to cook down on medium low heat.

While this is going, work on the sauce. Add the minced garlic in a sufuria with the heated vegetable oil. Once the garlic has softened (not browned), add the heavy cream and the hot water. Mix it all up and turn down the heat to low. Let this simmer until the entire mixture has thickened.

Once the rice is cooked and the sauce is done remove from the heat and serve.



SERVE WITH: some coleslaw or kachumbari or with some gravy

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chicken-pilau-with-garlic-sauce/>