



Murg Mussalam (or Stuffed Roast Chicken)



A classic dish which was made in royal households, but now is made on special occasions.

I make it on Thanksgiving in addition to a traditional roast turkey. –

Manish Singh, Food Services Director

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| I N G R E D I E N T S | MAIN | | CHICKEN COATING | | CHICKEN MINCE STUFFING | |
| | Chicken | 1 Nos 3 lbs. | Plain Greek yoghurt | ½ cup | Chicken Mince | ¼ lb. |
| | Ghee (clarified butter) | 4 tbsps. to shallow fry chicken | Almond paste | 2 tbsps. | <i>from thigh meat</i> | |
| | | | Green Cardamon powder | ¼ tsp | Ghee | 4-5 tbsps. |
| | <i>Remove the chicken skin and apply the marinade listed below. Leave for 1 hour and then shallow fry in ghee in a wok or large pan turning till all sides are an even light brown. Remove the chicken and keep aside.</i> | | Mace powder (optional) | 1/8 tsp | Yoghurt | ¼ cup |
| | | | Saffron | ¼ tsp | Cayenne | ½ to 1 tsp to taste |
| | | | Milk | 1 tbsps. | Coriander seeds powder | 1 ½ tsp |
| | | | | | Cumin seeds | ¾ tsp |
| | | | <i>Warm the milk; add the saffron strands and mix so that it releases its color and aroma.</i> | | Garam masala | ½ tsp |
| | | | <i>For almond paste, blanch and skin the almonds and make a paste in a mixer/blender with a little water. Mix the saffron infusion, yoghurt, almond paste, green cardamon powder and mace. The above paste will be applied to the chicken after it is shallow fried and stuffed.</i> | | <small>(blend of cloves, green and black cardamom, black pepper, bayleaf, cinnamon, nutmeg)</small> | |
| | MARINADE | | | Salt to taste | | |
| | Ginger paste | 1 ½ tbsps. | | Onion | ½ medium sized onion, finely chopped | |
| | Garlic paste | 1 tbsps. | | Garlic | 3 cloves finely chopped | |
| | Paprika powder | ¾ tsp. | | Ginger | 1 tsp finely chopped | |
| | Turmeric | ½ tsp. | | Serrano chiles | 1 nos. seeded and finely chopped | |
| | Salt to taste | | | Mint leaves | 1 tsp finely chopped | |
| | <i>Combine the above ingredients, make a paste, and apply to the chicken body and in its cavity before shallow frying it.</i> | | | Hard boiled eggs | 2 Nos | |
| | | | | Almonds | 2 tbsps. blanched, peeled & chopped | |
| | | | | Pistachios | 2 tbsps. finely chopped | |
| | | | | Golden Raisins | 2 tbsps chopped | |
| | | | | Coconut | 2 tbsps. chopped | |
| | | | | Lemon juice | 1 tbsps. | |

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| D I R E C T I O N S | PREPARING THE STUFFING | | BAKING | |
| | <i>Take the same wok or pan in which the chicken was pan-fried. Add the ghee and once it has melted, add the chopped onions and sauté on medium high heat till they are transparent. Add the ginger and garlic and sauté for another 1 minute till fragrant. Add the chicken mince, spices (coriander powder, cumin seeds, cayenne) yoghurt and pan fry stirring continuously till it is a nice brown color. Add the garam masala, salt and 1 cup water. Bring to a rapid boil and dry the water, but keep stirring the bottom of the pan so that the mince doesn't get stuck to the bottom.</i> | | <i>Heat the oven to 375 F.</i> | |
| | <i>Add the chopped pistachios, almonds, raisins, coconut, mint leaves, serrano chili and lemon juice to the mince. Adjust seasoning to taste.</i> | | <i>Apply the yoghurt paste to the chicken on all sites. Take a greased roasting pan, place the chicken in it, with the breast facing upwards. Pour any leftover coating on top of the chicken.</i> | |
| | <i>Stuff the chicken cavity with the boiled eggs and then the mince.</i> | | <i>Place the chicken in the oven and baste from time to time with melted ghee. After 15-20 minutes, reduce the temperature to 350 F. Let the chicken roast in the oven for 50 minutes to 1 hour till it is a nice golden brown and the inner temperature is 165 F. Remove from the oven, cover with foil and let it rest for 10-15 minutes.</i> | |
| | <i>Any extra mince can be spread around the chicken after it has been baked in the oven. Take two bamboo skewers and put them crosswise across the chicken cavity so that the mince does not come out.</i> | | <i>Carve and serve each chicken piece with the stuffing.</i> | |

