

Chicken Atchar

Bright and interesting flavours colours, and a unique flavour make this very popular.

This is an **English**¹ dish with **Swaziland**² African roots.

Quantities below make two generous portions.

The 100 ml of kumquat Atchar gives a spiciness equal (roughly) to that generated by 2.5 ml of chilli powder.

This recipe has its origin in the 1997 Oxfam Fairworld Cookbook as "**Eswatini Chicken**".

Serve with **Peas Pilau**³ or **plain rice**⁴.

Ingredients

- to taste **FAIRTRADE** freshly ground black pepper
- sunflower oil
- 2 boneless chicken breasts
- 1 medium white onion
- 2 cloves garlic
- 5 ml ground **FAIRTRADE** ginger
- 500 gm butternut squash
- 5 ml cumin seeds whole
- 1 tin tomatoes
- 1 slice fresh **FAIRTRADE** pineapple
- 20 ml **FAIRTRADE** white wine
- 100 ml Swazi Kitchen **FAIRTRADE** Kumquat Atchar

Method

Preparation

If serving with brown rice, first start the rice cooking as the recipe can be executed in the 25 to 30 minutes that the rice will need.

Skin and chop the onion fairly small.

Peel and chop the garlic.

Chop the pineapple into cubes.

Skin the squash, cut out the seeds and cut into 1 to 2 cm cubes.

Wash the chicken meat and cut into 1 to 2 cm cubes.

Cooking

Heat the oil in a wok or heavy pan, and fry the onion to translucent (5 mins).

Add the ginger, garlic and cumin seeds and stir fry until combined with the onion (2 mins).

Add the chicken, and stir fry until the chicken is sealed.

Add the squash, tomatoes and kumquat atchar.

Use the white wine to rinse out the tomatoes tin and add to the dish.

Adjust seasoning and ensure that there is enough liquid (add a little water if necessary) to cover the ingredients.

Bring to the boil, cover and simmer for 15 to 20 minutes.

Check that the squash is tender and the chicken cooked through. Add the pineapple pieces.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/countries/swaziland.htm>

³http://www.fairtradecookbook.org.uk/recipes/peas_pilau.htm

⁴http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm

To serve

Serve hot with colourful **rice**⁵.

⁵http://www.fairtradecookbook.org.uk/recipes/rice_fried.htm