

F. CHICKEN PREPARATIONS

Fowls and Chicken (K-'Koḱkar') were not eaten by Kashmīrī Pandīṭs, in Kashmīr, until some years ago, even by those who were Non-vegetarians. Now, almost all Non-vegetarians eat these birds, which are usually cooked in the following three ways.

RECIPE NO. 75.

1. 'Koḱkar Rōgan Jōsh'. (E-Brown, Chick-
en Curry) (H-'Murgā Rōgan Jōsh').

Ingredients :-

1. Broiler or Chicken (Cock or Hen Weighing 1 to 1 ½ kg. gross), -	One.
2. Mustard oil, -	1 cup.
3. Curd, -	1 cup.
4. Cloves, -	3 nos.
5. Onions, -	2 medium.
6. Garlic, -	3 Cloves.
7. Cumin Seeds, -	1 tsp.
8. Asafoetida, -	a pinch.
9. Red Chili Powder, -	2 tsp.
10. Turmeric, -	1 tsp.
11. Aniseed Powder, -	1 tsp.
12. Ginger Powder, -	1 tsp.
13. Salt, -	about 1 tsp.
14. 'Garam Masāla', -	1 tsp.

Preparation :-

1. Instead of purchasing a Broiler or Fowl, dressed with skin removed, in Kashmīr generally, a slaughtered bird, with feathers and skin, is purchased. Removing the feathers, along with the skin, amounts to loss of valuable fats, meat and the delicious gelatine of the skin.

A Fowl should not be cooked immediately after slaughtering it. It must be hanged for a day during summer and two or three days during winter, before cooking. This makes the fibrous flesh soft.

The feathers are plucked easily by scalding i.e., after the slaughtered bird, with feathers, is immersed in boiling water for a couple of minutes. Then the left over hair are burnt away by slightly roasting it on a sootless flame or on live charcoals. With a knife the skin is then scraped and the bird washed thoroughly.

2. Now slit open the abdomen of the bird, lengthwise through the middle, and remove its gibles. Cut open the Gizzard and remove sand etc., along with the inner lining. The cleaned Gizzard, the Liver and the Heart, are cooked along with the meat of the Bird.
3. Cut off the Shanks along with Claws, and also the Beak, Comb and Wattles of the Head. Dis-joint the bird with a sharp knife. First sever the Head, the Neck and the Limbs, and then cut the remaining Fowl, into desired serving size pieces. Wash again the pieces along with Gizzard etc., thoroughly with water.
4. Peel the Onions and Garlic cloves and chop these.
5. Make a batter of Curd, Asafoetida and Salt, and cover with it evenly, by fingers and thumb of right hand, all the prepared Chicken pieces. Put

these in a steel bowl, along with left over batter, and leave aside for sometime.

Method of Cooking :-

1. In a round bottomed 'Paṭilā', of steel or tinned brass or copper, and of about 2 to 3 litres capacity, heat, on medium flame, the oil till the foam disappears. Add chopped Onions and Garlic, and the Cloves and Cumin Seeds. Go on turning with a steel ladle or a broad spatula till the Onions are fried golden brown.
2. Add battered Chicken pieces, along with all the remaining batter. Continue turning the pieces for 10 to 15 minutes, till the meat gets uniformly cooked and starts getting fried, and the liquid evaporates.
3. When the pieces become brown and oil begins to separate, add Red Chili Powder, and the Turmeric, along with a tablespoon of water. Turn well with the ladle for a minute, so that the pieces take the colour of Chilies and Turmeric. Then add Aniseed and Ginger Powders, and half a litre of water. Stir.
4. Cook for half an hour, frequently turning the meat with the ladle, so that no caking takes place at the bottom of the cooking vessel.
5. When gravy thickens, add 'Garam Masālā', and more Salt if needed. Stir. Serve with Plain Cooked Rice, 'Nān', 'Chapāṭī', 'Parāṇthā' or Bread.

RECIPE NO. 76.

2. 'Kōākar Dam Poakḥṭā'. (E-Chicken 'Dam Puḥḥā') (H-'Dam Puḥḥā Murgā').

For 'Dam Puḥḥā' mode of cooking of a Chicken, and also of Game Birds, usually young Birds weighing around 250 gm. each, when dressed and cleaned, are preferred and used. Adult Cocks and Hens are rarely used for this purpose, but cooked only after disjointing and cutting into pieces, vide RECIPE NO. 75. 'Dam Poakḥṭā', Birds are served in Big Dinners with 'Pulāvs' etc.

Ingredients :-

1. Young Chicken (K-'Kōākar Pūet'), -
4 nos. each about 1/4 kg. after dressing and the Giblets removed.
2. Mustard oil, Pure 'Ghī', or Refined Vegetable Oil, - 1 cup.
3. Curd, - 1/2 cup.
4. Cloves, - 3 nos.
5. Onion, - 1 medium.
6. Garlic, - 5 Cloves.
7. Salt, - 1 tsp.
8. Red Chili Powder, - 1 tsp.
9. Cumin Seeds, - 1 tsp.
10. Asafoetida, - 2 pinches.
11. Turmeric, - 1 tsp.
12. Aniseed Powder, - 1 tsp.
13. Ginger Powder, - 1 tsp.
14. 'Garam Masālā', - 1 tsp.

Preparation :-

1. Follow the instructions given in previous RECIPE NO. 75., with respect to hanging of Birds, plucking their feathers, and burning of hair etc., and also taking out of Giblets, and cutting of Shanks along with Claws, (or webs in the case of Game Birds) and Beaks etc. The Birds are cooked whole, and only sometimes Heads, Necks and outer Wings are cut and cooked along with the remaining parts of the Birds. Prick all over with a fork, all the dressed Birds, before cooking.
2. Pound to a paste, by means of a Pestle and Mortar (H-'Hāvan Ḍasṭā') or a 'Sil Battā', the peeled Garlic Cloves, peeled and chopped Onion, Salt, half a tsp. of Red Chili Powder, one Clove, a pinch of Asafoetida and the Cumin Seeds. Mix thoroughly the paste with the Curd by a spoon, to make it into a Batter.
3. Anoint the outer side and inside, of the four dressed Chickens (or dressed Game Birds) with

all the Batter and keep these aside in a bowl for an hour or two to let the Spices etc., soak in.

Method of Cooking :-

1. Heat, on medium flame, the oil or 'Ghī', in the body of a Pressure Cooker of suitable size, for cooking the four Birds. When the foam disappears, and oil just begins to smoke, add remaining 2 Cloves, Turmeric, a pinch of Asafoetida, half a teaspoon of Red Chili Powder, along with a tablespoon of water, and stir.
2. Place immediately the four dressed and battered Birds and the Heads etc., in the pressure cooker body. Go on turning with a broad flat spatula (H-'Paltā'), till these fry to a reddish brown colour.
3. Add a cup of water. Stir and close the lid of the cooker. Cook for 10 minutes under full pressure, and then remove from heat and let cool to normal pressure.
4. Open the lid, and resume heating on a low flame, and meanwhile turning till all water evaporates.
5. Add 'Garam Masālā'. Turn with the spatula, and serve whole Birds, or each cut into two halves. The cooked Heads, Wings and Necks are usually served separately with Plain Cooked Rice.

RECIPE NO. 77.

3. 'Kōākar Tā Mīṭh, Yā Mīṭh Tā Pālak'. (E-Chicken with Fenugreek Leaves and / or Spinach) (H-'Murgā aur Mēṭhī aur/ yā Pālak').

Ingredients :-

1. A Broiler or a young Fowl about, -
1 kg. gross in weight.
2. Mustard oil, - 1 cup.

3. Fenugreek Leaves and Spinach, -
1/2 kg. each, or
1 kg. of Fenugreek or Spinach.
4. Onions medium, - 2 nos.
5. Garlic, - 4 Cloves.
6. Green Chillies, - 3 nos.
7. Red Chili Powder. - 1 tsp.
8. Cloves, - 2 nos.
9. Cumin Seeds, - 1 tsp.
10. Turmeric, - 1 tsp.
11. Aniseed Powder, - 1 tsp.
12. Ginger Powder, - 1 tsp.
13. 'Garam Masālā', - 1 tsp.
14. Curd, - 1/2 cup.
15. Tomatoes medium, - 2 nos.

Preparation :-

1. After peeling, chop the Onions and Garlic Cloves. Chop Green Chillies after removing seeds, and also the Tomatoes.
2. Wash and sort out good leaves of Fenugreek and/or Spinach, and cut off and discard any coarse stems. Boil for 5 minutes in a cup of water, and strain through a colander. Then press the boiled leaves further, between palms to squeeze out more liquid. Retain all this liquid in a bowl.
3. With a Pestle and Mortar (H-'Hāvan Ḍastā'), or by means of a 'Sil Battā', or in an Electric Grinder, pound or grind the boiled strained Fenugreek and/or Spinach leaves to a paste, along with the chopped Onions, Garlic, Green Chillies and Tomatoes. Keep aside this paste in another bowl.
4. Prepare and disjoint and cut into pieces the Chicken, in the same manner as described in RECIPE NO. 75 for preparing the 'Brown Chicken Curry'. No batter is used here and the Chicken pieces are only washed, wiped and kept aside in a plate.

Method of Cooking :-

1. Pressure cook the Chicken pieces, in two cups of water for 15 minutes. Remove cooker from heat and let it cool. Open the lid and Strain the Soup, through a colander, and keep it aside in a bowl. Keep also the boiled pieces of the Chicken separately in a dish.
2. In a steel 'Paṭlā', of about 2 ½ litres capacity, heat the oil till foam settles. Add Cloves, Asafoetida and the Cumin Seeds. Stir with a ladle. Then immediately add Red Chili Powder, and Turmeric, along with a tablespoon of water, and stir again for a minute till oil takes colour. Add the paste of Fenugreek, Spinach etc. Continue stirring to let the paste cook and get somewhat fried for 5 minutes.
3. Add the boiled Chicken pieces, beaten Curd, Aniseed and Ginger Powders, and again mix thoroughly but gently by means of a broad flat steel spatula (H-'Paltā'). The Chicken pieces should not split. Cook for another 5 minutes, turning the contents gently once or twice.
4. Now add the Soup of the Chicken and also the liquid obtained from straining the Vegetables. Turn and mix well with the spatula. Let the pot simmer on low heat for 15 minutes or so. Turn the contents frequently, so that no caking at the bottom of the 'Paṭlā' takes place.
5. When the Fenugreek and Spinach again thickens to a paste, and oil begins to show, add 'Garam Masālā' Stir, and serve with Plain Cooked Rice, 'Chapaṭī' or 'Nān' etc.

NOTE :- In Kashmīr a cock is called a 'KOAKUR', a hen a 'KOAKĀER', and a chicken a 'KOAKĀR PUṬ'.