

Chicken Salona (Emirati Chicken Stew)

Chicken Salona is an Emirati chicken stew recipe made with chicken, vegetables, and spices simmered in a rich tomato-based broth.

Ingredients

- 6 pieces chicken, thigh, drumsticks, or breasts
- 1 large potato, cut into several pieces
- 1 large carrot, sliced
- 1 large zucchini, cut into several pieces
- 1 large tomato. chopped
- 1.5 Tbsp. tomato paste
- 3 cups water
- 5 Tbsp. vegetable oil
- salt and black pepper to taste

Spices and Herbs

- 1 tsp. garlic, grated
- 1 thumb-size of ginger, grated
- 1 large red onion, chopped
- 1 tsp. curry powder
- 1 tsp. cumin powder
- 1/2 tsp. turmeric Powder
- 1 Tbsp. Bezar Spice or Baharat Spice or Garam Masala
- 2 Sadaf dried limes (available at Global Foods locally or on Amazon)
- 2 cardamom pods
- 1 cup fresh cilantro leaves, chopped

Instructions

Add vegetable oil to the cooking pot. Once hot, add grated garlic and ginger. Stir for less than 30 seconds. Add chopped red onion. Stir until it turns translucent.

Add chopped tomatoes. Stir gently till it becomes soft.

Add the chicken to the pot. Mix to combine and leave it for 5 minutes before adding the spices (cumin, turmeric, curry, and Bezar spice). Mix well.

Pour in 3 cups of water and add tomato paste and wait till it starts to boil.

Once boiling, lower the heat and let it simmer for 30 minutes. Add dried lime & cardamom pods.

Add chopped coriander leaves while in the middle of simmering. Mix gently.

Also, during simmering, pan fry the potatoes and carrots in a separate pan. Make it half-cooked since the rest will be done by cooking in the pot. Once done, transfer the carrots and potatoes to the pot. Add the cut zucchini. Stir to combine.

Let it simmer for a total of 25-30 minutes or until the chicken is cooked through. Add salt and black pepper for taste.

Serve with vermicelli rice or any plain rice, Arabic salad, and kuboos (pita bread). Enjoy!

NOTES

- If you don't have Bezar spice, you can search for Baharat Spice on Amazon.com or use Garam Masala which is available locally in international markets and Wegmans.
- You can use other vegetables like eggplant or bell pepper.
- This is best served with pita bread or rice.
- If you want it spicy, you can add 1 teaspoon of red chili powder.

Arabic Salad

Ingredients

- 4 small seedless cucumbers
- 4 medium tomatoes
- ½ cup parsley, finely chopped
- 1 small onion, finely diced
- 1 tsp. salt
- 1 medium lemon, juiced
- 1 Tbsp. olive oil

Instructions

Dice cucumber and tomatoes and place in bowl. Add parsley & onions. Add salt, lemon juice, and olive oil and combine well. Serve with rice and Chicken Salona.