

rare recipes
by
Reena Malhotra

CHICKEN ROLLS



INGREDIENTS :

(in order of requirement, during preparation)

For Marinade :

- Boneless Chicken (2 small chickens of ~550g each) 1 Kg
- Hung Curd 2 cups
- Lemon Juice 2 tablespoons
- Red Chili Powder 1 teaspoon
- Tandoori Chicken Masala 2 teaspoons
- Salt As per taste
- Fresh Cream or Refined Oil 2 tablespoons

For Dough :

- Refined Flour (Maida) 3 cups
- Wheat Flour (Atta) 1 cup
- Refined Oil 2 tablespoons
- Salt As per taste
- Water As required

For Filling :

- Onions – finely chopped 2 medium
- Tomatoes – finely chopped 2 medium
- Tandoori Chicken Masala 1 teaspoon
- Salt As per taste
- Refined Oil 2 tablespoons

For Roll Base/ Chapatti :

- Eggs 12
- Salt As per taste
- Onions – cut in rings 3 medium
- Lemon Juice 1 tablespoon
- Mixed Dip of Coriander, Mint & Hung Curd 1 cup

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METHOD FOR PREPARATION :

For Marinade :

- Mix Hung Curd, Lemon Juice, Red Chili Powder, Tandoori Chicken Masala, Salt and Fresh Cream or Refined Oil in a bowl.
- Add the Boneless Chicken pieces and mix well.
- Cover the bowl and marinate in a refrigerator for 4 hours.

For Dough :

- Sieve the Wheat Flour (Atta) and Refined Flour (Maida).
- Mix the Flours. Add Salt and Refined Oil.
- Knead with some warm water, to get a soft dough.
- Keep aside the filling is ready.

For Filling :

- Heat a Pan on low flame.
- Add the marinated pieces of chicken and marinade into the pan.
- Stir well, till the chicken pieces get cooked in the marinade.
- To check, if the chicken is cooked well, take a Tooth pick/ Fork and pass it through a piece of chicken, when the chicken is cooked well, it will pass through easily.
- Heat Oil in another Pan, add Onions and sauté for 2-3 minutes.
- Add Tomatoes, Salt and Tandoori Chicken Masala.
- Stir well and cook till the tomatoes become soft.
- Add cooked pieces of boneless chicken to the Pan with Tomatoes.
- Stir, till the pieces of chicken, onions and tomatoes are cooked well.
- The chicken filling is now ready. Remove from heat and keep warm.

For the Roll Base/ Chapatti :

- Take the dough and shape it into even balls of approx. 2" diameter.
- On a flat and greased surface, roll the ball to get a thin Chapatti (circular sheet) of approx. 7" diameter.
- Heat a Tawa/ Griddle. Place the Roll on the Tawa/ Griddle.
- On med. heat, by turning, cook both sides evenly. Do not overcook.
- Break an Egg, add some salt and beat it. Use 2 eggs/ roll, if desired.
- Pour and Spread the egg on the top of the Chapatti and turn it over.
- To prevent sticking of the Chapatti to the Tawa, add some cooking oil on the Tawa. Heat-n-cook the Chapatti; soft/ crispy, as desired.
- Fill with hot chicken pieces. Reheat the chicken filling, if required.
- Add Onions, Chutney, some Lemon Juice and Roll the Chapatti.
- Serve Hot and Enjoy! Tastes Best when consumed within 5-10 minutes.