Monifooz™

Chicken Posto

Ingredients for Chicken Marination

Chicken	☐	400g
Oil	☐	2 tbsp
Water	☐	2 tbsp
Ginger	☐	2 tbsp [chopped]
Garlic	☐	8 medium cloves
Fennel Seeds/Sombu	☐	1.5 tsp
Red Chilly	☐	5
Salt	☐	As needed

Ingredients for Chicken Posto

Poppy Seeds	☐	1 tbsp
Oil	☐	1 tbsp
Water	☐	1.25 cup
Fresh Cream	☐	1/4 cup
Salt	☐	As needed

Step 1 - Chicken Marination

☐ Take a mixie jar and add 2 tbsp of oil.

☐ Add 2 tbsp of water.

☐ Add 2 tbsp of chopped ginger.

☐ Add 8 medium cloves of garlic.

☐ Add 1.5 tsp of fennel seeds/sombu.

☐ Add 5 red chilly.

☐ Add salt as per your preferred level.

☐ Grind into a smooth paste.

☐ Take 400g of cleaned washed medium sized chicken.

☐ Mix it to get coated well and marinate overnight or atleast for 30 minutes.

Step 2 - Roasting Poppy Seeds

☐ Add 1 tbsp of poppy seeds in a pan.

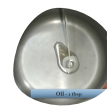☐ Dry roast it with low heat for a minute.

☐ Keep it aside for later use.

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Step 3 - Making Chicken Posto

☐ Take 1 tbsp of Oil in a wide pan and heat it at medium-high heat.

☐ Add all the chicken pieces in a single layer with marinade.

☐ Cook for 5 to 7 minutes.

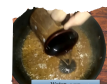☐ Turn over all the chicken pieces and cook the other side for 5 to 7 minutes.

☐ Take all the chicken pieces aside in a plate.

☐ Add 1/4 cup of water to the same pan.

☐ Scrap the bottom to de glaze the pan.

☐ Add 1 cup of water to get some sauce out of it.

☐ Add the roasted poppy seeds.

☐ Add 1/4 cup of fresh cream and mix it well.

☐ Put back the chicken pieces and mix them gently.

☐ Adjust salt level according to your preference.

☐ Cover the lid with low heat and cook for 15 minutes.

☐ Turn off the flame and now chicken posto is ready!

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