

Our fictional trip around The World for £4 or less took us to Oman last night. This was one of our favourite recipes so far, with a new ingredient for us - Black Limes! These are dry preserved Limes which I found in the local Halal Continental shop. We only actually needed 2 but ended up with 500g. I can see these sneaking into all sorts of dishes. They really pack a citrus punch!

Ingredients:-

½ a small Chicken cut into portions ? Drummer, thigh, wing, breast cubed etc.
A large knob of Butter or Margarine
1 Onion, chopped
2 cloves of Garlic, minced
Omani Spices (See below)
¼ of a tube of Tomato Paste
3 large Tomatoes, chopped
2 Black Limes, cut in half
1250 ml of Chicken Stock (We had our own in the fridge from the Chicken carcass Sue rended down a while ago ? But Stock cubes are cool)
3 medium Potatoes, peeled and cubed

Omani Spices

Ingredients:-

1 handful of chopped Coriander
Cumin
Cinamon

Black Pepper
Cloves
Turmeric
½ tsp of each dried ingredient.

Method:-

(1) Fry the Onion in the Butter / Margarine until golden and softened.
(2) Add the Chicken pieces and cook for a further 5 minutes.
(3) Add the Garlic, Omani Spices, Tomato Paste, chopped Tomatoes and Black Limes.
(4) Add the Chicken Stock and stir for 2 minutes.
(5) Add more water if the sauce seem too thick, but you are aiming for quite a thick sauce.
(6) Bring to the boil them simmer for 15 minutes.
(7) Add the Potato and simmer for a further 20 minutes until the Potato is softened but not breaking down.

We enjoyed ours with hand made Gluten free flat breads (Recipe Here)
, Turmeric Rice and a sprinkling of chopped Coriander to add a bit of colour.