

## Chicken Stuffed with Rice, Pistachios and Liver or Prunes

### INGREDIENTS:

Servings: 2 people

Chicken liver or prunes	1 oz
Corn oil	2 tsp
Finely chopped small onion	1
Pistachios, peeled	1/4 cup
Chicken stock	1 1/4 cups
Lemon juice	2 tsp
Ground turmeric	1/4 tsp
Ground allspice	pinch
Salt and freshly ground pepper	to taste
Long-grain rice	3/4 cup
Whole chicken	15 oz

Servings: 4 people

Chicken liver or prunes	2 oz
Corn oil	1 tbs
Finely chopped medium onion	1
Pistachios, peeled	1/4 cup
Chicken stock	1 1/4 pints
Lemon juice	1 tbs
Ground turmeric	1/2 tsp
Ground allspice	1/4 tsp
Salt and freshly ground pepper	to taste
Long-grain rice	1 1/2 cups
Whole chicken	1 3/4 pounds

Servings: 6 people

Chicken liver or prunes	3 oz
Corn oil	2 tbs
Finely chopped large onion	1
Pistachios, peeled	1/2 cup
Chicken stock	1 3/4 pints
Lemon juice	2 tbs
Ground turmeric	1/2 tsp

Ground allspice	1/4 tsp
Salt and freshly ground pepper	to taste
Long-grain rice	2 cups
Whole chicken	2 3/4 pounds

Servings: 8 people

Chicken liver or prunes	5 oz
Corn oil	3 tbs
Finely chopped medium onions	2
Pistachios, peeled	3/4 cup
Chicken stock	1 1/4 quarts
Lemon juice	3 tbs
Ground turmeric	3/4 tsp
Ground allspice	1/4 tsp
Salt and freshly ground pepper	to taste
Long-grain rice	2 3/4 cups
Whole chicken	3 3/4 pounds

Servings: 10 people

Chicken liver or prunes	6 oz
Corn oil	3 tbs
Finely chopped large onions	2
Pistachios, peeled	3/4 cup
Chicken stock	1 1/2 quarts
Lemon juice	3 tbs
Ground turmeric	3/4 tsp
Ground allspice	1/2 tsp
Salt and freshly ground pepper	to taste
Long-grain rice	3 1/2 cups
Whole chicken	4 1/2 pounds

Servings: 12 people

Chicken liver or prunes	7 oz
Corn oil	1/4 cup
Finely chopped large onions	2-3
Pistachios, peeled	1 cup
Chicken stock	1 3/4 quarts
Lemon juice	1/4 cup
Ground turmeric	1 tsp
Ground allspice	1/2 tsp
Salt and freshly ground pepper	to taste
Long-grain rice	4 cups
Whole chicken	5 1/2 pounds

**TOOLS:**

Chef's knife  
Cutting board  
Frying pan  
Wooden spoon  
Saucepan with a lid  
Pepper mill  
Bowls  
Fork  
Kitchen string  
Baking bag  
Baking dish

**INFO:**

This celebratory dish is often served at weddings. Many say that the chicken assures the newlywed couple wealth, the rice guarantees contentment, the pistachio nuts give joy, and the liver good health.

**TIME:**

prep time : 01:10

cook time : 01:30 - 02:00

**PREPARATION:**

If using prunes:

Pit the prunes.

If using liver:

Trim the livers then cut into 1/2 x 1/2 x 1/2 inch cubes. Stir-fry for 1 minute in oil.

**Prepare the stuffing:**

Heat the corn oil in a frying pan. Fry the onions until golden. Add the pistachios and stir for 2-3 minutes.

In a saucepan, bring the stock to a boil. Add the lemon juice and spices. Season to taste with salt and freshly ground pepper. Add the onion and pistachio mixture. Add the prunes or liver. Return the ingredients to a boil. Add the rice and bring to a boil. After the mixture is boiling, stir, cover and turn off the heat. Leave covered for 30 minutes.

Transfer the stuffing to a bowl and fluff with a fork.

**Prepare the chicken:**

Preheat the oven to 400° F. Stuff the cavity of the chicken and under the skin. Using kitchen string, tie the legs together. Place the chicken and the rest of the stuffing in a baking bag. Bake for approximately 1-1 1/2 hours. Bring the bag to the table. Cut the bag open and serve.