



Traditional Sri Lankan Recipes – BY Chef Pablis

1. Chicken Chatty Roast

Ingredients

Whole Chicken with skin	01 Nos
Carrots	50 g
Crushed Pepper	05 Nos
Cardamom	03 Nos
Cloves	03 Nos
Curry Powder	01 Tsp
Chili Powder	½ Tsp
Turmeric Powder	¼ Tsp
Vinegar	01 Tbsp
Oil	04 Tbsp
Water	03 Tbsp
Cinnamon	Stalk
Salt to taste	

Method

1. Wash the whole chicken, drip water and tie the legs with a twin.
2. Mix rest of the ingredients except the carrots and apply in & out of the chicken and allow marinading for 15 minutes.
3. Place a pot or a pan over the stove, cut the carrots into slices length wise and arrange them into the bottom of the pot. Pour over the rest of the oil and water and place the chicken on the carrots and cover over low fire. Turn the chicken at periodical intervals for even roasting whilst spooning the liquid & pour over the chicken to moisten.

Serves 8