**Chicken –** [**Iraqi T’bit**](https://www.facebook.com/watch/?v=2980007722118548&__cft__%5b0%5d=AZUpEtRLRHFWzw3xM-qVaV-X5lLpV3COYJp7O5bR52qYN2Fi-htK6A2aMJ5Sz3cR3LBz2jnRjkLMj0F2rbBPOOjtycKnCY6ZJV7W__lQfMpBfHb14G51T7DCpNWNEk4sgFt3xWfruMVmviP47Mznnu6B7hZuCDJhi2Q8swQqNbkzfDfeJmhPfSuMwhGibk7QI3U) **(Cholent)**

Have on hand:

* Kitchen twine or heat-safe silicone bands
* Toothpicks (unless you prefer a needle and thread to sew the chicken)
* A Dutch oven, wide pan, or deep cast iron skillet

Ingredients:

* **Olive** **oil**
* 1 large **onion**, diced
* 1 whole **chicken**, cleaned
  + If chicken came with a **gizzard** or **neck**, chop up the gizzard. Leave neck whole.
* ½ a cup (¼ lb.) **stewing beef** or **chuck roast**, sliced to medallion or even smaller chunks
* 3 cups **rice**, rinsed and drained
* 1 can or a handful of **chickpeas**, soaked overnight
* 2 **tomatoes**, diced
* 5 tsp **salt**, or moreto taste (1½ for the mixture, 3½ for later)
* 3 tsp **bahrat** (1 for the mixture, 2 for later)  
  **Tip:** If not sold in your locale, look instead for **Middle Eastern Spice Blend** or **Lebanese Seven Spice**.  
  **Tip:** Make your own bahrat by combining to taste **cinnamon**, **cloves**, **cumin**, **coriander**, and **paprika**.
* 1½ tsp ground **cardamom** (½ for the mixture, 1 for later)  
  **Tip:** If your bahrat already contains cardamom, there’s no need to add extra; just adjust the bahrat quantity to 4½ tsp.
* 5 TBSP **tomato paste**
* **Water**
* Optional: 3-5 **cardamom seeds**, whole
* 4-8 clovesof **garlic**, peeled and whole

Cook Top Direx:

* Ensure that **chicken** has been thoroughly cleaned and pat dry.
* Over medium heat, warm up enough **olive oil** to cover the bottom of the pan. Once oil is hot, sauté the **onion**, **gizzard**, **neck**, and **beef**.
* While onion and friends are sautéing, in a large bowl combine 1 cup **rice**, **chickpeas**, **tomatoes**, **salt**, 1 tsp **bahrat**, ground **cardamom**, and a squirt of **olive oil**. Use a clean hand to mix thoroughly.
* Using your mixing hand, stuff the mixture into the chicken, and use tooth picks to seal the chicken’s opening.
* Truss the chicken by tying the wings close to the body and the legs together with kitchen twine or silicone bands.
* Once the **onion** bottoms have turned golden brown, place **chicken** over sauté mixture in the pan and cook long enough for chicken **bottom** to turn golden brown.
* Flip **chicken** over. Add **tomato paste** to the bottom of the pan and stir for about 1 minute.
* To deglaze the pan, pour in a bit of **water**. Stir and scrape stuck mixture from the bottom of the pan.
* To the bottom of the pan, 1 TBSP **salt**, 2 tsp **bahrat**, 1 tsp **cardamom**, **cardamom seeds**, **garlic**, and 2 cups **rice**. Stir until thoroughly mixed.
* If there’s a tight fit in the pan: Add enough **water** to submerge chicken entirely.  
  If there’s plenty of room: Add enough **water** to submerge chicken only halfway.
* Cover and bring to a boil. Let boil for 15 minutes or until sauce has attained a thick sauce-like consistency. Occasionally, stir, deglaze, and ladle mixture over the top and sides of the **chicken**.
* Remove from heat and let t’bit rest at room temperature for 15 minutes, or even several hours, if convenient.

Oven Direx:

* Preheat oven to 225˚.
* Transfer tightly covered pan to the oven and bake for 8-12 hours. So as to ensure your dish does not dry out, check the water level every so often.