

Tahchin-e Bademjan - Saffron Rice Cake with Caramelised Barberries and Aubergine/Eggplant Filling

Ingredients for 4 portions

300 to 400g / 10 to 14oz chicken thighs or breast

250g / 8.8 oz strained yogurt or Greek style yogurt.

Strained yogurt is denser and more sour than Greek yogurt. You can find it in Turkish supermarkets. Measured in cups you will need 1/2 cup. If you are using Greek yogurt, you will need 1 cup full.

5 tbsp dried barberries

1 egg

1 onion

5 tbsp sugar

7 to 9 tbsp vegetable oil

3 tbsp butter (optional)

1/2 tsp black pepper

1/2 tsp saffron

3 ice cubes

2 tbsp salt, plus extra to taste

A few tbsp slivered pistachios and almonds (optional)