

# Chicken and Rice with Buddha's Hand

Here is the recipe for a slightly citrusy Chicken and Rice using the amazing Buddha's Hand! Click [here](#) to learn more about this strange fruit, Buddha's hand)



## What you need:

- $\frac{1}{2}$  cup raw basmati rice
- $\frac{1}{4}$  cup raw black rice
- 4-5 Tablespoons butter
- 4-5 Tablespoons Buddha hand
- 1  $\frac{1}{3}$  cup chicken broth
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup sliced chanterelle (or other mushroom)
- 4 chicken thighs
- 2 sprigs of rosemary

- $\frac{1}{2}$  teaspoon salt
- Olive oil
- Garlic salt
- Pepper
- 3-4 Tablespoons chopped parsley

### **How to Do it:**

First get the chicken in. Grate 2 Tablespoons of the Buddha hand with a very fine grater.

Sprinkle some olive oil in the bottom of a baking pan.



Place the mushrooms and one sprig of rosemary in the bottom of the pan.





Liberally salt (garlic salt) and pepper both sides of the chicken.



Lay the thighs, skin side up, on top of the mushrooms. Sprinkle the citron evenly over the tops of the chicken. Melt 2 Tablespoons of butter and pour it evenly over the citron covered chicken.



Bake at 350 degrees for about 40 minutes – until the skin is crisp and the chicken has no pink left next to the bone. Meat thermometers work great (chicken should be at least 165 degrees internal temperature), but I like to check poultry visually.



While the chicken is cooking, start the rice.



Melt 1 Tablespoon of butter into a pan and 2-3 Tablespoons of thinly sliced Buddha hand.

Rinse the two kinds of rice –



After the butter is melted and hot, add both rice and cook for about 3-5 minutes. Add the salt, broth and rosemary and bring to a boil.

Just a small sprig of rosemary will do –



Cover and reduce heat to medium-low. Cook for about 30 minutes, or until the rice is tender. Remove the rosemary and the citron pieces and add 1-2 Tablespoons of butter. Cover until ready to serve.



Place one thigh on the plate and top with  $\frac{1}{4}$  of the mushrooms. Place  $\frac{1}{4}$  of the rice next to the chicken and top with a tablespoon or so of the pan drippings (yes, there is fat in there – but there is also butter and flavor!!) sprinkle it all with some parsley.

Serve with your favorite vegetable or salad and it's dinner!



Serves 4

© Copyright 2016 The Lazy Gastronome