

# IRAN

## Morgh Skekumpour (stuffed chicken)

Serves 5-6.

Oven temperature 190°C.

Cooking time 2 hours.

### Ingredients

1 medium sized onion, finely chopped

½ cup of butter

½ cup chopped pitted prunes

¼ cup of sultanas

½ cup dried apricot halves

¼ cup of water

1 apple, peeled, cored and diced

1 teaspoon ground cinnamon

Salt

Freshly ground black pepper

Brown sugar to taste

1 chicken about 1.5kg

½ lemon

Chelou for serving

## Method

- 1 Gently fry onion in the butter until transparent. Add prunes, sultanas and the apricots and stir over heat for 2 minutes
- 2 Add water, cover and simmer for 10 minutes until the liquid is absorbed and the fruit is plump. Stir in the apple and cinnamon and add salt, pepper and sugar to taste.
- 3 Clean the chicken by wiping the insides out with paper towels.
- 4 Stuff chicken with fruit mixture and close the cavity. Run skin with cut lemon and season with salt and pepper
- 5 Place chicken in a greased roasting dish and spread top with remaining oil. Roast for 2 hours, turning and basting occasionally.
- 6 Before carving, remove stuffing and place on chelou. Mix through before serving.