

Chicken with Whole Wheat Kernels

(Ferique Firakh)

Cooking meat with whole wheat or cracked wheat (bulgur) was, and still is, very common in Egypt.

Ingredients

1 large chicken
1 large onion
6 eggs
1 cup whole wheat kernels
2 Tbs. olive oil
1 to 2 tsp. turmeric
sea salt
water

Utensils

knife and cutting board
measuring cup
measuring spoons
Dutch oven **or** crockpot
spatula
wooden spoon
slotted spoon
ladle
cookpot **or** large bowl
strainer
serving bowls

This dish is seasoned to taste. Place the whole wheat kernels in a bowl or cookpot and cover them with water. Let the kernels soak for 1 hour. Scrub the shells of the eggs well. Rinse out the inside of the chicken. Peel and finely chop the onion. The dish can be prepared up to this point in advance. Drain off any excess water from the wheat kernels in a strainer. Heat the oil in the Dutch oven on the stove over medium high heat or in the crockpot on a high setting. Add the onions and cook until they are soft, then add the chicken, whole wheat kernels, turmeric, and the eggs in their shells. Be careful not to break the eggs. Reduce the heat to low and gently cook for 3 to 4 hours in the Dutch oven or overnight in the crockpot. When done, the meat should be very tender and falling off the bones, and the wheat kernels should be swollen and well cooked. Using a slotted spoon, remove the meat and the bones from the pot and discard the bones. Cut the meat into small pieces. Remove the eggs and shell them. Add salt to the cooking liquid if needed. Place one egg, some meat, and wheat, and some of the cooking liquid into each serving bowl. Serve hot.