

Jowar Tacos With Chicken

INGREDIENTS

For the Tacos:

3/4 cup Jowar flour

1 tsp gluten free baking powder

1/4 tsp salt

40 gram cold butter

For the Spicy Chicken Filling:

1 chicken breast, cut into small cubes

1 onion, ground into paste

1 tsp fresh ginger paste

1 tsp fresh garlic paste

3 ripe tomatoes, chopped

1 tsp paprika

Salt to taste

1/2 tsp Jaggery

1 tsp dried herbs, oregano

2 tbsp oil

To Assemble

Crisp greens of your choice, sliced (lettuce, peppers, onions, corns)

Cream cheese or hung yoghurt

Gluten free barbecue sauce (optional)

METHOD

For the Tacos:

1. Sift together Jowar flour, salt and gluten free baking powder in a large mixing bowl. Add the butter cubes and start rubbing the mixture using your fingers until it resembles bread crumbs.
2. Pour in some warm water, a little at a time, and continue kneading until it forms a soft dough. Wrap it with a cling-film and keep in the refrigerator for 30 minutes.
3. Take the dough and knead it a little. Divide it into small balls, about 7-8, and using a rolling pin, shape them into circular discs. You may require some Jowar flour for dusting while rolling the balls.
4. Heat a Tawa and roast the tacos on both sides on medium flame until done. Then transfer to a pre-heated oven set at 150 degree Celsius and bake for 5 minutes.
5. Remove from the oven. Place the rolling pin at the centre of each taco and slightly bend the edges.

For the Spicy Chicken Filling:

1. In the meantime, make the filling. Heat oil in a large pan. Add onions, garlic and ginger paste and sauté for 2-3 minutes on medium flame.
2. Add tomatoes and sauté for 4-5 minutes until the mixture is nice and pulpy.
3. Add paprika, Jaggery and salt, and mix well. Tip in the chicken cubes, coat well in the mixture. Cover the pan with a lid and allow it to cook for 7-8 minutes until done.
4. Mix in the oregano and check seasoning.

To Assemble:

Load the tacos with the spicy chicken filling, fresh greens, cream cheese or hung yoghurt and serve immediately.
