



## The New Club Times 29 May 2020

**Winston Churchill...** The great man was famously known to have advised a newly-elected MP, nervous about his maiden speech, that: *"It's much better to have people wondering why you don't speak than wondering why you do!"*

Accepting this good advice and applying it to the written word, this week's TNCT is very brief in the News department, as there is little of significance to write about. So, this week, the emphasis is very much on food!

**Chairman's update...** At our weekly review of the takeaway/delivery meals service, we agreed to keep going, having been persuaded by Carl and Lyn that they were well rested and did not need a mid-week break. As mentioned last week, the take up has settled to a pleasing and firmly viable level, and while we can maintain the service, it not only fulfils a demand for meals, but it continues to show that the Club is there still for its members. Our continued thanks to all those supporting the service.

**Takeaway dish of the week...** This week, Carl has revealed his one pot recipe for Chicken Pulau, a very homely and easy to make Indian dish, most strongly associated with rural Punjab. For the full list of ingredients and instructions, click here: <http://www.thenewclub.co.uk/chefs-page>

The Chicken Pulau recipe comes in two parts but is cooked in one pot. There is a stock element and a rice element.

Put all the stock ingredients shown in the list on the Chef's website page in a large pan, apart from the chicken. Bring to the boil and then simmer for 20 minutes. Add the chicken

and cook for a further 20 minutes. Turn off the heat and allow the chicken to cool in the stock.

Strain, reserving both the chicken and the stock, discarding the whole spices.

Wash the rice thoroughly and leave to soak for 15 minutes. Heat the oil in a heavy-based saucepan and fry the onions until golden. Add the cooked chicken, salt & garam masala and cook for 2-3 minutes. Drain the rice & add it to the pan, add enough of the stock to cover the rice by 3 cm, topping up with water if needed. Bring to a simmer, then cover with a tight-fitting lid and cook on the lowest setting for 10 minutes. Turn the heat off and leave to rest for a further 10 minutes.



You can then serve the dish with a salad, some plain yogurt or raita.

If you fancy making this dish at home, Carl does have a few of the spice packs required for the recipe available on request. Drop him a line at [chef@thenewclub.co.uk](mailto:chef@thenewclub.co.uk) or give Lyn a ring on 01242 541121. Simples.

That's it for now.

Mario

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