INDIA / NORTHERN INDIA

APATANI BAMBOO CHICKEN AND EGG

Chicken and egg cooked inside a bamboo tube is a traditional Apatani dish from Ziro Valley in Arunachal Pradesh. It needs no oil and no water: the chicken and egg steam in the bamboo juices.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
2	15 min	20 min	35 min	Medium	Mild

INGREDIENTS

FOR THE BAMBOO CHICKEN AND EGG

200 g chicken, chopped small with the bone

3 eggs

1 pinch salt

1 fresh green bamboo tube, cut to hold about 400 ml

METHOD

FILL THE BAMBOO

1. Break the eggs over the chopped chicken. Stir to combine without whisking, so you can still see the egg and the chicken.
2. Pack the mixture into the bamboo tube.

COOK

3. Lay the bamboo straight on the fire, or over hot coals. Cook for about 20 minutes, turning now and then. It is ready when it is ready: the egg should be set and the chicken cooked through.

OPEN AND SERVE

4. Cut the bamboo in four places along its length and peel it open. Spoon or scrape out the chicken and egg.
5. Serve with boiled mustard greens and aubergine, as in the meal Will shares.

USEFUL SHORTCUTS FOR HOME COOKS

No bamboo? Steam the mix in a lidded heatproof bowl, covered with a banana leaf, for 25 minutes.

Chop the chicken with the bone for flavour, and eat carefully.

Will visits the Apatani tribe in Ziro Valley, in Arunachal Pradesh. The women of the house offer to cook, dance and talk with him, and he watches two folk dances, one of them a romantic dance for a man and a woman.In Yamy Yang's house he learns a traditional dish of chicken and egg cooked in bamboo. The chicken is...