

ROOSTER WITH Trachana

Ingredients

*1 medium rooster
3 medium onions, dried
Fresh tomato
1 tablespoon tomato paste
3 cups of tea frumenty
1 cup olive oil
3 cups of tea water
Salt
Pepper
2.4 grains allspice*

Instructions

*Cut the rooster into portions and sauté in olive oil in a saucepan.
After they get well sauté, we get the pieces of rooster from the pot.
Finely chop onions and we sauté (the same oil we sauté the rooster), add the tomato,
the sautéed rooster,
Salt, pepper, allspice grains and let the mixture boil minimum 2 hours.
When the cock is boiled well add water (for each cup of wheat we add one cup water)
and add the wheat.
When the frumenty is boiled, bring down the food from the fire.*