



Dearborn Chicken Lule

BY CHEF MEI LIN

SERVES 4

KNOW AHEAD:

This recipe calls for a one hour marinade. You'll need metal or wooden skewers to make this dish (like these ↗). You'll also need a grill, or alternatively a grill plan, (like this ↗) or simple stovetop pan.

INGREDIENTS →

1 Dearborn Chicken Lule Seasoning Card:

- ½ tsp (1 pod) Ceylon Cinnamon
- ½ tsp (1 pod) Saffron Powder
- ½ tsp (1 pod) Allspice Powder
- ½ tsp (1 pod) Cumin Powder
- ½ tsp (1 pod) Coriander Powder
- ½ tsp (1 pod) Turmeric Powder
- 1 tsp (2 pods) Tellicherry Black Pepper

SERVE WITH →

- Sumac onions (See ingredients above and instructions below)
- Rice pilaf
- Mint cucumber salad
- Lemon wedges

FRESH

- ½ cup grated white or Spanish onion
- ¼ cup chopped parsley
- 2 Tbsp minced garlic
- 1 lb Ground chicken
- 1 red onion, sliced thinly on mandolin
(For the optional sumac onions side)
- Lemon juice from 2 lemons
(For the optional sumac onions side)

PANTRY

- ¼ cup panko
- ½ tsp kosher salt
- 2 Tbsp sumac (For the optional sumac onions side)

INSTRUCTIONS

- 1. MAKE THE LULE SPICE MIX:** In a small bowl, combine all the spice pods and mix well.
- 2. PREP THE MEAT:** In a mixing bowl, combine the grated onion, parsley, panko, and garlic. Mix with a wooden spoon to combine. Add the Lule Spice Mix and salt to the mixture and continue to mix until fully combined. Add the ground chicken and mix to combine. Cover the bowl and refrigerate for 1 hour to allow the meat to marinate.
- 3. MAKE SOME OPTIONAL SUMAC ONIONS:** While you're waiting, make some sumac onions to enjoy as a side dish with the chicken lule. Take the thinly-sliced red onion and add the lemon juice and sumac. Mix and marinate for 30 minutes at room temperature.
- 4. ASSEMBLE THE SKEWERS:** Once the chicken is marinated, divide into 4 equal portions. Using your hands, sculpt each portion into a long cylinder shape, then thread the skewer through the meat. Repeat 3 times.
- 5. GRILL:** Grill until the internal temperature of the chicken reads 160°F.
- 6. PLATE:** Serve each skewer hot off the grill with rice pilaf, mint cucumber salad, sumac onions, and a side of lemon wedges. Eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*