

Chicken Tagine with olives and Preserved Lemons

Tagine is a conical shaped dish made from clay and decorated with rich vibrant colours. It is also one of the most common dishes eaten in Morocco, a rich stew made from chicken, lamb or fish and vegetables. It dates back to the times of the Moors in Andalusia about 18th Century. Morocco is lucky to have a rich variety of herbs and spices that are integral ingredient to the tagine. Chicken tagine with roast almonds is served on special occasions in Morocco too.

Ingredients

To feed 4 people

4 large pieces of skinless chicken on the bone
Pulp of 1 preserved lemon (no rind) finely chopped
4-5 tablespoons of oil
¼ t/spoon of smin (clarified butter if available) butter if not.
1 large onion chopped very finely.
i/2 cup of finely chopped coriander
½ teaspoon of turmeric
½ teaspoon of white pepper
A pinch of saffron threads.
400g of large green olives

Directions

1. In a stock pot combine the vegetable oil and butter or smin, chicken pieces, chopped onion, coriander and spices. There is no salt in this recipe as we use saltiness from the olives and preserved lemon.
2. On a medium heat, brown the chicken turning each piece with the herbs and spices until all the pieces of chicken are marinated in the spices.
3. Cover the tagine and cook on a medium heat for a few minutes until the chicken changes colour and has been completely browned.
4. Add a cup of boiling water (200ml) to the tagine, cover and continue cooking for around 30 minutes or until chicken is cooked through. Check the tagine from time to time turning the chicken over and a little more water if needed, there should always be enough liquid for the chicken to fully cook.
5. Once the chicken has cooked, add the green olives to the sauce and top the chicken with the lemon preserve rind. Cover and continue to cook for another 10 minutes.
6. Serve immediately, placing the chicken in the middle of the plate surrounding it by the tagine sauce and olives. If desired, top with a piece of the preserved lemon rind. Eat with crusty bread.