



TAGINE OF CHICKEN WITH PRESERVED LEMONS & OLIVES

MISE EN PLACE

- Bring your chicken to room temperature for 1 hour before your class.
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TAGINE OF CHICKEN WITH PRESERVED LEMONS & OLIVES (*serves 4-6 as an entrée*)

Recipe by KATHRYN JOEL

4-6 chicken legs (or use just thighs, or a whole chicken, broken down), bone in and skin on

Grapeseed or canola oil, for frying

1 large or 2 small onions, finely chopped

3 cloves garlic, finely chopped

1 tbsp fresh ginger, peeled and grated or chopped (use a spoon for peeling ginger)

1 glass white wine to deglaze (optional)

generous pinch of saffron threads

1 tsp ground ginger, or to taste

300 ml water or mild chicken stock, or as needed

salt and black pepper

lemon juice, to taste

large handful green olives

peel of 1 large preserved lemon (available from middle eastern grocers, or from mojojopickles.com)

handful chopped cilantro

handful chopped parsley

- Season the chicken with salt and pepper.
- Heat a large pan or casserole, over a medium high heat, adding oil for browning.

- When the oil is shimmering, add the chicken, skin side down and cook until golden brown (brown your chicken in batches if necessary).
- Once you add your chicken to the pan, keep giving the pan a gentle shake to make sure that the chicken isn't sticking to the pan, and turn down the heat if necessary.
- Once the skin is golden brown, turn and cook until nicely browned on the other side then remove from the pan and set aside.
- Add the onions to the pan, seasoning with salt, and sauté until softened and golden brown.
- Add the garlic and fresh ginger and cook until just fragrant, then add the dried ginger.
- If you'd like you can deglaze without wine (this isn't authentically Moroccan but it will make your sauce quite tasty): turn up the heat then add the white wine, scraping up any caramelization in your pan with a wooden spoon. Reduce until syrupy.
- Now add the water or stock and bring to the boil, crumbling in the saffron. Stir in the preserved lemon, to taste. Season lightly with salt and pepper (you will be reducing your sauce as you cook so it should be under seasoned at this point).
- Add the chicken to the pan, skin side up
- Reduce to a simmer and cook, covered, for around 30 minutes, until the chicken is cooked and tender. (We like to cover the chicken with a cartouche as well as the lid).
- Add the olives and cook, uncovered, for another 5-10 minutes until the sauce is thickened slightly.
- To finish, remove the chicken pieces and set aside then reduce the sauce over a high heat. A Tagine is typically thinner in consistency than a stew, since the sauce is served over couscous, and the couscous will absorb the sauce, so don't over reduce.
- Stir most of the fresh herbs into the finished sauce.
- To serve, arrange couscous (or bulgur wheat) on individual plates or on a serving platter for family style (we like serving in a tagine), then arrange the chicken on the couscous and finish with the sauce. Garnish with the remaining herbs.

HERBED COUSCOUS *(serves 4)*

Recipe by KATHRYN JOEL

1 cup couscous

1 cup boiling water (or a little less if you prefer a dryer couscous)

salt to taste

freshly squeezed lemon juice to taste

2 tbsp extra virgin olive oil, or as needed

handful chopped herbs of choice, chopped (parsley, mint, cilantro)

1/4 cup pine nuts, toasted

- In a mixing bowl, use a fork to combine the couscous, boiling water, salt, lemon juice and a generous splash of olive oil, then cover with plastic wrap and set aside for about 5 minutes until the water has been absorbed.
- Fluff the couscous with a fork, to separate the grains. Add more olive oil, as needed.
- Season to taste with salt and lemon juice.
- Stir in the pines nuts and herbs and serve, warm or at room temperature.

SPICED ROASTED CARROTS *(serves 4)*

Recipe by KATHRYN JOEL

450 g (1 lb) baby carrots, or use sliced carrots

Extra-virgin olive oil to coat

Honey to taste

½ tsp ground cumin

½ tsp ground coriander

¼ tsp ground ginger

Salt to taste

- Preheat your oven to 400 F.
- Peel the carrots, and trim.
- In a bowl, toss with olive oil and honey and salt to taste.
- Add the spices, and combine. Adjust spices to taste.
- Arrange the carrots on a parchment lined baking sheet, and roast for 20 to 30 minutes until tender and golden.

PRESERVED LEMONS

6-9 lemons (I recommend using Organic Lemons)

6-9 tbsp sea salt or kosher salt (1 tbsp per lemon)

freshly squeezed lemon juice, to cover

bay leaves, coriander seeds, cinnamon sticks (optional)

- Sterilize a mason jar.
- Wash the lemons.
- Cut each lemon in quarters, but not all the way through, so that the lemon is still held together.
- Spread 1 tbsp salt onto the inside of each lemon, then squeeze the lemons shut.
- Pack tightly into the sterilized mason jar.
- Place in a cool place for 3-4 days until the lemon begin to soften. Every so often press the lemons down into the jar to help release their juices and to pack them tightly.

- After 3-4 days press the lemons down in the jar one more time, then cover with freshly squeezed lemon juice.
- Leave in a cool place for at least 4 weeks before using.
- To use scoop out and discard the flesh then rinse the lemon skin before using.

EQUIPMENT

A large saute pan or dutch oven with a tight fitting lid (or aluminium foil)

Parchment paper

Knives and cutting boards

Bowls

Measuring cup and spoons

Box grater and/or microplane

Sheet pan