

Moroccan Chicken Tagine

Cooking & Financial Tips

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| <ol style="list-style-type: none">1. Multiple ways to make staple of chicken, veggies, & broth2. Use ingredients in a new, unique way (e.g., parsley in cooking)3. Utilize versatile cooking vessels -- for spicy, savory, sweet, etc.) | <ol style="list-style-type: none">1. REIT is a way to invest in real estate without a large outlay of funds2. Look at non-traditional mechanisms for college savings, such as cash-value life insurance3. A Trust can be used for various means: estate planning, charitable giving, avoiding probate, etc. |
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Ingredients

- 1 lb / 500 g whole chicken (cut into large chunks)
- 1/2 red onion (finely chopped)
- 1/2 preserved lemon
- 10 purple or green olives
- 2 garlic cloves (finely chopped)
- 1 TBS parsley (finely chopped)
- 1 TBS cilantro (finely chopped)
- 2 TBS olive oil
- 1 tsp clarified butter
- Water

Spices

- 1/2 tsp pepper
- 1 tsp ginger powder
- 1 tsp turmeric powder
- A pinch of saffron threads

Preparation

Cut the preserved lemon in half and separate the flesh from the peel. Set the peel aside and finely chop the preserved lemon pulp.

Place the chopped lemon pulp in a casserole or large heavy pot. Add the olive oil, clarified butter, garlic, parsley, cilantro, all the spices, and cup of cold water. Mix well.

Add the chicken pieces to the Tajine and pierce them with a sharp knife so that they absorb the spices. Mix all the ingredients until the chicken pieces are well coated with the marinade.

Add the finely chopped onion to the Tajine. Mix well.

On low heat sear the chicken pieces for 15 minutes. The Tajine lid should be on to keep the moisture in; otherwise, the chicken pieces will dry out and stick to the bottom of the pot. Turn each piece of chicken over and add a bit of water, if necessary.

After 15 minutes, add 1 cup of cold water. Increase the heat to medium, cover the Tajine, and bring the cooking juices to a boil. Cook, covered, for 30 minutes or until the chicken is done. Check on the chicken from time to time and add water, if necessary; there should always be enough sauce at the bottom of the Tajine, so the meat doesn't burn.

Once the chicken is done, take the sauce and adjust the seasoning.

Add the lemon peel and olives to the Tajine. Continue cooking, uncovered, for a few minutes, until the sauce slightly thickens.

Serving

Serve the Chicken Tajine hot with crusty bread.

