

Lemon Chicken Tagine



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PREP TIME

25 mins

COOK TIME

1 hr



COURSE

Main Course

CUISINE

African



SERVINGS

4 people

INGREDIENTS

- 2 LB Chicken thighs (bone in, skin on)
- 1 cup Large dice onion
- 1 cup Large dice carrot
- 1 cup large dice celery
- 1 cup large dice red pepper
- 2 Tbsp chopped fresh garlic
- 2 Tbsp chopped fresh ginger
- 2 cup large diced tomato
- 1 cups large cubes sweet potato
- 1 cup large cubed Potatoes
- 1/2 cup dried apricots
- 2 large whole lemons sliced, seeds removed
- 1 quart chicken stock
- 2 cups cooked chick peas
- 1 tsp harissa spice blend
- 1/2 tsp allspice ground
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1/2 tsp ground turmeric
- 1 tsp ground cumin
- 1/4 cup chopped cilantro
- 1/4 cup picked parsley leaves
- 1 Tbsp fresh chopped marjoram

- Salt and pepper to taste
- Olive oil to cook

INSTRUCTIONS

1. mix all the spices together. Take half the spice mix and toss the chicken in it. Coat evenly. Let that soak in for about an hour.
2. In a heavy pot or dutch oven, heat a good coating of olive oil. Heat over medium high flame. Place the chicken thighs in skin side down and cook a few minutes on each side to get a nice color.
3. Add in the onion, carrot, celery, garlic, and ginger, stir occasionally. Cook until translucent.
4. Add the potatoes, sweet potatoes, and spices. Cook to get some color, stirring occasionally.
5. Add the lemons and stock. Stir in and bring to a boil. Then drop the temperature back to a simmer. Cook until liquid is down by half. Then, add the remaining ingredients, except for the herbs.
6. Cook at a simmer, stirring occasionally. Cook until the sauce coats evenly and isn't soupy.
7. Adjust seasoning, and fold in the fresh herbs Serve with a fresh rice, preferably basmati.

NOTES

We use bone in skin on chicken here for flavor. The bone imparts a deep flavor like a stock. And, the skin imparts extra fat, texture, and flavor. You can use other parts of the chicken. If you want a healthier version, use boneless skinless breasts. But, the flavor and texture will not be as rich.

This recipe calls for chicken. But, feel free to substitute proteins. Lamb and goat are often used. You could do beef, or use a meat substitute for a vegetarian dish.



KEYWORD

African, chicken, entree, Lemon, Moroccan, spices, stew, tagine