

CHICKEN TAGINE WITH COUSCOUS



INGREDIENTS

1 tsp	Paprika	5 ml
1 tsp	Cumin Powder	5 ml
¼ tsp	Cayenne Pepper Powder	2 ml
½ tsp	Ground Ginger Powder	3 ml
½ tsp	Ground Coriander	3 ml
¼ tsp	Cinnamon	2 ml
½ tsp	Turmeric Powder	3 ml
½ tsp	Black Pepper, ground	3 ml
2	Preserved Lemons*	2
½ cup	Olive Oil	125 ml
1 whole	BC Chicken, cut into 8 pieces, skin removed	1 whole
Dash	Sea Salt	Dash
4 cloves	BC Garlic, minced	4 cloves
1 large	BC Onion, cut in small dices	1 large
3 medium	BC Carrots, peeled & cut into quarters	3 medium
4 medium	BC Russet Potatoes, peeled & wedged into 6 pieces	4 medium
½ cup	Olives, whole, pitted (green or black)	125 ml
6 ½ cups	BC Chicken Stock	1.5 litres
¼ tsp	Saffron Threads	2 ml
2 cups	Couscous	500 ml
¼ cup	BC Cilantro, chopped	60 ml
¼ cup	BC Parsley, chopped	60 ml



DIRECTIONS

1. Combine paprika, cumin, cayenne, ginger, coriander, cinnamon, turmeric and black pepper in a large mixing bowl.

2. Add the juice of 1 lemon and ¼ cup (60ml) olive oil and mix to make a marinade.
3. Add BC Chicken pieces and toss to coat. Marinate at least one hour (but best if marinated overnight).
4. Preheat oven to 350 F.
5. Place 4 cups of chicken stock into a pot. Add saffron threads. Bring to a boil and remove from heat to steep. Set aside.
6. Heat ¼ cup of olive oil in a pan on medium-high. Season chicken lightly with salt and add to the pan to brown on both sides.
7. When browned, remove the chicken to a plate and reserve.
8. Reduce heat to low and add BC Onions to the pan. Cook until translucent. Add BC Garlic and sauté 1 minute more. Remove from heat.
9. In your large tagine, Dutch oven, or 4 small tagines, add the onion and garlic mixture.
10. Top with browned chicken pieces.
11. Arrange BC Potatoes and BC Carrots around the chicken.
12. Add 4 cups of saffron chicken stock. Top with the lid and bake for 1 hour undisturbed.
13. Meanwhile, bring the remaining 2 ½ cups of chicken stock and a pinch of salt to a boil in a pot.
14. Add couscous to a heat-resistant bowl.
15. Pour the boiling chicken stock over the couscous, stir and cover with plastic wrap for at least 10 minutes.
16. When chicken is done and is extremely tender, carefully remove from the oven.
17. Remove plastic from couscous and fluff with a fork.
18. Cut remaining lemon into 4 wedges.
19. Garnish tagine with BC Parsley, BC Cilantro, and lemon wedges.



CHEF'S TIP

*if you cannot find preserved lemons, use only 1 and replace the lemon juice in the marinade with the preserved lemon flesh and replace the garnish lemon wedges with the preserved lemon skins.