

Moroccan Chicken Tagine

Serves 4 · 1 hr 30 min · Preserved lemon, olives and slow steam



Photo: Chicken tagine with preserved lemon and olives: Foodista, CC BY 2.0
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Ingredients

- 8 bone-in chicken thighs, skin removed (about 2.5 lb / 1.1 kg)
- 3 tbsp olive oil (45 ml)
- 2 large onions, thinly sliced
- 4 garlic cloves, minced
- 1 tbsp grated fresh ginger (or 1 tsp ground ginger)
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 1 generous pinch saffron threads, soaked in 2 tbsp warm water
- 1 cup chicken stock or water (240 ml)
- 1 preserved lemon, flesh discarded, rind thinly sliced
- 3/4 cup green olives (about 100 g), rinsed
- 1 small bunch each cilantro and parsley, chopped
- Salt to taste (go easy, the lemon and olives are salty)
- Crusty bread, to serve

Method

- 1 Toss the chicken with the garlic, ginger, turmeric, cumin, pepper and half the herbs. Rest 20 minutes, or overnight in the fridge.
- 2 Heat the oil in a tagine on a diffuser or in a heavy lidded pan over medium heat. Add the onions with a pinch of salt and cook 10 minutes until soft and golden.
- 3 Nestle the chicken pieces into the onions, pour over the saffron water and the stock, and bring to a gentle simmer.
- 4 Cover and cook on low heat for 45 minutes, turning the chicken once, until it is very tender and cooked through to the bone (165 F / 74 C).
- 5 Scatter the preserved lemon rind and olives over the top, cover again and cook 10 more minutes.
- 6 If the sauce is thin, lift out the chicken and boil the sauce uncovered for a few minutes until it coats a spoon. Taste for salt.
- 7 Return the chicken, sprinkle with the remaining herbs and serve from the pot with bread.

More on this dish, its history and the full photo credits: <https://intercontinentalchef.com/moroccan-chicken-tagine/>