

# Moroccan Style Chicken Ragout

With couscous, root vegetables, tabbouleh salad

## Ingredients

1.2 kg whole chicken, deboned, eight-cut	2 x carrots peeled, large dices
1½ cups chermoula marinade	tomato, peeled, seeded, chopped
80 ml peanut oil	½ bunch flat-leaf parsley, chopped
1½ tsp salt	½ bunch coriander, chopped
1½ tsp turmeric	2 large desiree potatoes, peeled, cut into wedges
½ tsp freshly ground black pepper	500 ml chicken stock (made from the chicken bones / carcasses)
½ tsp ground cumin	150 g green olives
½ tsp ground ginger	100 g dried dates
cinnamon quill	lemon, juiced and zested
4x garlic cloves, crushed	coriander leaves, to garnish
brown onions, halved, finely sliced	couscous, to serve

## Chermoula Marinade (makes about 2 cups)

2 x onions, finely diced	2 tbsp chopped coriander (cilantro)
1 tsp finely chopped fresh ginger	2 bay leaves
1 tbsp dried crushed chillies	½ lemon, juiced and zested
1 tbsp ground cumin	125 ml olive oil
1 tbsp sweet paprika	50 ml plain yoghurt
½ tsp turmeric	½ lemon, juiced
2 tbsp chopped flat-leaf parsley	

## Method

1. To make the chermoula marinade, mix all the ingredients together thoroughly and leave for 30 minutes prior to use.
2. Wash and dry the chicken, debone and cut into 8 pieces. Rub the chicken pieces all over with chermoula, cover and refrigerate overnight.
3. Place a large, heavy-based saucepan over medium-high heat. Add the peanut oil and brown the chicken, turning occasionally. Transfer the chicken to a plate.
4. Add the salt, turmeric, pepper, cumin, ginger, cinnamon, carrots, garlic and onions, and cook for 10 minutes, stirring occasionally. Add the chicken back into the saucepan.
5. Add the tomato, parsley, coriander, potatoes and chicken stock. Bring to the boil, reduce heat and simmer gently, covered for 30-35 minutes. Add the halved dates and simmer gently for another 10 minutes or so. When the chicken is just cooked, remove from the tagine and place into a serving dish.
6. Turn the heat to high and reduce the stock for 5 minutes, or until slightly thickened, add the olives and lemon juice and zest. To serve, place the potatoes around the chicken, cover with the sauce and garnish with fresh coriander.
7. Serve with couscous and tabbouleh salad, yoghurt and fresh cilantro.