

Saffron Chicken Tagine with Preserved Lemon and Green Olives

Phillis Carey, 2012



6 boneless skinless chicken breast halves (you can also use chicken thighs, skinless, bone-in - just cook 20-30 minutes rather than under 10 as below)

MARINADE:

- 6 cloves garlic, minced
- 1/2 cup grated onion
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1/2 teaspoon sweet paprika
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

TAGINE MIXTURE:

- 3 tablespoons olive oil
- 1 medium onion, sliced lengthwise
- 1 1/2 cups low-sodium chicken broth
- 1 whole bay leaf
- 1 piece cinnamon stick, 2" long
- 1/4 teaspoon saffron threads
- 1 cup green olives (not Spanish which are too salty)
- 1 whole lemon, preserved in salt, diced in 1/4 inch pieces [See Notes]
- 2 tablespoons Italian parsley, chopped
- 2 tablespoons cilantro, chopped
- 2 tablespoons fresh mint, chopped

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

To do a quick preserve of a lemon, cut off both ends and slice an average lemon in 1/4 inch slices. Lay flat in a shallow ceramic dish and sprinkle liberally with salt. Allow to sit for 30 minutes. The lemons will have released lots of juice. Pick up the lemon slices only (don't use the heavily salted juices) to a cutting board and cut them into small pieces. Discard juice.

1. Trim chicken and pound each half to an even 1/2 inch thickness between two pieces of plastic wrap. Cut each chicken breast into 3 pieces. In a shallow casserole dish (or ziploc bag) combine garlic, grated onion, cumin, ginger, paprika, salt and pepper. Let stand for 45 minutes, or refrigerate for up to 24 hours. Gently scrape off the marinade (you'll add it later) that sticks to the flat parts of the chicken.
2. Heat olive oil in a large, deep saute pan. Add the chicken pieces (don't crowd) and brown well on both sides, 6-8 minutes total. Do not cook them through, as you will be cooking the chicken further in later steps). Remove chicken to a plate. To the pan add onions and cook until tender and lightly browned, about 8 minutes. Add the chicken broth, bay leaf, cinnamon stick, all the chicken marinade stuff and saffron, and bring to a boil, scraping any browned bits from bottom of pan.
3. Return chicken to pan and cook just BELOW a simmer for 6-8 minutes (20-30 for chicken thighs), or until chicken is cooked through. Remove chicken to a heated platter and cover. Add olives and preserved lemon and simmer (higher heat) for 5 minutes until the liquid is reduced somewhat. Stir in parsley, mint and cilantro and taste for seasoning. Add salt or pepper as needed. Spoon sauce (including lemon bits) over chicken and serve with couscous or rice.

Per Serving (excluding unknown items): 190 Calories; 9g Fat (38.8% calories from fat); 23g Protein; 7g Carbohydrate; 2g Dietary Fiber; 51mg Cholesterol; 483mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.