

## Chicken, Saffron and Apricot Tajine.



### INGREDIENTS:

1 kg chicken thighs cut into 4cm pieces	2 onions (1 chopped & 1 sliced)
3 cloves of finely grated garlic	2 tablespoons olive oil
2 tablespoons butter	1 ½ teaspoons Ras El Hanout* <i>Recipe below</i>
1 ½ teaspoons salt (or to taste)	1 teaspoon turmeric
¼ teaspoon black pepper	¼ teaspoon cayenne pepper
100 mgs Eladnelle Saffron (soaked for previous 24-hours*)	
1 cinnamon stick	3 chopped tomatoes
1 large red capsicum—thinly sliced	2 tablespoons of chopped coriander
2 tablespoons of chopped parsley	2 to 3 tablespoons honey
½ teaspoon ground cinnamon	1/3 cup of diced dried apricots
425 grams canned chickpeas	approx. 500 mls Chicken stock

### METHOD:

- Step 1** Mix the chicken, onions, capsicum, garlic, oil, butter, and spices. Cover and cook over medium heat, occasionally stirring, for 15 to 20 minutes.
- Step 2** Add the tomatoes, parsley, and coriander. Cover and continue cooking over medium heat, occasionally stirring, for another 20 minutes.  
A rich sauce should form. Adjust the heat if necessary, to keep the chicken from sticking to the bottom of the pot.
- Step 3** Add the apricots, chickpeas, honey and ground cinnamon to the pot, along with enough chicken stock to cover the chickpeas.
- Step 4** Continue cooking for another 10 to 15 minutes, or until the sauce is quite thick and the chicken is very tender.
- Step 5** Serve with steamed rice or couscous.



## **\*Ras El Hanout:**

### **Combine ingredients of:**

- 1 teaspoon of ground Fennel
- 1 teaspoon of ground Cumin
- 1 teaspoon of ground Coriander
- 1 teaspoon of ground Turmeric
- 1 teaspoon of ground Cinnamon
- 2 teaspoons of Smoked Paprika
- 2 teaspoons of ground Ginger
- ½ teaspoon of Cayenne Pepper
- ½ teaspoon of ground Nutmeg
- ½ teaspoon of ground Cloves
- ½ teaspoon of Allspice
- ½ teaspoon of ground Cardamom
- ½ teaspoon of Salt and Pepper

Store in airtight jar.