



Recipe of the Month- June 2007

Chicken, Lemon and Olive Stew

Serves 4

This is a Moroccan dish using preserved lemons, a bitter pickle which is added to many of their meat dishes.

Ingredients:

- 2.25kg Chicken
- 60ml Olive Oil
- 12 Baby onions, peeled but left whole
- 2 Garlic cloves, crushed
- 5ml Ground cumin
- 5ml Turmeric
- 5ml Ginger
- 2.5ml Ground Cinnamon
- 450ml Chicken Stock
- 125g Kalamata olives
- 1 Preserved lemon, chopped
- 30ml Coriander Chopped
- Salt and pepper to taste
- Cooked couscous, rice or pasta to serve

Method:

1. Joint the chicken into 8 pieces. Heat the oil in a flameproof casserole dish and brown the chicken on all sides. Remove the pieces with a slotted spoon and set aside.
2. Add the onions, garlic and spices and sauté over a low heat for 10 minutes, until just golden. Return the chicken to the pan, stir in the stock and bring to the boil. Cover and simmer gently for 30 minutes.
3. Add the olives, chopped lemon and coriander and cook for a further 15-20 minutes, until the chicken is really tender. Taste and adjust the seasoning, if necessary and serve with couscous, rice or pasta.



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