



Moroccan Chicken Tagine

by Mahjouba Ezzammoury

Tagine Ingredients (Serves 4)

- 2 onions, chopped
- 3 garlic cloves, chopped
- 2 Tablespoons extra virgin olive oil
- 1-pound chicken breasts, cut into bite-sized pieces
- 3 big potatoes, cut into steak fry sized pieces
- 2 medium carrots, cut into large (2") pieces
- 1 cup fresh or frozen peas
- 1 large tomato, cut into 6-8 wedges
- 3 slices of lemon, with the skin
- ½ bunch parsley, stems removed and chopped
- ¼ bunch cilantro, stems removed and chopped

Herb Blend Ingredients

- 1.5 cups of water
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon ginger powder
- 1 teaspoon turmeric powder
- 1 teaspoon pepper
- 2 teaspoons paprika powder
- ½ teaspoon saffron (optional)

Dutch Oven Version

1. Preheat oven to 375.
2. In a Dutch oven, heat up 2 Tablespoons olive oil. Sauté onions and garlic for a few minutes until soft.
3. Layer rest of ingredients (except for herb blend) with parsley and cilantro on top.
4. In a 2-cup measuring cup add 1 ½ cups water, 2 Tablespoons olive oil and the dried herbs. Mix well.
5. Pour water/herb mixture over tagine ingredients.
6. Cover Dutch oven and bake for 1 hour.
7. Remove cover and bake for ½ hour more.

Crockpot Version

1. Add all ingredients making sure that chicken is under liquid.
2. Cook on high for 5 hours.