

ORGANIC BRAISED MOROCCAN CHICKEN WITH COUSCOUS



Yields:
4 servings

INGREDIENTS

1 tsp	Paprika	5 ml
1 tsp	Cumin Powder	5 ml
¼ tsp	Cayenne Pepper Powder	2 ml
½ tsp	Ground Ginger Powder	3 ml
½ tsp	Ground Coriander	3 ml
¼ tsp	Cinnamon	2 ml
½ tsp	Turmeric Powder	3 ml
½ tsp	Black Pepper, ground	3 ml
2	Lemons	2
½ cup	Olive Oil	125 ml
2 ¼ lbs	BC Bone-In Skin-On Chicken Thighs	1 kg
Pinch	Sea Salt	Pinch
1 large	BC Onion, diced in small pieces	1 large
4 cloves	BC Garlic, minced	4 cloves
1 large	BC Apple, grated	1 large
3 medium	BC Carrots, peeled and cut into quarters	3 medium
4 medium	BC Russet Potatoes, peeled and wedged into 6 pieces each	4 medium
½ cup	Olives, whole, pitted (green or black)	125 ml
6 ½ cups	BC Chicken Stock	1.5 litres
¼ tsp	Saffron (optional)	2 ml
2 cups	Couscous	500 ml
¼ cup	BC Cilantro, chopped	60 ml
¼ cup	BC Parsley, chopped	60 ml



DIRECTIONS

1. Preheat oven to bake at 400 F.
2. Combine paprika, cumin, cayenne, ginger, coriander, cinnamon, turmeric, and black pepper in a large mixing bowl.
3. Add the juice of 1 lemon (reserve the remaining lemon for step 17) and ¼ cup (60ml) of the olive oil (reserve the remaining olive oil for step 6) and mix to make a marinade.
4. Remove the skin from the BC Chicken pieces and discard the skin. Add the skinless chicken pieces to the marinade and toss to coat. Marinate and store in refrigerator until needed.
5. Place BC Chicken Stock and saffron in a pot and bring to a boil. Remove from heat and set aside.
6. In a large braising pan or Dutch oven, heat the remaining ¼ cup (60 ml) of olive oil in a pan on medium-high. Season chicken lightly with salt and add to the pan to brown on both sides.
7. When browned, remove the chicken to a plate and reserve.
8. Reduce heat to medium and add BC Onions to the pan. Cook until onions are translucent. Add the BC Garlic and BC Apples. Sauté 1 minute more.
9. Return the browned chicken pieces back to the pan.
10. Arrange the BC Potatoes, olives, and BC Carrots around the chicken.
11. Add 4 cups of the chicken stock to the pan (reserve remaining chicken stock for step 12). Bring to a boil, top with the lid, and bake for 45 minutes undisturbed or until chicken reaches 165 F (74 C).
12. Meanwhile, bring the remaining 2 ½ cups (625 ml) of chicken stock and a pinch of salt back to a boil.
13. Add couscous to a heat resistant bowl.
14. Pour the boiling chicken stock over the couscous, stir, and cover with plastic wrap for at least 10 minutes.
15. When chicken is done and is extremely tender, carefully remove from the oven.
16. Remove plastic from couscous and fluff with a fork.
17. Chop remaining lemon wedge into quarters. Garnish dish with lemon wedges, BC Parsley, and BC Cilantro.



CHEF'S TIP

Look for organic products certified under the Canada Organic Regime or the BC Certified Organic Program. Visit www.organicbc.org to find a directory of BC organic food, farms, and businesses.