

CHICKEN TAGINE

Slow Cooker Method

Rich, fragrant and wonderfully easy – the slow cooker does all the work.



Serves 4



20 minutes



6–7 hrs (low) / 3–4 hrs (high)

INGREDIENTS

- 750g / 1lb 10oz chicken, diced into large chunks
- Olive oil, for browning
- 1 large red onion, finely sliced
- 4 garlic cloves, minced
- ½ tbsp fresh ginger, grated
- 80g / 3oz dried apricots, halved
- 2 x 400g / 14oz tins diced tomatoes
- 1 chicken stock cube
- 1 tbsp rose harissa paste
- 1 tbsp honey
- 2 preserved lemons, rinsed and finely sliced
- Fresh coriander and mint, to garnish

SPICE MIX

- 1½ tsp ground cumin
- 1 tsp ground cinnamon
- 1½ tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp sweet paprika
- ¼ tsp black pepper
- 1 tsp ras-el-hanout

NOTE:

If ras-el-hanout unavailable, substitute: ¼ tsp each of cardamom, fennel, allspice and cloves, crushed together.

STORY NOTES

Tom arrives home after a tricky day to find Lucy diligently stirring a large casserole dish. She proudly announces she's cooking him a "Moroccan chicken thingy."

[The Shape of Lies]

INSTRUCTIONS

1. Heat a little olive oil in a frying pan and brown the chicken on both sides. Transfer to the slow cooker.
2. In the same pan, sauté the onion and garlic until softened. Add all the spice mix ingredients and cook for 1 minute.
3. Transfer the onion mixture to the slow cooker. Add the rose harissa, tomatoes, stock cube, apricots, preserved lemon and honey. Stir gently to combine.
4. Cover and cook on low for 6–7 hours or high for 3–4 hours.
5. Adjust seasoning. Garnish with fresh coriander. Serve over couscous flavoured with lemon rind, coriander, mint, slivered almonds and pomegranate seeds.

