



Nigella

Tajine de Poulet au Citron et Olives [Moroccan Chicken Tagine with Lemon and Olives]

Serves 4

YOU WILL NEED

A large tagine or lidded casserole dish.

INGREDIENTS

40ml virgin olive oil
1 large white onion, sliced
2 tbsp nigella seeds
1 tsp ground turmeric
½ tsp ground ginger
½ tsp ground cumin
½ tsp ground cinnamon
½ tsp ground black pepper
good pinch of saffron
¾ tsp sea salt
6 cloves of garlic, crushed
1 whole chicken (about 2kg), jointed
100g green olives
1 preserved lemon, quartered
150ml chicken stock
small bunch of coriander

METHOD

1. Pour the olive oil into the base of the tagine or casserole dish. Spread the onions over the oil.
2. Lightly toast the nigella seeds under a medium grill.
3. Grind 1 tbsp of the nigella seeds in a pestle and mortar and mix together with the turmeric, ginger, cumin, cinnamon, black pepper, saffron salt and crushed garlic.



4. Rub the spice mix over the chicken pieces and arrange them on top of the onions in the casserole dish.
5. Add the water and top with the preserved lemon, olives and coriander.
6. Bring the mixture to the boil over a very hot hob then reduce to a low-medium heat, cover with the lid and simmer for an hour.
7. Turn the chicken pieces over and simmer for a further an hour or until the chicken falls off the bone.
8. Remove the coriander before serving with Moroccan bread, or perhaps some other crusty bread.