

Tagine Zitoune

Ingredients:

1 Whole Chicken or 4
Large Chicken Pieces
250g Pitted Olives
1 Onion
2 to 3 Carrots
2 Cinnamon Sticks
Thyme
3 Bay Leaves
Salt to taste
Black Pepper
Saffron (Optional)
Oil
500ml Water
1 tbsp Plain Flour
1 Lemon

Serves: 4

Prep & Cook: 60 min



Method:

1. Blanch the olives for 10 minutes. Drain and set aside until needed.
2. In a hot cooking pot, pour in 3 tbsp of oil and fry the chicken until golden brown. Add the grated onion and spices. Leave the chicken to absorb the spices for 5 minutes.
3. Add 500ml of water and boil.
4. Halfway through cooking, add sliced carrots and olives; and leave to cook for 20 minutes.
5. Once the chicken is cooked, mix the flour with a ladle of sauce from the cooking pot and add the juice of 1 lemon, then pour this mixture over the cooked chicken.
6. Simmer for 2 minutes or until the sauce is smooth and of a medium consistency.

That's it, bon appetite!