
Moroccan Chicken

Total time: 1 hr 45 min Yield: 6 Servings

Ingredients

8 pieces chicken (whole legs and thighs)
1 small white onion (small diced)
1 jalapeno (finely chopped)
5 bay leaves
4 carrots (peeled and cut into 1 inch pieces)
5 celery stalks (cut into 1 inch pieces)
10 pieces fresh okra (remove stems and cut in half)
6 oz dried Mediterranean apricots
1/2 cup Greek olives (pitted)
1/2 cup dried raisins
3 can tomato sauce (8 oz. cans)
1 can chicken broth (14.5 oz. can)
1 Tbsp cumin
1 Tbsp turmeric
1 Tbsp smoked paprika
1 Tbsp dried lemon peel (minced)
8 large cloves garlic (minced)
1 tsp ground cinnamon
2 Tbsp Better Than Bouillon chicken base
salt
black pepper

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Instructions

Preheat the oven to 400° F. Remove skin and excess fat from the chicken, and season to taste on both sides with salt and pepper. Place the chicken into a large baking pan. Add the onion, jalapeño, bay leaves, carrots, celery, okra, apricots, olives and raisins on top of the chicken. In a separate bowl mix the tomato sauce, chicken broth, cumin, turmeric, paprika, lemon peel, garlic, cinnamon, chicken base, 2 teaspoons salt and ½ teaspoon pepper together and stir well. Finally pour the sauce over the chicken and vegetables, cover with tin foil and place into the oven. Roast for 1 hour and 15 minutes then serve with your favorite starch.

Recipe brought to you by:

Chef Ryan Covert

Source:

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