

l'art de cuisiner

STARK & WHYTE

Tajine... “Chicken with Apricots & Star Anise”

Method

1. With the rack in the lowest position, preheat the oven to 175°C / 350°F.
2. In a large skillet over medium heat, soften the vegetables in half the oil.
3. Season with salt and pepper. Add the apricots, honey and spices. Continue cooking for about 2 minutes.
4. De-glaze with the broth.
5. Transfer to Staub “Tajine”.
6. In the same skillet over medium-high heat, brown the chicken in the remaining oil. Season with salt and pepper. Place the chicken parts on the vegetables and baste with broth.
7. Cover and bake in the “Tajine” until the meat pulls easily from the bone, about 90 minutes.

Serve with plain couscous or rice.

Ingredients:

3 onions, peeled and sliced
3 zucchini, cut into thick rounds
3 carrots, cut into thick rounds
3 cloves garlic, chopped
¼ cup olive oil
½ cup dried apricots
2 tbsp. honey
3 pods star anise

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Ingredients (cont.):

2 tsp. ground coriander

2 tsp. harissa

½ tsp. ground cinnamon

1 cup chicken broth

1 stewing chicken cut into 6 pieces

Salt & pepper



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