

LA VIGNE ENTERPRISES, INC.

Distinctive Natural Gourmet Foods



Chicken with Olives & Preserved Lemons

Serves 4

Preparation time: 20 minutes

Cooking time: 1 3/4 hours

Ingredients:

2 TBSP olive oil
1 Spanish onion, finely chopped
3 garlic cloves
1-teaspoon ground ginger
1 1/2 teaspoon ground cinnamon
Large pinch of saffron threads, toasted & crushed
3 1/2 lb. stewing chicken
3 cups chicken stock
1 cup large black olives, rinsed & soaked
1 **La Vigne Moroccan Preserved Lemon**, chopped
Large bunch cilantro, finely chopped
Large bunch parsley, finely chopped
Salt & pepper
Couscous, to serve (optional)

Instructions:

1. Heat the oil in a skillet, add the onion, and fry gently, stirring frequently until softened and golden.
2. Meanwhile, using a pestle and mortar, crush the garlic with a pinch of salt, then work in the ginger, cinnamon, saffron, and a little pepper. Stir into the onions, cook until fragrant, then remove from the pan and spread over the chicken.
3. Put the chicken into a heavy saucepan or flameproof casserole that it just fits, heat gently and brown the chicken for about 2-3 minutes, turning often. Add the stock or water, cover, and simmer gently for 1 1/4 hours, turning the chicken over 2-3 times.
4. Add the olives, La Vigne Moroccan Preserved Lemon, cilantro, and parsley to the pan. Cover and cook for about 15 minutes until the chicken is very tender. Taste the sauce. If the flavor needs to be more concentrated, transfer the chicken to a warmed serving dish, cover and keep warm, and boil the cooking juices to a rich sauce. Tilt the pan and skim off any surplus fat, then pour over the chicken. Serve with couscous, if liked.

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