

Chicken and Chickpea Tagine

By Mark Bittman

YIELD 4
servings

TIME 1
hour

INGREDIENTS

2 tablespoons corn or canola oil
2 tablespoons butter
1 large onion, peeled and thinly sliced
2 cloves garlic, minced
Salt
Pinch nutmeg
½ teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon ground black pepper
Pinch cayenne
1 ½ to 2 cups chopped tomatoes (canned are fine; drain excess liquid)
4 cups chickpeas (canned are fine; drain and rinse first)
½ cup raisins or chopped pitted dates
½ vanilla bean
8 chicken thighs, or 4 leg-thigh pieces, cut in two
Chopped cilantro or parsley leaves

PREPARATION

Step 1

Put oil and butter in a large skillet or casserole, which can be covered later, and turn heat to medium high. When butter melts, add onion, and cook, stirring occasionally, until it softens, 5 to 10 minutes. Add garlic, a large pinch of salt and spices. Cook, stirring, for about 30 seconds. Add tomatoes, chickpeas, raisins and vanilla, and bring to a boil. (If mixture is very dry, add about 1/2 cup water.) Taste, and add salt as necessary.

Step 2

Sprinkle chicken pieces with salt, and nestle them into sauce. Cover, and 5 minutes later adjust heat so mixture simmers steadily. Cook until chicken is very tender, 45 minutes to an hour. Taste, and adjust seasoning. Then garnish, and serve with couscous.

PRIVATE NOTES

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