

MOROCCAN CHICKEN STEW

F MEDIUM

Last Modified: 05/22/2017

PREP: 24 Hrs
COOK: 3 Hrs
STOVETOP

SOUP-STEW

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	3 Pound	Whole Frying Chickens	Cut Up
2	Tbsp	Olive Oil	As needed
1/2	Cup	Extra Virgin Olive Oil (EVOO)	Divided
2	Large	Yellow Onions	Chopped
10	Cloves	Garlic	Minced
1/3	Cup	Fresh Cilantro Leaves	Chopped
1	Whole	Lemon	Thin Sliced
1	Cup	Salad Olives (Drained & Rinsed)	
OR (If you want to be able to pick them out)			
1	Cup	Whole Pimento Stuffed Olives (Drained & Rinsed)	
1/2	Cup	Golden Raisins	
1/2	Cup	Dried Apricots	Chopped
1	6 Oz	Can Tomato Paste (Contadina)	
2	14 1/2 Oz	Cans Diced Tomatoes (Hunts)	Drained
1	Quart	Chicken Stock (Swanson)	Divided
2	5 Oz	Pkgs Baby Spinach	Chopped
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

CHICKEN RUB

4	Tbsp	Recipe: Seasoning - Ras El Hanout	
1	Tbsp	Ground Saigon Cinnamon	
2	Tsp	Sweet Hungarian Paprika	
2	Tsp	Ground Cumin	
2	Tsp	Ground Ginger	
1	Tsp	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS

1/4	Cup	Recipe: Seasoning - Harissa Paste	To Taste
2	Tbsp	Slivered Almonds (Toasted)	

PREPARATION

FACTOID	This right here is the BEST Moroccan Chicken Stew EVER! Super succulent, tender Chicken with warm Moroccan spices and not just a few surprising ingredients. No ordinary Chicken dish, this will surprise your taste buds and instantly become a family favorite. Make this as spicy as you like by adjusting the amount of Harissa Paste you use. This Stew reheats very well in a microwave.
NOTE	In place of whole Chickens, you may substitute Legs, Thighs or anything instead.

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TOOLS	1) Dutch Oven and Lid 2) Medium Mixing Bowl 3) Small Mixing Bowl 3) Medium Saucepan & Lid
PREP	DISH 1) Cut up the Chickens, REMOVE the Skins and set BOTH aside. 2) Chop the Yellow Onions and set them aside. 3) Mince the Garlic Cloves and set them aside.
1	THE DAY BEFORE: In a small mixing bowl, add in the Chicken Rub ingrediients and mix well.
2	THE DAY BEFORE: Lightly salt each piece of Chicken with salt. Hand rub the Chicken Rub mixture on all surfaces. Seal the Chicken in a large zip lock bag and refrigerate overnight. Place the removed Skins in a seperate zip lock bag and refrigerate
3	CHICKEN: Remove the Chicken from the bag and allow it to come to room temperature, about 2 hours.
4	STEW: In a Dutch oven over medium high heat, add in 2 tablespoons of Olive Oil and heat until the Oil shimmers. Add in the Onions and Garlic and cook until the Onions are transparent and the Garlic is fragrant, about 5 minutes. Remove the Onion Garlic mixture and set it aside.
5	CHICKEN: In the Dutch oven over medium high heat, add in 2 tablespoons of Olive Oil and heat until the Oil shimmers. Brown the Chicken (NOT touching) for 5 minutes. Turn over and brown the other side for another 5 minutes, set the browned Chicken aside. Do in batches until all of the Chicken is Browned, adding in more Olive Oil as needed.
6	BROTH: Meanwhile, in a small saucepan over medium heat bring remaining 1/2 quart of Chicken Stock to a boil. Add in the Chicken Skins and cook until Step #7 is completed.
7	STOCK: In a medium mixing bowl stir together 1/2 of the Chicken Stock and the Tomato Paste.
8	CHICKEN: Once all of the Chicken is browned, remove as much excess Oil from the Dutch oven as you can without removing any of the Fond. Return all of the browned Chicken to the Dutch oven over medium low heat. Pour the Chicken Stock Tomato Paste mixture over the top and simmer for 45 minutes or until the Chicken is fall-apart tender.
9	BROTH: Remove and discard the Chicken Skins from the Broth and stir the Broth into the simmering Chicken in the Dutch oven.
10	STEW: Stir in the Onion Garlic mixture, 1/2 of the Cilantro, Green Olives, Lemon slices, Rasins and Apricots. Simmer while covered for 15 minutes
SERVE	Ladle the Soup into bowls and sprinkle the top with some of the remaining Cilantro and a few Slivered Almonds if using. Serve while hot with a small dish of Harissa Paste to stir in on the side.