



Chicken and Chickpea Tagine

Adapted from NYT recipe by Mark Bitton

Pair with Rucksack Cellars Barbera

Time: 1 hour

Yield: 4 servings

INGREDIENTS

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

Directions

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 ½ cup water. Taste, and add salt, as necessary.

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. Garnish with cilantro or parsley leaves and serve with couscous.