






Recipe Details

Recipe Name : Moroccan Baked Chicken With Chickpeas And Rice
Recipe Category:
Author : Sample Pub Menu
Created : February 16, 2015
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Portions : 4

Weight (Per Portion)

One portion of this dish weighs approximately 1,112.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Chickpeas, dried, raw	110 Gram	
Cumin, seed	1 Teaspoon	
Coriander, seed	1 Teaspoon	
Lemons, whole,	2 Unit	
Pepper, sweet, yellow, raw	2 Large	
Onions, raw	2 Large	
Oil, olive	2 Tablespoon	
Coriander leaves, fresh	15 Gram	
Garlic	3 Clove	
Pepper, chilli, green, raw	2 Medium	
Stock, chicken, liquid	275 Millilitre	  Gluten Celery
Wine, white, dry	150 Millilitre	 Sulphur Dioxide
Olives, Black	50 Gram	
Olives, ripe, canned (small-extra large)	50 Gram	
Pepper, black	1 Pinch	
Salt, sea	1 Pinch	
Saffron	0.5 Teaspoon	
Rice, white, basmati, raw	175 Gram	
Chicken, thigh, raw,	2 Kilo	

Recipe Alerts

Allergen Warnings:



Recipe Method

1. Pre-heat the oven to 140C/275F/Gas Mark 4. 2. Pop chickpeas into a bowl, cover with cold water and leave overnight or a minimum of 8 hours or either place

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chickpeas in a saucepan, cover with cold water and boil for 10 minutes, turn off the heat and let soak for 3 hours. Simmer for 20 minutes or until tender, in either way.

3. Place a small frying pan over direct medium heat, add cumin and coriander seeds and toss around in a hot pan for 2-3 minutes until it start to dance and change colour. 4. Remove seeds to a pestle and mortar, crush coarsely and transfer to a plate. Crush saffron stamens to a powder with the pestle and mortar, squeeze out the juice of one of the lemons, add it to the saffron and stir well. 5. Season chicken with salt and pepper (slice in half, seeds and pith remove and cut each half into 4 large pieces) and slice onions roughly the same size as the peppers. Chicken must be jointed into 8 pieces or use a pack of 8 drumsticks and thighs. 6. In the flameproof casserole, heat 1 tablespoon of olive oil (wait until it is really hot), brown the chicken pieces on all sides and transfer cooked chicken to a plate. Don't overcrowd the pan; best do it in 2 batches, 4 pieces at a time. 7. Add the second tablespoon of oil and turn the heat to its highest setting, wait until its very hot, add peppers and onions, moving around until their edges are slightly blackened take about 5 minutes then turn the heat down. 8. Add finely chopped coriander stalks (strip the leaves from the stalks), chopped garlic, halved and deseeded and finely chopped fresh chillies, crushed spices, chickpeas and rice. Stir well to distribute all the ingredients, season with salt and pepper. Wrap stripped coriander leaves in a piece of cling film and keep in the fridge. 9. Combine the lemon and saffron mixture with the stock and wine, pour it all in to the casserole and stir well. Cut the remaining lemon into thin slices and push these well into the liquid. Scatter the olives in and place pieces of chicken on top of everything. Cover with a tight-fitting lid and place in the pre-heated oven for 1 hour or until the rice and chickpeas are tender. 10. Scatter the coriander leaves on top and serve straight away on warmed serving plates.

