

Chicken tajine with caramelized tomatoes & carrots

Preparation time: 20 minutes

Cooking time: 1h45 minutes

Ingredients (for one person):

- 1 chicken leg & wing
- 1 large onion finely diced
- 1 clove of garlic finely chopped
- 2 tablespoon vegetable oil
- 150g of carrot peeled & grated
- 200g of tomato peeled, deseeded and diced into small pieces
- 2 tablespoons of olive oil
- 1 teaspoon of chicken mixed spice
- ¼ teaspoon of turmeric
- ¼ teaspoon of ginger
- pinch of saffron
- fresh parsley & coriander
- 2 tablespoons of butter
- 2 tablespoons of sugar
- Pinch of gum Arabic
- juniper berry
- 2 teaspoon of ground cinnamon
- orange blossom water
- sesame seeds toasted

Preparation

Place the chicken pieces in a tajine; add a thinly diced onion, a finely chopped and pasted clove of garlic, the finely chopped mixed herbs, 2 tablespoons of olive oil and all the spices: turmeric, ginger, salt, saffron and the chicken spice mix..

Mix together, making sure the chicken is well-coated with the marinade. If you have time, you can prepare the marinade a day in advance and leave the chicken marinating in the refrigerator. The chicken will then be softer and tastier.

On a low heat sear the pieces of chicken on both sides for about 40 to 45 minutes. After 40 minutes of searing, check if the onions have released sufficient water. If not, add some hot water around the perimeter of the tajine, not directly on the chicken, semi-cover till it comes to the boil, then fully cover and let steam for at least 1 hour.

While the chicken cooks, put the diced tomato in a saucepan with a tablespoon of vegetable oil and let cook for about 20 minutes on a low heat. Add a tbsp of butter and let cook until the tomato is reduced and thickened. Add all the ingredients for caramelising: 1 tsp cinnamon, 1 tsp gum Arabic crushed, 1 crushed dried juniper berry, 1 tbsp sugar. Allow to caramelize for about 10 mins (stir from time to time);

Put the grated carrots in a saucepan with a tablespoon of vegetable oil and a small glass of water, cover and let cook on a low heat for about 15 minutes. Then add 1 tablespoon of butter and let cook until the carrot mixture is reduced. You can now add all the ingredients for caramelising and follow the same procedure as you did with the tomatoes, add orange blossom water and caramelize the carrots until soft.

Check the chicken is cooked with a fork (it should fall apart easily) and place the caramelized tomato on the chicken, and the carrot around the tajine. Sprinkle the toasted sesame seeds on top of the tomato and serve immediately. Enjoy !