

# MORROCAN FILLO CHICKEN

## INGREDIENTS

- 6 Chicken thighs (with skin and bones) (about 1 ¾ pound)
- 10 Dates (pitted) dates
- 1 1/2 t Salt
- 3 Onions (medium) (peeled & sliced thinly)
- 1 Cinnamon stick
- 1 Chili (red) (dried) ( remove the seeds if you prefer a milder flavor)
- 2 T Ras el hanut spice mix (a morrocan spice mix)
- 1 C Water
- 1/2 lb Filo Dough (1 packet) **OR** Puff Pastry
- 1/4 C Earth Balance Margarine with flax seeds (melted)



## DIRECTIONS FOR FILLING

- 1 Heat oven to 400 F
- 2 Put a large pan on a medium heat & place the chicken thighs skin-side down in it
- 3 You won't need to add any oil to cook it in, as the skin will render a lot of fat
- 4 Keep it on a medium heat & allow the skin to crisp and color (10 - 15 minutes)
- 5 Once the skin is all crisp & golden, flip the thighs & cook the other side (5 minutes)
- 6 Use tongs to remove them to an ovenproof pan that is large enough to contain them all in one layer
- 7 Add the pitted dates
- 8 Use the same pan & add the sliced onions & salt
- 9 Cook the onions until they are soft & starting to be golden
- 10 Add the cinnamon stick, dried chili and ras el hanut spice & mix well (Cook for 30 seconds)
- 11 Add the water & bring to the boil
- 12 Once boiling, pour over the chicken thighs in an ovenproof pan
- 13 Cover the pan & place it in the center of the oven to cook for 1 hour
- 14 Open the lid carefully & check whether the chicken is fully cooked (it should just fall off the bone)
- 15 If it is still a little tough (cook for 10–15 minutes)
- 16 Set the pan aside until cool enough to handle
- 17 Carefully pour the contents of the pan into a sieve over a bowl
- 18 Save the cooking liquid
- 19 Pull the chicken from the bones, discarding them along with any cartilage
- 20 Remove the chili & the cinnamon stick
- 21 Mix the chicken together with the cooked dates & onions
- 22 Add enough liquid to bind the mix well



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## DIRECTIONS CONTINUED

- 1 Pre-heat your oven to 400 F
- 2 Lay the opened packet of phyllo pastry on the table
- 3 Carefully peel off the first sheet & use a brush to spread margarine on it, fold into 4 & set aside
- 4 Peel off the next sheet & repeat the process & set it aside.
- 5 Repeat with two more sheets, so that you have two sheets of double thickness
- 6 Place one doubled sheet lengthways on the table
- 7 Put the folded square in the center of it & lay the other doubled sheet on top at a 90 degree angle to the first sheet
- 8 This will make a cross-shape that is thickest in the middle
- 9 Carefully lift the pastry cross off the table & place it in a 8–9 inch ovenproof frying pan or cake tin
- 10 Let it line the tin or pan with the sides of the pastry hanging over the edge
- 11 Fill with the chicken mix & and fold the corners over to cover it
- 12 Brush the top of the pastry with the remaining margarine
- 13 Place in the center of the oven for 15 minutes
- 14 After this time, turn the tin around so that it cooks evenly
- 15 Bake for a further 10–15 minutes or until the pastry is all golden & crisp
- 16 Serve immediately, with some of the warm cooking liquid as sauce (optional)

