

CHICKEN STEW WITH APRICOTS, ALMONDS & CHICK PEAS

INGREDIENTS

- Olive oil
- 3 lbs** Chicken legs & thighs (about 4 of each)
- Seasoning of your choice
- 1** Onion (yellow) (onion) (diced)
- 1** Carrot (peeled) (diced)
- 1/2 t** Salt
- 2 cloves** Garlic (minced)
- 1 piece** Ginger root (peeled) (minced)
- 1 t** Coriander
- 1 t** Cumin
- 1 t** Cinnamon
- 1 C** Chicken stock
- 1 C** Couscous (dried) (prepare according to directions on package)
- 1/2 C** Apricots (dried) (roughly chopped)
- 1 T** Honey
- 1/4 C** Almonds (roughly chopped)
- 2 C** Chickpeas (15-oz can) (drained) (rinsed)
- 2 T** Cilantro (shredded) (optional)



DIRECTIONS

- 1** Warm 1 T of oil in a large pot (6 quarts) over medium-high heat
- 2** When the oil flows easily & you can see it shimmering, season the chicken & place as many pieces as will fit into the pan without crowding
- 3** Sear for 5-8 minutes, flipping once, until both sides are golden brown
- 4** Remove to a clean plate & continue searing the rest of the chicken pieces
- 5** If needed, add more oil to keep a thin film on the bottom of the pan & turn down heat if starts smoking
- 6** Pour off all but a teaspoon of oil & return the pan to medium heat
- 7** Sauté the onions & carrots with 1/2 t of salt until softened & beginning to brown (10 minutes)
- 8** Stir in the garlic & cook until fragrant (about 30 seconds)
- 9** Sprinkle the ginger & spices over top & cook until fragrant, another minute
- 10** Stir the chicken stock & apricots into the pan, scraping up any seared bits that might be stuck to the pan
- 11** Nestle the chicken pieces into the pan; try to fit them in a single layer, but it's ok if some pieces overlap.
- 12** Bring liquid to a boil & reduce the heat to low, cover the pan & cook (50-60 minutes) (juices should run clear)
- 13** Transfer the cooked chicken to a clean plate & tent with foil
- 14** Add the honey, almonds & chickpeas to the pan with the apricots & onions
- 15** Increase the heat to medium-high & bring the stew to a rapid simmer & cook until it has thickened slightly
- 16** Taste the sauce & season if necessary
- 17** To serve, spread the cooked couscous on a serving platter & arrange the chicken pieces on top
- 18** Ladle the stew over top, making sure the chicken pieces each get a good coating
- 19** Sprinkle with cilantro & serve

SEE NOTES BELOW ON PAGE 2

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NOTES

- 1 Serves 6 - 8
- 2 This stew will keep refrigerated for up to a week

COOKING IN THE OVEN

- 1 Prepare the stew as directed
- 2 Instead of simmering on the stovetop, transfer the covered cooking pot to a 300 F oven
- 3 Cooking time may be slightly longer
- 4 Finish on the stovetop as directed

COOKING IN A SLOW COOKER

- 1 Transfer the seared chicken directly to a slow cooker
- 2 Prepare the onion & spice mix on the stovetop as directed, including mixing in the broth & apricots
- 3 Pour the onion mix over the chicken, cover & cook for 4-6 hours on HIGH
- 4 Finish on the stovetop as directed