

## Moroccan Chicken (stolen with love from food.com)

### Ingredients

- 6 large [boneless skinless chicken breasts](#), chopped into large chunks (or assorted chicken pieces, about 3 lbs)
- 1 tablespoon [flour](#) or 2 tablespoons [corn flour](#)
- 2 large [onions](#), chopped
- 3 -4 [garlic cloves](#), chopped finely
- 1 -2 tablespoon [extra virgin olive oil](#)
- 1 inch fresh gingerroot, finely chopped
- 6 ounces dried apricots
- 2 tablespoons [tomato paste](#)
- 2 (14 ounce) cans [chopped tomatoes](#)
- 2 (14 ounce) cans [chickpeas](#)
- 3 tablespoons [honey](#)
- 1/2 pint chicken stock
- 1 pinch [saffron](#) or 1 teaspoon [turmeric](#)
- 4 teaspoons [ras el hanout spice mix](#) (or make up spice mix below)
- 1 teaspoon [ground coriander](#)
- 1 teaspoon [ground cinnamon](#)
- 1 teaspoon [ground cumin](#)
- 1 teaspoon [cayenne pepper](#) (optional)
- salt and black pepper
- chopped [fresh coriander](#), to serve (cilantro)

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### Directions

1. PLEASE NOTE: This recipe lists canned chickpeas in the ingredients, NOT dried! If you use dried chickpeas, you MUST soak them and cook them first!
2. Heat up olive oil in a frying pan/skillet & sauté chopped onions & garlic for 5-10 minutes.
3. Add chicken stock & gradually mix in flour or corn flour until well mixed & not lumpy. Add honey & tomato paste & mix well.
4. Add herbs, spices & finely chopped ginger with salt & pepper to taste.
5. Finally add tinned tomatoes & mix well.
6. Pour the above tomato, onion & spice mix into slow cooker or tagine.
7. Add chicken & chickpeas & mix well.
8. Add dried apricots making sure they are covered by juice. (Add the carrots if using.).
9. Give it a gentle but good stir to mix everything together well.
10. Crock Pot or Slow Cooker - Cook on high for about 3 to 4 hours OR automatic with keep warm facility for up to 8 hours.
11. Serve with freshly chopped coriander/cilantro sprinkled on top.
12. Note: You can use chicken pieces or whole chicken which has been cut up into portions, but you will then need to brown them in a frying pan or skillet beforehand. Preserved lemons make a great addition, add them when you add the apricots and carrots.