

Chicken tajine with pears and figs |

Recipe for 4

Description

Ingredients

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- 8 Unit(s) Chicken wings
- 300 Gr Onion
- 2 Unit(s) Pear
- 1 Bunch Coriander
- 1 Tsp Curcuma
- 1 Tsp Cinnamon powder
- 1 Stick(s) Cinnamon
- 1 Tsp Ground ginger
- 8 Pistil Saffron pistil
- 100 Gr Dry figs
- 1 Dash Olive oil
- 1 Dash Canola oil
- 2 Tbsp Sugar
- 60 Gr Tamari almonds
- Salt and pepper

Couscous

- 200 Ml Couscous
- 200 Ml Water
- 2 Tbsp Olive oil
- 1 Unit(s) Green onion
- 1 Tsp Cumin powder
- 1 Tsp Curcuma
- Salt and pepper

Preparation

- Preparation time **45 mins**

Prep

Toast the almonds in a hot oven for 5 to 6 minutes, careful not to color them too much.

Process

In a large pot, sweat the finely chopped onions for 5 minutes. Add the chicken thighs and brown them. Add the turmeric, the ginger, the cinnamon stick, the saffron and salt and pepper to taste.

Cover the meat with 2 cups of water and add the whole coriander bouquet.

Peel the pears and cut them in four lenghtwise. Put them in water to avoid oxidation.

When the chicken thighs are half cooked, add the pears and cook for an other 30 minutes. The sauce must be reduced and smooth. If its not, remove the lid and leave to reduce.

In an other pan, put the dried figs, add olive oil, sugar, ground cinnamon, half a cup of water and bring to a boil. Cook on a low heat until caramelised.

Place the chicken thighs in a tajine dish, place some pears here and there and caramelised figs on the top, add the sauce and sprinkle some almonds. Serve immediately with some bread.

Couscous

On the plate

Bon appétit!