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mediterranean
PALEO COOKING
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**CAITLIN WEEKS, NC
& CHEF NABIL BOUMRAR**
with DIANE SANFILIPPO

fig & ginger chicken tagine

prep time: 10 mins

cooktime: 50 mins

serves: 4-6

1 tablespoon butter, ghee,
or coconut oil
1 whole chicken, cut into 8 pieces
(or use 8 pieces of your choice)
1 tablespoon minced garlic
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon cinnamon
2 tablespoons grated ginger
1 teaspoon sea salt
1/2 teaspoon pepper
1/2 cup diced onion
(1 small or 1/2 large)
4 cups chicken broth
1 cup whole dried figs
1/4 cup chopped fresh cilantro,
for garnish

Melt the butter in a large soup pot over medium heat, then add the chicken and cook for 2 to 3 minutes. While the chicken cooks, in a small bowl, combine the garlic, cumin, coriander, cinnamon, ginger, sea salt, and pepper. Season the chicken evenly with the spice mixture, then add the onion. Cook for 5 minutes, then flip the chicken to brown the other side. Scrape the bottom of the pan with a wooden spoon to prevent the onions from burning while you brown the chicken. Reduce the heat to medium-low, add the broth, and simmer, uncovered, for 20 minutes. Add the dried figs and continue to simmer for another 20 minutes. Garnish with fresh cilantro.

Chef's Tip

If you like crispy skin, remove the cooked chicken from the broth and broil it in the oven for a few minutes. Serve the crisped chicken with the sauce and enjoy.

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