



## OCTOBER'S RECIPE:

### CHICKEN MAROCAIN

Preparation time: 20 mins

Cooking time: 60 mins

Serves: 4-6

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#### Ingredients

2 onions  
Handful cilantro  
½ teaspoon cumin  
½ teaspoon paprika  
½ teaspoon cinnamon  
6 strands saffron

#### Method

Roughly chop the onion and fry it in a little olive oil until soft. Add the herbs and spices and fry gently for another minute or two. Put the mixture to one side in a dish.

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8 pieces chicken (legs or wings)  
A little flour  
1 tablespoon olive oil  
1 tablespoon butter  
1 ½ cups chopped tomatoes  
1 cup prunes soaked  
Salt and pepper

Dip the chicken pieces in flour and fry in the butter and olive oil on a high flame until browned. This takes about 3 minutes. A wide, deep heavy-bottomed skillet is best. Add the tomatoes, prunes and the onion mixture. Cover the pan and cook slowly for about an hour. Serve with couscous or potatoes and fresh vegetables.

#### Energetics

Chicken is one of the most effective Qi tonics. It is a mildly warming meat and this property is supported by the herbs and spices. The use of tomatoes and prunes brings a strong moistening and cooling quality, especially useful against Liver Heat. The sweet and sour nature of this recipe means that it will also generate fluids and support the Yin.