



Chicken Marocain

Preparation time: 20 mins

Cooking time: 60 mins

Serves: 4-6

Ingredients

2 onions	A little flour
Handful cilantro	1 tablespoon olive oil
1/2 teaspoon cumin	1 tablespoon butter
1/2 teaspoon paprika	1 1/2 cups chopped tomatoes
1/2 teaspoon cinnamon	1 cup prunes soaked
6 strands saffron	Salt and pepper
8 pieces chicken (legs or wings)	

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.

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.