



Chicken Tagine

Ingredient	10 Portions	50 Portions	100 Portions
Diced 50/50	600g	3kg	6kg
Diced onion	400g	2kg	4kg
Diced carrots	200g	1kg	2kg
Diced red pepper	200g	1kg	2kg
Garlic	1 clove	1 bulb	2 bulbs
Cinnamon	Pinch	12g	24g
Cumin	10g	50g	100g
Ginger	5g	25g	50g
Paprika	10g	50g	100g
Turmeric	5g	25g	50g
Corriander	5g	25g	50g
Juice of lemons	1	6	12
Chicken stock	240ml	1.2 ltrs	2.4 ltrs
Dried apricots	80g	400g	800g
Chopped tomatoes	500g	1 x tins	2 x tins
Fresh mint	1 sprig	1 bunch	2 bunch
Fresh corriander	1 sprig	1 bunch	2 bunch

Key Points

Marinading the chicken in some of the spice mix the day before will add a depth of flavour to the final dish

This dish will benefit from a long cook in the oven. If you can prepare all the elements the day before you will be able to start cooking 1st thing in the morning

Method

1. Combine all the spices in a bowl and set aside
2. Coat chicken in half of the spice mix, split between 2 roasting trays and roast at 200c for 20 mins.
3. Add all of ingredients together (apart from the fresh herbs) in a deep metal gastro along with the roasted chicken and cover. Place on middle shelf of the oven and cook at 160c for as long as possible.
4. Add fresh mint and coriander just before service
5. Then dip them in the egg, ensuring they are well coated
6. Then roll them in the breadcrumbs ensuring they are evenly coated
7. Heat the rapeseed oil in deep fat fryer or wok to 180°C
8. Add the coated chicken and cook until they reach a temperature of 75°C
9. Serve immediately. This dish can be served with either rice or cous cous.

Allergens Celery, Sulphites