

Moroccan Roast Chicken

Ingredients

- 1 large chicken, quartered or left whole
- 3 large onions, thinly sliced
- 1/2 cup olive oil
- 1 tbsp salt
- 1 tbsp pepper
- 1 1/2 tbsp ginger
- 1 tbsp Ras el Hanout (Moroccan spice mix, like curry)
- 1 1/2 tsp turmeric

For the Lentils

- 1/2 cup uncooked lentils
- 4 tbsp fenugreek seeds, soaked overnight and drained
- 1 1/2 tsp saffron threads, heated gently and then crumbled
- 1 handful fresh cilantro, finely chopped
- 1 handful fresh parsley, finely chopped
- 4 1/2 cups water
- 1 1/2 tsp butter or ghee

Ahead of Time

- The night before (or at least six hours before cooking), soak the fenugreek seeds and lentils in separate bowls of cold water. Drain when ready to use. *(If desired, the soaked fenugreek seeds can be tied in a cheesecloth to keep them separate from other ingredients in the pot.)*
- The night before (or at least six hours before cooking), mix the chicken with the onions, olive oil, salt, pepper, ginger, turmeric, saffron and Ras el Hanout spices in a heavy-bottomed pot. Stir to coat the chicken well, cover, and leave in the fridge to marinate.

Cook the Chicken and Lentils

- Place the pot with the chicken on the stove over medium heat and cook, covered, stirring occasionally, for about 15 to 20 minutes, until a rich sauce has formed.
- Add the drained fenugreek seeds, parsley, cilantro and the water. Cover and simmer over medium-low to medium heat for about 1 hour. Add the drained lentils and continue cooking, covered, for another hour, or until the chicken and lentils are quite tender. Add water as needed during cooking to ensure that ample broth remains in the pot, and correct seasoning if necessary.
- Taste the broth for salt, then add the butter/ghee, swirling the pot to incorporate it into the broth. If desired, remove the chicken from the pot and place it under a broiler for a few minutes to brown and crisp the skin.