

Malvern and Upton Beekeepers Association

Honeyed, spiced chicken tagine

Serves 4

A tagine is ideal but a shallow pan with a lid (sauté pan) can be used and I can't see why any other pan can't be used as long as it has a lid!

- 1 tbsp Olive Oil
- 1 medium onion thinly sliced
- 2 cloves of garlic crushed
- 4 large boneless chicken breasts, skinned
- ½ level tspn ground ginger
- 1 tspn ground cinnamon
- 2 tbsp clear honey
- 2 tbsp lime juice
- 1 tbsp red wine vinegar
- 250ml (1 cup) chicken stock
- Salt
- Freshly ground black pepper
- 60g (1/3 cup) raisins
- 60g (1/3 cup) whole blanched almonds
- Flat leaf parsley to garnish

Heat the oil in the tagine base, fry the onion and garlic without colouring.

Cut the chicken into bite size pieces, add to the tagine and brown evenly. Stir in the spices and cook for 1 minute.

Mix together the honey, lime juice, vinegar and stock, pour over the chicken. Season well, cover and cook very gently for 1 ¼ - 1 ½ .

When the chicken is cooked, remove the lid and boil the liquid rapidly to reduce to a syrupy consistency.

Stir in the raisins and almonds and garnish with a little flat leaf parsley.