

Chicken & dirt(y) Yorke Peninsula kabuli chickpea tagine with harissa



Serves an army (about 10 people)

INGREDIENTS

Chook

2.2 kg free range chicken
500 ml chicken stock (or water if you can't be bothered)
100g dried dirt(y) premium kabuli chickpeas, soaked overnight (or 300g Pankgarra ready-to-eat chickpeas)
300g mograbiah (large cous cous, or just use normal cous cous, whatever)
6 to 9 waxy spuds (they're the little yellow ones, like Bintje or Dutch crème) cut into 3cm chunks
1 lemon, juiced
120 ml extra virgin olive oil
2 brown onions, chopped
2 cloves garlic, chopped
2 cinnamon sticks
2 teaspoons ground coriander
1 teaspoon ground cumin
Pinch saffron threads
1 preserved lemon, pith and flesh removed sliced finely
2 bay leaves
1 tablespoon sea salt, and coarsely cracked black pepper to taste
½ cup coriander, leaves and stems roughly chopped
⅓ cup parsley, leaves roughly chopped
100g toasted almond, chopped

Harissa (or buy some if you're lazy or busy farming!)

4 to 6 red small chillies with seeds
2 grilled red capsicums in oil
1 clove garlic
2 teaspoon coriander seeds, roasted
1 teaspoon cumin seeds
Dribble of olive oil
½ teaspoon salt

METHOD

Discard the chickpea soaking water and place in a pot with clean water. The less water you use the quicker the chickpeas will cook, so cover by an inch or so and top up during the cooking if necessary. Put onto a medium flame and bring up to a simmer, cook until soft to the bite (about an hour), drain and set aside at room temperature.

Grab the chicken and cleave it up (I'll show you, or ask your butcher but leave BONE in).

Preheat a heavy based casserole or fry pan (or a tagine if you have one) over a medium heat. Add remaining olive oil, sauté onions and garlic until soft. Add cinnamon, coriander and cumin and sauté for a minute to coat the spices. Add chicken chunks, season with salt and pepper and seal/ brown all sides well for 10 or so minutes. Add spuds and chickpeas, preserved lemon, bay leaves and saffron. Top up with 500 ml cold water (or chicken stock). Place a lid on and simmer over a low heat for 30 mins until chicken soft and sauce thick.

Meanwhile...

Blend all ingredients for harissa into a smooth paste in a food processor. Set aside.

Place 2 litres of salted water over a high flame and when boiling add the mograbiah or cous cous and cook for 10 mins for mograbiah or 20 or so mins for the cous cous, or until tender to the bite. Drain, place in a large bowl and splash with a table spoon of the olive oil to prevent clumping and set aside.

When the chicken is cooked spoon on top of the mograbiah (or cous cous) and top with chopped herbs and crushed almonds. Spoon the harissa over the top.