Twitter Thread by Jamie Schler



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We all need a lift & a distraction. This calls for a recipe.

Chicken with Preserved Lemon and Olives

Few ingredients, easy to throw together, this flavorful dish tastes as good as it looks.

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INGREDIENTS

1 preserved lemon
1 fresh lemon for finely grated zest (optional) & 2 tablespoons juice
@ 6 tablespoons (40 grams) flour seasoned with salt & pepper
1 chicken cut in pieces or 2 leg/thigh sections & 2 breasts
A few tablespoons olive oil

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1 onion, trimmed, peeled, chopped
1 garlic clove, peeled & chopped
½ cup green olives, soaked in cold water for about an hour
½ cup (125 ml) water
Salt & freshly ground black pepper

Cut the preserved lemon in half & then each half in 2 or 4 wedges. Set aside.

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Finely grate the zest from the fresh lemon, if using (the zest is optional for a more lemony flavor) & then squeeze the lemon for 2 tablespoons juice. Set aside.

The olives should be soaking in water.

Place the seasoned flour in a plate or wide shallow soup bowl.

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Pat the chicken pieces clean & dry.

Place a few tablespoons olive oil in a large, heavy pot with a lid & heat over medium to medium-high heat. When the oil is hot and a few drops of water spritzed onto the oil sizzle, dredge the chicken pieces in the seasoned flour,

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shake off excess flour, and brown in the oil; you may have to do this in two or three batches so as not to crowd the chicken in the pot. Turn the pieces to brown well on each side; this could take 6 – 8 minutes per piece. Add more oil to the pot if needed.

As the chicken

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pieces are browned carefully lift them out of the pot & place on a plate.

When all of the chicken pieces are well browned & out of the pot, add the chopped onion & garlic to the pot and cook for a few minutes, stirring often, until tender & transparent, scraping up the

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dark bits from the bottom of the pot. Add the chicken pieces back to the pot & continue to cook for a few minutes, stirring, until the onion bits are beginning to brown around the edges.

Add the wedges of preserved lemon, the zest if using & the 1/2 cup water; drain the

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olives & add to the pot.

Salt and pepper and bring just to the boil, reduce the heat, cover the pot & allow to simmer for 30 to 45 minutes or until the chicken is cooked through. Add a little more water during the cooking if needed.

When the chicken is cooked, remove

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the pot from the heat & add the lemon juice.

Serve immediately over mashed potatoes, couscous, mixed grains or pilaf.

Enjoy! Don't forget to share a photo of the finished dish with me!

