

Moroccan Chicken Stew with Apricots

Recipe from ALWAYS DELICIOUS by David Ludwig, MD, PhD, and Dawn Ludwig

Moroccan Chicken Stew: Makes 4 servings

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| 1 Recipe Moroccan Sauce (see below) | 1 small sweet potato or 1/2 small winter squash (kabocha, butternut, buttercup, etc.; peeled), cut into 1-inch pieces (about 1 1/2 cups) |
| 1 1/2 pounds boneless, skinless chicken thighs, cut into 1-inch cubes or slices | 6 dried apricots, whole or diced, or 4 fresh apricots, quartered and pitted |
| 1 to 2 tablespoons extra-virgin olive oil | 1/4 cup water |
| 1 medium onion, diced | 1/4 teaspoon salt |
| 2 medium carrots, cut into chunks (about 1 cup) | |

Place the sauce in a large zip-top bag, add the chicken, seal the bag, and massage to completely coat the chicken with the sauce. Place it in the refrigerator to marinate for at least 1 hour and up to overnight (or cook it immediately if you have less time). Heat the olive oil in a Dutch oven or stovetop-safe slow cooker insert over medium heat, or in a slow cooker on the sauté setting. Add the onion and cook, stirring, until translucent, 3 to 5 minutes. Stir in the chicken and sauce from the bag, carrots, sweet potatoes, apricots, water, and salt. Cook, stirring, for 5 to 7 minutes. Reduce the heat to low, or transfer the ingredients or the slow-cooker insert to the slow cooker. Cover and simmer for at least 30 minutes or up to 1 1/2 hours on the stovetop (longer, slow cooking creates a more savory dish) or cook on low in a slow cooker for up to 8 hours or according to the manufacturer's instructions. If desired, remove the lid for the last 15 to 30 minutes to thicken the sauce. Serve hot. with Cauliflower Couscous (Always Delicious page 211).

Calories: 459 Carbohydrate: 22 g Protein: 37 g Fat: 26 g

Moroccan Sauce

Preparation time: 5 minutes. Total time: 7 minutes

- 1 (2-inch) piece fresh ginger, peeled and sliced into thin rounds
- 3 medium cloves garlic
- 1 (3- to 4-inch) piece fresh turmeric, peeled, or 1 teaspoon ground turmeric (optional)
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon

- 1/4 teaspoon ground cloves
- Dash of freshly grated nutmeg
- 1/4 teaspoon ground white or black pepper
- 9 or 10 sprigs cilantro, stems and leaves coarsely chopped
- 1/4 cup extra-virgin olive oil
- 1/4 cup water
- 1/2 teaspoon salt
- Dash of cayenne pepper, or to taste (optional)

Place all the ingredients in a wide-mouthed cup. Blend, working the blender in the jar until the garlic, ginger, and turmeric are smooth. Place a lid on the jar. For best results, set aside for at least 1 hour to allow the flavors to develop. The sauce will keep in the refrigerator for up to 2 week

Calories: 45 (Per 1 tablespoon) Carbohydrate: 1 g Protein: 0 g Fat: 5 g

VEGETARIAN VERSION: Substitute chicken for 1 1/2 pounds extra-firm tofu, drained, pressed with an absorbent towel, and crumbled, and increase the salt to taste. Or substitute chicken for 1 recipe Basic Seitan (Always Delicious page 72) plus 2 additional tablespoons olive oil.

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