

Moroccan Chicken

James Barber, The Urban Peasant

Ingredients:

A handful of mint
A pinch of cinnamon
A pinch of cayenne
1 tsp lemon zest
1 tbsp fresh lemon juice
4 skinless, boneless chicken breasts
20 dried apricots
4 oz dried dates
½ cup chicken stock (or wine)
1 piece frozen puff pastry, thawed
1 egg
1 tbsp milk
½ tsp superfine sugar

1. In Preheat your oven to 400 F
2. Chop the mint, and combine it with the cinnamon, cayenne, lemon zest and juice. Marinate the chicken in this mixture while preparing the other ingredients (or overnight if you can).
3. Chop the apricots and dates, and cook them with the chicken broth in a small pot over low heat until most of the broth has been absorbed.
4. Have someone roll the pastry out to a 1/8" thickness and cut tops to fit two casserole dishes.
5. Meanwhile, you can butter the casserole dishes, place two chicken breasts in each and cover with the fruit. Then mix the egg and milk together. Place the pastry over top of the casserole dishes, and brush with the egg wash. Dust the top of the pastry with sugar, and bake uncovered, for 20 minutes or until the pastry is nicely browned and the chicken is cooked through.