

Baked Moroccan-Spiced Chicken Drumsticks

Ingredients

3 cloves garlic, finely chopped
1 tsp grated fresh ginger
1 tsp ground turmeric
2 tsp ground cumin
1/2 tsp ground cardamom
1/2 tsp ground coriander
1/2 tsp freshly grounded pepper
1 tsp finely grated lemon zest
8 large chicken drumsticks
2 tbsp olive oil
1 onion, sliced
2 cups chicken stock
6 dried dates, sliced and seeded
1/3 cup shredded coconut

Method

Combine the garlic, ginger, turmeric, cumin, cardamom, coriander, pepper and lemon zest in a small bowl.

Trim the excess fat of chicken if any. Place the chicken in an ovenproof casserole dish.

Add the seasoning mixture to the chicken and make sure each drumstick is completely coated. Cover and marinate for 3 hours or overnight.

Heat the oil in a frying pan. Cook the chicken quickly over medium high heat until well browned on the outside.

Place the chicken back in the casserole dish.

Add 1 tsp of oil and stir fry the onion, and stirring until tender.

Add the cooked onion, dates, and shredded coconuts to the casserole dish.

Pour the chicken stock evenly over the dish.

Cover with foil and bake for 1 hour 15 minutes, or until the chicken is tender, stirring occasionally.

Remove from the oven, uncover and serve with white rice on the side.

Note: Dried prunes, figs, olives and/or apricots are great alternatives/additions to dates.