

Preserved Lemons: How to use

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1. Grain, Couscous or Quinoa Salads: Any time you'd normally add some lemon zest or a squeeze of juice, you can swap in some preserved lemon with confidence in the result.

2. Salad Dressings and Sauces: Mix in your salad dressings for a little extra kick of flavour

3. Salsas and Dips: Just chop them up into little pieces and add them to your normal recipes. Preserved lemons are also great in guacamole and hummus.

4. Pasta: A really simple pasta dish with good olive oil, some garlic, and slices of preserved lemons is a beautiful thing.

5. Tagines: Chicken tagine with preserved lemons is certainly the most well-known dish for these lemons, but there's a great big world of tagines out there



Moroccan Chicken Recipe – original recipe: <http://www.food.com/recipe/moroccan-chicken-with-preserved-lemons-and-couscous-120175>

Ingredients

- 1/4 cup fresh lemon juice
- 2 tablespoons honey
- 2 garlic cloves, crushed
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 8 large skinless chicken breasts
- 8 wedges preserved lemons
- 1 1/2 cups chicken stock
- 1/3 cup slivered almonds
- 2 teaspoons olive oil
- 1 small yellow onion, halved, finely chopped
- 1 small red chile, deseeded, finely chopped
- 1 cup couscous
- 1/3 cup currants
- 1/3 cup fresh coriander leaves, firmly packed

Directions

- 1.** Combine the lemon juice, honey, garlic, turmeric, cumin, cinnamon and cayenne pepper in a large glass or ceramic dish. Add the chicken and turn over so that it is thoroughly coated with the marinade. Cover and place in the refrigerator for at least three hours, preferably overnight, to develop the flavours.
- 2.** Preheat the oven to 180°C.
- 3.** Remove the chicken from the marinade and reserve the marinade.
- 4.** Place the chicken and the preserved lemon in a roasting pan. Roast in a preheated oven for 20 minutes, or until cooked through.
- 5.** Transfer the chicken and lemon to serving plate.
- 6.** Wipe the pan with paper towels to remove any fat, add the reserved marinade and 1/2 a cup of the stock and bring to the boil over a high heat.
- 7.** Cook, stirring, for 5 minutes or until the sauce thickens.
- 8.** Remove from the heat.
- 9.** Heat a small sauté pan over a medium heat, add the almonds and cook, stirring, for 2 minutes or until toasted.
- 10.** Heat the oil in a large sauté pan over a medium heat, add the onion and chilli and cook, stirring, for 2 minutes or until both have softened.
- 11.** Add the remaining stock and bring to the boil.
- 12.** Remove from the heat.
- 13.** Add the couscous and stir to combine. Cover and set aside for 5 minutes or until the liquid is absorbed.
- 14.** Use a fork to separate the grains.
- 15.** Add the marinade mixture, almonds and currants to the couscous, and cook, stirring, over a low heat for 2 minutes or until all the liquid is absorbed.
- 16.** Remove from the heat.
- 17.** Carve the chicken across the grain into thick slices, spoon the couscous among the serving plates, sprinkle with coriander, top with chicken and serve with baked lemon wedges.