



Chicken Moughrabieh

Main Course, Serves 8

Chicken:

8 chicken legs, rinsed
1 small yellow onion, quartered
3 bay leaves
2 cinnamon sticks
15 g./1 tbsp. salt
2 litres/9 cups water

Moughrabieh:

230 g./8 oz. dry chickpeas
8 g./2 tsp. baking soda
110 g./8 tbsp. unsalted butter
800 g./1 3/4 lbs. moughrabieh grain
(or large-grain couscous)
15 g./1 tbsp. ground cinnamon
15 g./1 tbsp. ground caraway
28 g./1 oz. salt
1 1/3 litres/1 1/2 qts. chicken stock

Sauce:

115 g./4 oz. dry chickpeas
4 g./1 tsp. baking soda
45 ml./3 tbsp. olive oil
24 baby onions, peeled
55 g./4 tbsp. unsalted butter
55 g./7 tbsp. all-purpose flour
15 g./1 tbsp. ground cinnamon
15 g./1 tbsp. ground caraway
700 ml./3 cups chicken stock
15 g./1 tbsp. salt, or to taste

For the Chicken:

- In a large pot, combine all the ingredients. Place over medium heat and bring to a boil. Lower the heat and simmer 40 minutes, skimming off and discarding any foam that forms on the surface of the liquid.
- Remove the chicken to a plate. Strain the stock and reserve for making the sauce.

For the Moughrabieh:

- Put the chickpeas in cold water to cover by several inches; stir in the baking soda. Soak overnight. Drain, rinse, place in a saucepan, and cover with water again. Simmer until the chickpeas are just cooked through but still firm. Rinse again in several changes of cold water.
- In a large pot, heat the butter over medium heat until melted. Add the moughrabieh grain and cook until just toasted. Add the cinnamon, caraway, salt and chicken stock. Bring to a boil. Add the chickpeas, cover the pot, and simmer until the grain is tender.

For the Sauce:

- Put the chickpeas in cold water to cover by several inches; stir in the baking soda. Soak overnight. Drain, rinse, place in a saucepan, and cover with water again. Simmer until the chickpeas are just cooked through but still firm. Rinse again in several changes of cold water.
- Heat the oil in a large skillet over medium-high heat. Add the onions and cook, shaking the pan, until the onions are golden brown. Set aside.
- Return the skillet to medium heat. Add the butter and cook until melted. Stir in the flour and cook, stirring, until it turns golden. Stir in the cinnamon and caraway. Whisk in the chicken stock. Simmer the sauce until it thickens.
- Add the onions and chickpeas to the pan; cook 10 minutes. Stir in the salt.

To Serve:

- Put the moughrabieh in the center of the plate or serving bowl in a nest fashion. Separate the drumstick and thigh of the chicken legs, reheat in a little stock if necessary, and place on the moughrabieh. Lay the onions in three corners of the plate and drizzle the sauce around all.

Lebanese Luxury

Beverage, Serves 1

30 ml./1 oz. gin
20 ml./2/3 oz. orange liquor
10 ml./1/3 oz. parfait amour (orange, violet and rose petal liqueur)
Red currants for garnish

- Place the gin, orange liquor and parfait amour in a cocktail shaker filled with ice and shake vigorously. Strain into a chilled martini glass and garnish with red currants.



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