

Roasted Free Range Chicken, Marinated Olives, Preserved Lemons and Herbed Couscous



For Four Servings
Preparation Time: 20 Minutes
Cooking Time: 15 minutes

- 2 Free Range Chickens, Quartered
- 1 Cup Couscous
- 4 Cups Chicken or Vegetable Stock
- 1 Lemon
- 1 Shallot, Sliced Thinly
- 2 Cloves Garlic, Sliced Thinly
- 1 English or Kirby Cucumber
- 1 Bunch Radishes
- 2 Lemons
- 1 Orange
- ½ Cup Olive Mixture
- 1 Bay Leaf
- ½ Cup Canola or Grape Seed Oil
- 1 Tablespoon Kosher Salt
- ½ Teaspoon Sugar
- ½ Bunch Parsley and Cilantro
- Salt and Pepper To Taste

To prepare the couscous, place it in a bowl large enough to allow it to increase in size by at least a half. Add ¼ cup of the canola oil in the couscous and mix thoroughly so all the grains are coated with the oil. Meanwhile, heat 1 ½ cup of either the chicken or the vegetable stock. With a peeler, peel the zest of the orange and one of the lemons, and put them in the stock along with the bay leaf, and on low heat, bring the stock to a gentle simmer.

Meanwhile, to prepare the preserved lemon, cut the other lemon in half vertically, then slice it thinly. Toss them in a small bowl with one table spoon of the kosher salt, the

sugar and 2 teaspoon of either the canola or the grape seed oil. Set aside, and toss the lemon slices occasionally. (This can be done two days in advance and kept in the refrigerator)

Set the oven to 450 degrees Fahrenheit.

When the stock mixture has come to a simmer, add the whole mixture to the couscous and cover the bowl with either plastic wrap or foil and set aside.

Heat a sauté pan large enough to hold the chicken pieces. Season the chickens with salt and pepper. When the pan is hot, add the remaining canola or grape seed oil, and place the chickens in the pan skin side down.

Allow the chickens to cook long enough so the skin will be caramelized and crispy. Then turn the chickens over and allow them to cook for a few minutes on high heat, and then place them in the oven for about 5-7 minutes.

Meanwhile cut the radishes and the cucumber in to small dice; segment both the lemon and the orange, and set aside. Chop the herbs and add to the mixtures.

Take out the chicken from the oven and place on the stove top over high heat. Drain some of the excess fat/oil, add the sliced shallots, garlic, olives and the preserved lemons. Allow them to cook for a minute or so, then add the remaining chicken stock and bring it to a boil. Then lower the heat and allow it to simmer gently.

Meanwhile, uncover the couscous and with a fork loosen the kernels, add to it the lemon, orange mixture and the remaining chopped herbs.

To serve, mound the couscous in the center of a platter, and arrange the chicken pieces around the couscous and ladle the sauce along with the olives and the preserved lemons.