
Moroccan Style Chicken

serves 6



from www.naturalhealthyconcepts.com

1	Chicken cut into pieces	1 tsp	Curry powder
¼ c	Tamari sauce (or soy sauce)	¼ tsp	Ground ginger
¼ c	Dry white wine	½ tsp	Each of dried oregano, thyme and crushed
2 T	honey		Green or black peppercorns
2	Lemons juiced	3 T	Melted butter
Grated	Rind of 2 lemons	2 c	Chicken stock
1	Clove garlic mashed		

Mix tamari sauce, wine, honey, lemon juice and rind, and all spices together. Marinate chicken pieces in the mixture in the refrigerator for several hours or overnight. Remove chicken and set skin side up in a stainless or ceramic baking dish, reserving the marinade. Brush with butter, season with sea salt and pepper and bake at 350 for about 2 hours. When chicken is almost done baking, heat chicken stock in a pan to boiling. Add reserved marinade and continue at slow boil until sauce is reduced by about half. To serve, pour sauce over chicken pieces and brown rice.

Most beneficial nutrients: B2, B3, B6, B12, Iron and Zinc.