

175g dried chick peas

1 large onion

5 cloves garlic

1 stick celery

3 tablespoons olive oil

10 chicken thighs

2 carrots, cut into small batons

1 tablespoon flour, preferably 00

1/2 teaspoon ground cinnamon

**1 teaspoon each ground cumin and
turmeric**

400ml white wine

300ml light chicken stock

fresh coriander to serve

Soak and cook the chick peas, following instructions on page 88 but removing them from the pot slightly before they're soft. Drain and reserve.

Put the onion, garlic and celery in the processor and blitz till chopped. Put the oil in a casserole or tagine on the hob and, when hot, brown the chicken thighs; remove to a plate. Now add the onion mixture to the casserole and cook till soft – about 5 minutes – then add the carrots and cook for another 5 minutes. Mix the flour with the spices and stir in, cooking for a couple of minutes. Put the chicken pieces back in, add the chick peas and pour over the wine and stock. Season and cook on a low heat, covered, for about 1 hour. Let cool and then stick in the fridge for up to 3 days.

I love eating this with fresh chopped coriander on top. And a pile of pine-nut-sprinkled couscous to the side.

Serves 4–5.