



Maasai Chicken

THIS WARM AND INVITING DISH IS INSPIRED BY TANZANIA'S WELCOMING PEOPLE

INGREDIENTS

3 whole chickens, cut into 12 portions
1 ½ cups light olive oil
¾ cup Maasai honey or any local honey
3 large oranges
3 medium lemons
1 ½ cups red wine vinegar
Salt and freshly ground black pepper
½ cup chopped Marjoram or oreganum
2 cups whole green olives
2 cups prunes, pitted

METHOD

- Cut the peel off the oranges and lemons into thin strips
- Juice the lemons to make up ¾ cup of juice
- Juice the oranges to make up 1 ½ cups of juice
- Place the chicken pieces in a deep casserole dish, skin side up
- Combine the olive oil, honey, julienne peels, juices, vinegar and herbs together in a mixing bowl
- Marinate the chicken pieces for a minimum of 3 hours, to a maximum of 48 hours
- Preheat the oven to 180°C (356°F)
- Add the prunes and olives to the dish
- Bake the chicken, covered in foil with the marinade for 20 minutes
- Remove the foil, season the chicken with salt and pepper; bake until the it is cooked and the skin is crispy
- If the sauce has reduced too much, add more juice
- Check the seasoning of the juice and adjust with either salt, more lemon juice or honey. The sauce should taste slightly sharp from the juice, but also slightly sweet from the honey