



Poussin with Preserved Lemon Salata

This easy recipe is a great way to use every part of preserved lemons. The brine adds salt and acid to the marinade, the flesh goes into the birds' cavities before roasting and the rind adds tang to the delicious salata.

Serves 4

INGREDIENTS

- 1 tablespoon ras el hanout (10g/1/3oz)
- 1/4 cup extra virgin olive oil,
- plus extra for drizzling (60ml)
- 2 tablespoons preserved lemon brine (40ml)
- Preserved lemon flesh,
- reserved from making Salata below
- 2 x 600g poussins (1lb 5oz each)
- Steamed rice, for serving

Preserved Lemon & Herb Salata

- 1 preserved lemon, rinsed,
- rind only finely diced
- 12 green olives, pitted and finely sliced
- 1 red shallot, very finely diced
- 2 tablespoons slivered almonds (about 25g/1oz)
- 2 tablespoons finely sliced chives
- 1 tablespoon finely sliced parsley leaves
- 2 teaspoons finely sliced mint leaves
- 2 tablespoons extra virgin olive oil (40ml)

Garlic Yoghurt Sauce

- 250g sheep's milk yoghurt (9oz)
- 3 cloves garlic, crushed



METHOD

1. Combine ras el hanout, oil and preserved lemon brine.
2. Wipe cavity of the poussins out with paper towel and pat skin dry.
3. Rub the oil mixture all over them, cover and set aside at room temperature for an hour or so, turning them in the mixture occasionally.
4. Meanwhile, pre-heat oven to 200°C (400°F).
5. Make Preserved Lemon & Herb Salata: Combine all ingredients and set aside.
6. Make Garlic Yoghurt Sauce: Whisk yoghurt and garlic together, cover and refrigerate.
7. Put preserved lemon flesh in the cavity of the poussins, place in a baking dish, breast side-up, and bake for 50 minutes or so, until well-coloured.
8. Remove from oven, cover loosely with foil and set aside for 5 minutes.
9. Cut poussins in half and discard preserved lemon flesh.
10. Arrange on a bed of rice, with cooking juices drizzled over the top and Preserved Lemon & Herb Salata on the side.
11. Place Garlic Yoghurt Sauce in a bowl, drizzle with olive oil and serve alongside.