Garden Fresh Farm Recipes

Iraqi T'beet with Chicken Thighs

This simplified version of the traditional Iraqi Shabbat dish keeps all the deep, comforting flavors — spiced rice, caramelized onions, and tender chicken — uses bone-in, skin-on thighs. It's perfect for weekday cooking all day slow-bake.

Ingredients:

6–8 bone-in, skin-on chicken thighs
1 teaspoon salt
2 cups basmati rice, rinsed
3 tablespoons olive oil
14 oz. tomatoes
1 large red onion, finely sliced
3 cloves garlic, minced
3 tablespoons tomato paste
3 teaspoons Baharat *(see spice ingredients)
4 cups chicken stock

Directions:

Heat oven to 250 degrees.

Put salt in bottom of Dutch oven, drizzle olive oil over salt, place tomatoes and onions on bottom layer. Put rice over the top of tomatoes and onions. Place chicken thighs on top of rice skin side down.

Mix chicken broth, tomato paste, garlic and baharat seasoning in a bowl. Pour over chicken thighs.

Wet a piece of crumpled parchment paper that is large enough to cover the contents of the Dutch oven and place it on top of everything. If you know, you know. Put a lid on the Dutch oven or cover tightly with aluminum foil.

Bake at 250°F for 6 to 8 hours. The bottom layer of rice should turn crisp and caramelized (the hikaka), while the chicken becomes fall-apart tender.

Scoop rice onto a platter, nestle chicken on top, and scrape up some of that golden crust from the bottom — it's the best part.

Serving Tips:

Serve with pickled turnips or cucumbers, fresh herbs, and a drizzle of amba (Iraqi mango sauce) or lemon juice. Leftovers reheat beautifully and even taste better the next day.

Notes:

*Baharat Spice Mix

2 tablespoons paprika
1 tablespoon ground black pepper
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon ground cinnamon
2 teaspoons ground cloves
2 teaspoons ground nutmeg
2 teaspoons ground cardamom
1 teaspoon ground sumac (optional - adds brightness, used in Syrian/Lebanese blends)