



## The Cuisine of Morocco

### Shrimp Stew

Serves 4

Olive oil to sauté  
1 Onion, sliced  
4 Garlic cloves, sliced  
2 tsp Cumin  
1 tsp Coriander  
1-14 oz can Tomatoes, crushed  
Harissa, to taste  
Salt  
Pepper  
Shrimp

#### Method

Heat oil in pan  
Add onion and brown  
Add garlic, cumin, and coriander and stir in  
Add tomatoes and harissa and stir in. Season with salt and pepper  
Add shrimp and simmer for a few minutes

## Harissa

10-12 Dried chilies-reconstituted, drained, stem and seeds removed, reserve some of the liquid

3 Garlic cloves

½ tsp Salt

2 Tbsp Olive oil

1 tsp coriander, ground

1 tsp caraway

½ tsp cumin

Salt

Pepper

### Method

Combine all the ingredients in a blender and puree. Add some of the reserved liquid if needed to thin the mixture out

## Chopped Salad

Serves 4

1 Green pepper, diced

2 Tomatoes, seeds removed and diced

½ Cucumber, peeled, seeded and diced

½ Onion, diced

1 tbsp Sesame seeds

¼ c Olives

2-3 tbsp extra virgin olive oil

1-2 tbsp Red wine vinegar

2 tbsp Parsley, chopped

Salt

Pepper

### Method

Combine ingredients in a bowl and combine

## Fried Eggplant

Serves 4

1 Eggplant, peeled and sliced

Salt

Oil for frying

Salt

Pepper

Method

Sprinkle the eggplant slices with salt and place in a colander for ½ to 1 hour.

Rinse and pat dry

Heat oil in pan and add eggplant and fry until golden brown.

Season with salt and pepper

## Couscous

Serves 4

1 ½ c Couscous

Olive oil

1-2 c Water, boiling

Salt

Pepper

Lemon juice

Method

Add couscous to a shallow pan

Add just enough olive oil to lightly coat the grains and mix together. Spread couscous out into an even layer

Slowly add the boiling liquid just to cover.

Cover with saran wrap and let sit for 10-15 minutes. Uncover and fluff

# Chicken Tagine with Chickpeas, Dates, and Almonds

Serves 4

1 Chicken, cut into 6 pieces, back removed  
1 Tbsp olive oil  
1 Onion, thinly sliced  
6 Garlic cloves, minced  
1 Tbsp minced peeled ginger  
1 1/2 tablespoons paprika  
1 tsp Turmeric  
1/2 tsp Coriander, ground  
1/2 tsp Cumin  
1/2 Tsp Cayenne  
1/8 tsp Cinnamon  
2 c Chicken stock  
2 cups drained canned garbanzo beans (chickpeas), from 2-15 ounce cans  
1/2 cup canned diced tomatoes in juice  
1/2 cup chopped fresh cilantro stems  
1/4 c Dates, chopped  
1/4 c Dried apricots, chopped  
Lemon juice  
Salt  
Pepper  
Almonds, toasted

## Method

Season chicken with salt and pepper  
Heat oil in pot and add onion and cook until softened  
Add garlic and ginger and stir in  
Add spices and stir in  
Add chicken stock and stir in removing the brown bits on the bottom of the pan  
Add chickpeas, tomatoes, cilantro, dates, apricots, lemon juice, salt and pepper,  
bring to a simmer, cover and place in 325 oven and cook until tender, about 1  
hour  
Remove chicken from pot and reduce sauce if necessary  
Sprinkle with almonds