

THE HAWTHORN SERIES



STEP·BY·STEP

# MOROCCAN

## *Cooking*

**M**oroccan food is rich in flavour, history and cultural influences of Africa and the Orient. The land produces an abundance of grains, nuts and fruits which are used extensively in the cuisine. Spices, such as nutmeg, cinnamon, ginger, saffron and turmeric, are also a major feature of the dishes.

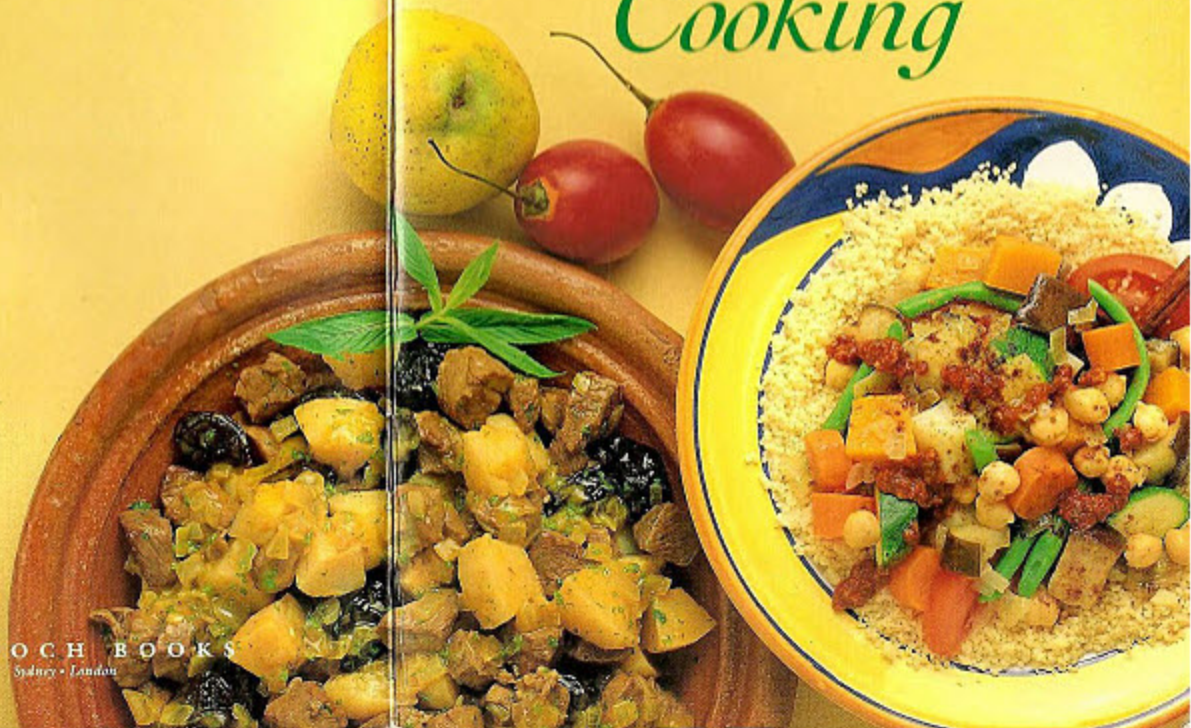
In Step-by-Step Moroccan Cooking we present a taste of Morocco with some superb traditional savoury dishes such as couscous and tagines and delicious desserts with easy to follow step-by-step colour photographs.

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Sydney • London



## FOR YOUR INFORMATION

### COOKERY RATING

Easy    A little care needed    For confident cooks



### OVEN TEMPERATURES

<i>Celsius</i>	<i>Fahrenheit</i>	
120	250	Very slow
140-150	275-300	Slow
160	325	Moderately slow
180	350	Moderate
190	375	Moderately hot
200	400	Hot
220	425	
230	450	
250-260	475-500	Very hot

### LIQUID MEASURES

#### *Standard Metric Measures*

1 cup	= 250 mL
1 tablespoon	= 20 mL
1 teaspoon	= 5 mL

*All spoon measurements are level*

### DRY MEASURES

#### *Conversion Values*

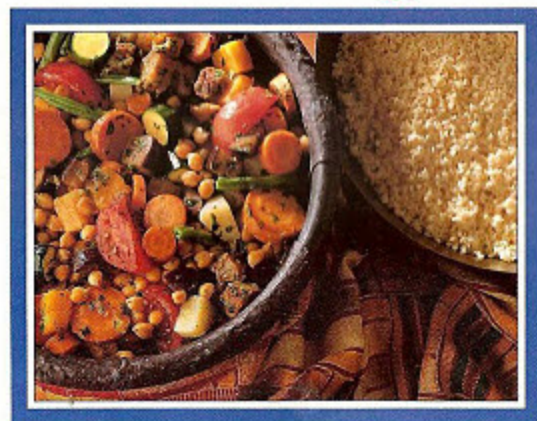
15 g	½ oz
30 g	1 oz
60 g	2 oz
90 g	3 oz
125 g	4 oz (¼ lb)
250 g	8 oz (½ lb)
375 g	12 oz (¾ lb)
500 g (0.5 kg)	16 oz (1 lb)
750 g	24 oz (1½ lb)

### GLOSSARY

capsicum	= sweet pepper
eggplant	= aubergine
snow peas	= mangetout
spring onion	= shallots
zucchini	= courgettes

## STEP-BY-STEP

# MOROCCAN *Cooking*



Moroccan food is probably one of the most visually impressive in the world - master the cuisine with these step-by-step instructions

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## 🍊 🍊 MOROCCAN BASICS 🍊 🍊

**B'stilla:** Ancient in origin, the B'stilla is the great party piece of every Moroccan banquet. The traditional version is a pie made of incredibly thin, delicate and highly decorated pastry enclosing a mediaeval mix of pounded pigeon, lemon and honey-flavoured eggs, chopped almonds and raisins. Modern variations allow the use of filo pastry and shredded chicken.

**Cinnamon:** The bark of the cinnamon tree contains an essential oil which is released after grinding. Used in moderation, the fragrant odour and sweet spicy flavour of ground cinnamon add a delicious taste to fish and fish sauces. Combined with ground pepper, ginger, cloves and

mace, it makes an excellent dry marinade to rub on game before cooking. **Coriander:** Coriander seed is often used in Morocco to make dry marinades for meats. Fresh coriander is used in almost all Moroccan cooking but particularly in salads and salad dressings.

Some people are immediately addicted to the sweet yet tart flavour. For others it is an acquired taste. Fresh coriander is available in many fruit and vegetable shops. It can be kept successfully in a refrigerator for a week. Stand in a jar or jug of water, cover the top and sides with a plastic bag.

**Couscous:** Although traditionally served at the end of the meal, couscous is a substantial meal in

itself. It consists of fluffy grains of semolina steamed over a rich soup of meat and vegetables. Semolina is available from good delicatessens and supermarkets.

**Couscoustier:** Couscous is traditionally cooked in a couscoustier, a metal pan topped with a steamer and cover. The meat and vegetables cook in the bottom while the semolina cooks in the top.

**Harissa:** Harissa is a fiery condiment which is widely used in Morocco and other North African countries. The basic ingredients are hot red chillies, cayenne, olive oil and garlic. It should be thick with the consistency of a light mayonnaise. It is an excellent accompaniment for



saffron-flavoured soups and stews. See page 8 for recipe. **Peas & Lentils:** For centuries chick peas and lentils provided calories and protein for the Moroccan diet when meat was too difficult or too expensive to procure.

Delicious and nutritious, they are available from good delicatessens and supermarkets.

**Ginger:** This extremely pungent spice should be creamy white in colour when ground. Use it fresh, peeled and grated or finely chopped. It will keep for months stored in the freezer.

**Orange Flower Water:** Orange flower water is made from neroli, an essential oil extracted from the flowers or blossom of sweet orange trees.



Widely used as a perfume, its subtle fragrance is used to flavour pastry, pancakes, custards, confectionery, cordials and fresh salads. Available from pharmacies and Middle Eastern food stores.

**Parsley:** Fresh flat-leaved parsley, is also known as continental parsley. Flat-leaved parsley is used extensively in Moroccan cooking.

**Pepper:** Pepper is the most widely used spice in Morocco. Freshly ground black pepper lend flavour and excitement to most foods.



**Preserved Lemon:** See page 4 for recipe. **Saffron:** Saffron is a spice made from the dried stigmas of a special kind of crocus. Expensive, only small amounts are used, sometimes blended with a little ground turmeric, salt and ground sweet paprika to make it go further. Take care when buying. There is no such thing as cheap saffron. To be sure, buy in strands and grind it yourself. Stored in airtight container in the freezer, it will keep for years.

**Tagines:** Tagines are long simmered, highly flavoured stews of chicken, turkey, or lamb enriched with spices. Many varieties of tagine are served at a banquet.

## Moroccan Preserved Lemons



16 thin-skinned lemons  
water  
coarse salt  
lemon juice

1 Wash lemons well. Place in large glass, stainless steel or plastic container. Cover with cold water and allow to soak for 3-5 days, changing water daily.  
2 Drain lemons. Insert the point of a sharp knife into peel, 6 mm from the bud end of each lemon and make four

*Preparation time:*

1 hour, spread over 3 days

*Preserving time:*

3 weeks

*Makes* 16

incisions lengthwise to within 6 mm of the other end. Then cut through incisions so that lemons are cut completely through both sides, but are still held together at both ends.  
3 Insert  $\frac{1}{4}$  teaspoon coarse salt into centre of each lemon, and arrange lemons in sterilised preserving jars and sprinkle with 1 tablespoon coarse salt. Add strained juice of 1 lemon to each jar and pour in enough boiling water

to cover lemons.

4 Store in a dry place and leave for 3 weeks.

5 To use: Rinse well under cold running water. Cut away pulp from each quarter and use peel only.  
**Note:** Preserving jars must be thoroughly clean and sterile before use. After washing and rinsing well, immerse the jars in water in a large pan and boil for 10 minutes to sterilise.

### HINT

The peel is delicious in salads julienned and to flavour many Moroccan dishes. Think ahead. Preserve in late autumn when the best lemons are more abundant.



Wash lemons well. Place in large container and cover with cold water.



Make four incisions lengthwise leaving 6 mm at either end uncut.



Spoon  $\frac{1}{4}$  teaspoon of coarse salt into the centre of each lemon.



Pack lemons into jars, add salt, lemon juice and top with boiling water to cover.





Cook veal, onions and pepper in olive oil in a large pan until golden brown.



Add drained lentils and cook for 1 hour, or until veal and lentils are tender.

## SOUPS &amp; STARTERS

*A Moroccan feast often begins with a generous spread of tempting dips and starters so that each guest can enjoy a little of everything.*

**Lentil Soup**

Simple and hearty.

*Preparation time:*

30 minutes

*Cooking time:*

1½-2 hours

*Serves* 6

*100 g red lentils*

*1 skin of veal, cut across bone in small cubes*

*2 medium red onions, finely chopped*  
*ground pepper*  
*¼ cup olive oil*

*1.5 L water*

*2 large potatoes, finely chopped*

*2 large carrots, finely chopped*

*1 bunch fresh coriander, chopped*  
*lemon juice*

1 Cover red lentils with boiling water, leave to stand for 15 minutes.

2 Cook veal, onions and pepper in olive oil in a large

heavy-based pan, until golden brown.

3 Add 1.5 L water and bring gently to the boil. Skim and add drained lentils. Cook for 1 hour,

or until the veal and lentils are tender.

4 Add chopped potatoes and carrots and simmer until vegetables are tender, adding more water if necessary.

5 Remove veal from pan. Remove meat from bones chop into small cubes. Process soup mixture until smooth.

6 Just before serving the Lentil Soup stir in chopped coriander, chopped veal and add a squeeze of lemon juice. Adjust seasoning if necessary. Serve with crusty bread.



Add chopped potatoes and carrots and simmer uncovered until tender.



Stir in chopped coriander, veal and a squeeze of lemon juice before serving.



## Pumpkin Soup with Harissa



*2½ kg pumpkin*  
*3 cups chicken stock*  
*3 cups milk*  
*caster sugar*  
*ground pepper*

### HARISSA

*100 g dried red chillies*  
*6 cloves garlic, peeled*  
*½ cup salt*  
*½ cup ground coriander*  
*½ cup ground cumin*  
*⅔ cup olive oil*

1 Remove skin, seeds and fibre from pumpkin and cut into pieces. Simmer uncovered in a large

*Preparation time:*

10 minutes

*Cooking time:*

20 minutes

*Serves* 6

pan with stock and milk for 15-20 minutes until tender.  
2 Process pumpkin mixture until smooth. Season with a little sugar and pepper.  
3 To make Harissa: Wearing rubber or cotton gloves remove stems of chillies. Split chillies in half, remove seeds and soften in hot water.  
4 Process garlic, salt, ground coriander and cumin seeds, and drained red chillies to a paste, slowly adding olive oil until well combined.

5 Add sufficient Harissa to soup to taste, or serve separately in a bowl. **Note:** Store any leftover dried chillies in a jar away from light and heat.

### HINT

Add a little cream to the soup for extra richness. Freshly grated nutmeg is also good with pumpkin soup.

Harissa is traditionally ground using a mortar and pestle. A great fiery condiment to use with couscous.

To give Harissa extra flavour, dry-fry the coriander and cumin seeds just before grinding.

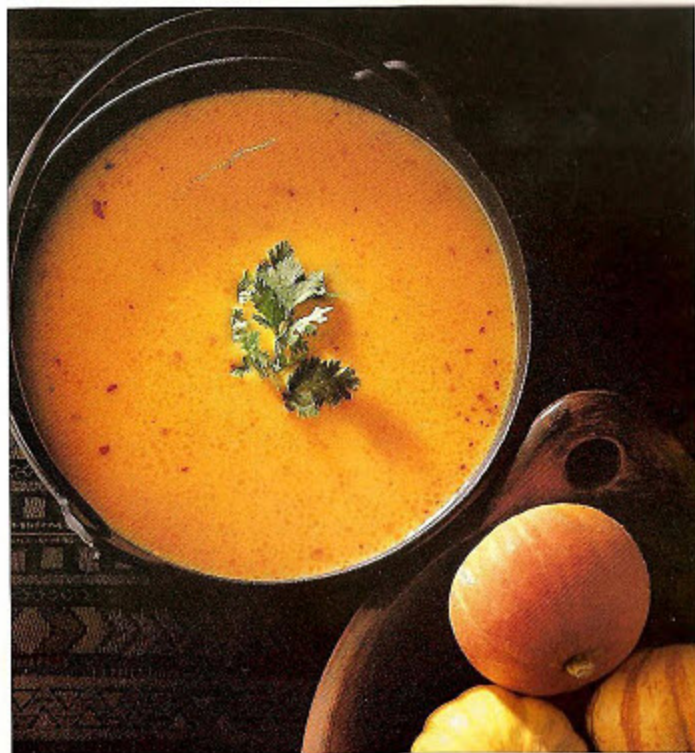
Good delicatessens and gourmet sections of supermarkets usually stock quality tinned Harissa.



Remove pumpkin skin, seeds and fibre before cutting into even-sized pieces.



Add milk and stock and simmer uncovered for 20 minutes until tender.



Wearing rubber or cotton gloves, split chillies and remove stems and seeds.



Stir through Harissa to taste before serving, or serve separately in a bowl.



## Eggplant Purée



A popular starter.

*1 kg eggplants, peeled  
and cut into 2 cm  
cubes*

*1/3 cup olive oil  
2 cloves garlic,  
crushed  
ground pepper*

*Preparation time:*

40 minutes

*Cooking time:*

20 minutes

*Serves 4*

*1 teaspoon ground  
sweet paprika*

*3 pitta breads*

*1 egg white, lightly  
beaten*

*2 tablespoons cumin  
seeds*

crisp. Break pitta  
bread into pieces  
before serving.

**Note:** The seed of the  
cumin plant is often  
used in Moroccan  
cooking. Its aromatic  
scent and pungent  
flavour is similar to  
the caraway seed but  
much stronger. A  
delicious flavour for  
steamed or  
barbecued lamb,  
cumin can be used  
whole or ground.

## HINT

Steaming the eggplant  
cubes before frying  
reduces the amount of  
oil necessary for the  
frying – 1/4 cup oil may  
be all that is required.  
It is necessary to salt  
tough skinned eggplant  
to remove bitter juices;  
small tender eggplant  
will not require salting.

- 1 Preheat the oven to 180°C.
- 2 Steam eggplant cubes in a colander or Chinese bamboo steamer over boiling water for 30 minutes.
- 3 Heat oil in large pan until moderately hot.
- 4 Add eggplant, garlic, pepper and paprika. Reduce

- the heat a little.
- 5 Stir constantly for about 10 minutes or until eggplant is very soft. Serve hot with toasted pitta bread.
- 6 To prepare Pitta Bread: Split each into two rounds. Brush with egg white, sprinkle with cumin seeds. Bake for 20 minutes, or until



Steam eggplant cubes in a steamer over boiling water for 30 minutes.



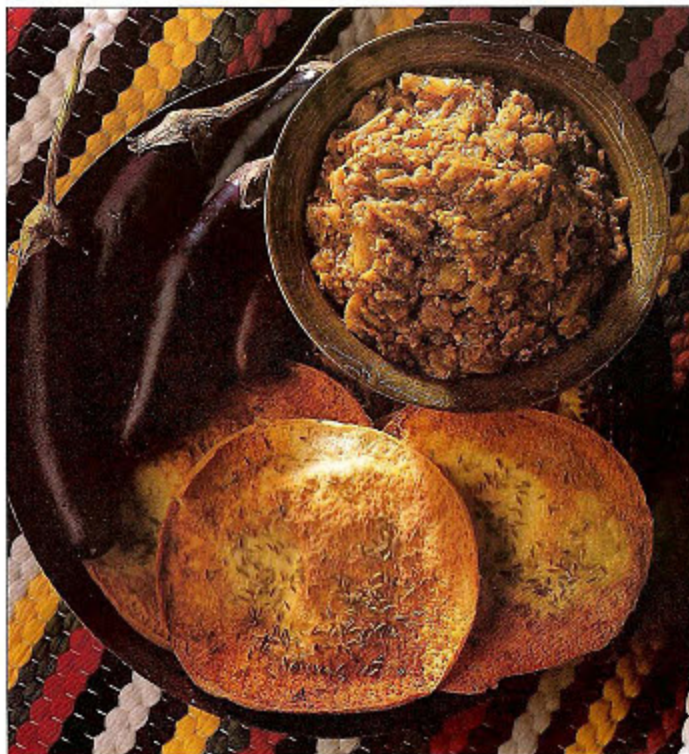
Add eggplant, garlic, pepper and paprika to preheated pan.



Stir constantly for about 10 minutes or until eggplant becomes soft.



Brush pitta bread with egg white, sprinkle with cumin seeds and bake.





## Moroccan Cigars



Perfect party food.

1 medium onion,  
finely chopped  
1/3 cup olive oil  
750 g lean minced  
beef or lamb  
2 teaspoons ground  
cinnamon  
1/2 teaspoon ground  
allspice

Preparation time:

40 minutes

Cooking time:

25-30 minutes

Serves 20

1/4 teaspoon ground  
ginger  
ground pepper  
1/2 cup chopped fresh  
parsley  
5 eggs  
500 g filo pastry  
180 g butter, melted

1 Preheat oven to 150°C. To make Filling: Cook onion in the olive oil until soft. Add beef or lamb, crushing it with a fork. Add seasonings and spices. Cook 10-15 minutes, stirring with a wooden spoon, until

meat is well cooked and lump-free. Add parsley.  
2 Lightly beat the eggs in a bowl and pour over the meat. Cook for 1-2 minutes, stirring, until egg mixture sets to creamy consistency.  
3 Add more spices

and seasonings, if desired. Allow the filling to cool.  
4 Cut each sheet of filo pastry into three equal-sized rectangles. Place one on top of the other and cover with a damp tea-towel.  
5 Brush one of the rectangles lightly with melted butter.  
6 Place a teaspoon of filling along one of the short edges. Tuck the edge and ends of pastry around the filling, and roll into a cigar shape, and roll into a cigar shape. Repeat with other rectangles.  
7 Place cigars side by side on a greased tray. Brush with melted butter and bake for 25-30 minutes until the cigars are golden. Serve hot.



Stir onion, mince and spice mixture until well cooked and lump-free. Add parsley.



Pour lightly beaten eggs over the meat mixture and stir until creamy.



Cut each sheet of filo pastry into three equal sections. Stack onto damp towel.



Tuck edges of pastry around filling and roll over and over to make cigars.



## Moroccan-Style Brains



Eat hot or cold.

4 sets of lamb brains  
white vinegar  
3 cloves garlic, crushed  
¼ cup olive oil  
1 x 450 g tin peeled  
tomatoes, drained  
1 small bunch  
flat-leaved parsley,  
finely chopped  
1 small bunch fresh  
coriander, finely  
chopped

1 teaspoon ground  
sweet paprika  
pinch of cayenne  
pepper  
1 teaspoon ground  
cumin  
1 tablespoon lemon  
juice  
rind of 1 preserved  
lemon (see  
page 4), cut into  
wide strips

1 Soak the lamb brains in water with 2 teaspoons of vinegar for 1 hour.  
2 Remove thin membranes round brains, using a

wooden skewer, and wash under cold running water. Cut into largish pieces, removing lobes.  
3 Cook garlic in oil in large heavy-based

Preparation time:  
30 minutes +  
1 hour soaking

Cooking time:  
15 minutes

Serves 4

pan until golden. Add tomatoes, parsley, coriander, paprika, cayenne pepper, cumin, lemon juice and rind. Simmer for 5 minutes.

4 Add brains and cook gently for 10 minutes, turning frequently. Serve immediately.

### HINT

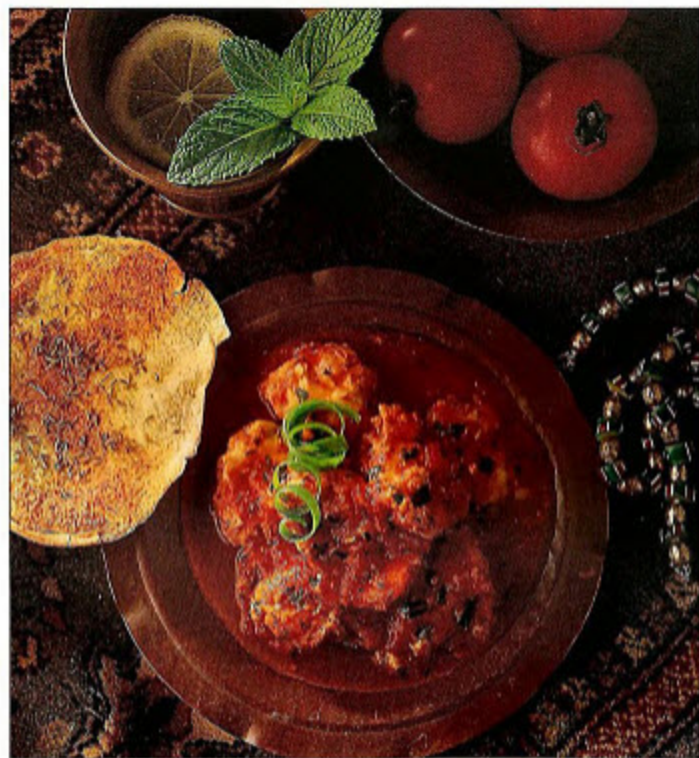
Fresh coriander is often used in Moroccan cooking, particularly in salads and salad dressings. Some people are immediately addicted to the sweet yet tart flavour. For others it is an acquired taste. Fresh coriander is available in many fruit and vegetable shops and markets.



Carefully remove thin membranes around brains using a wooden skewer.



Wash under cold running water. Cut brains into large pieces, removing lobes.

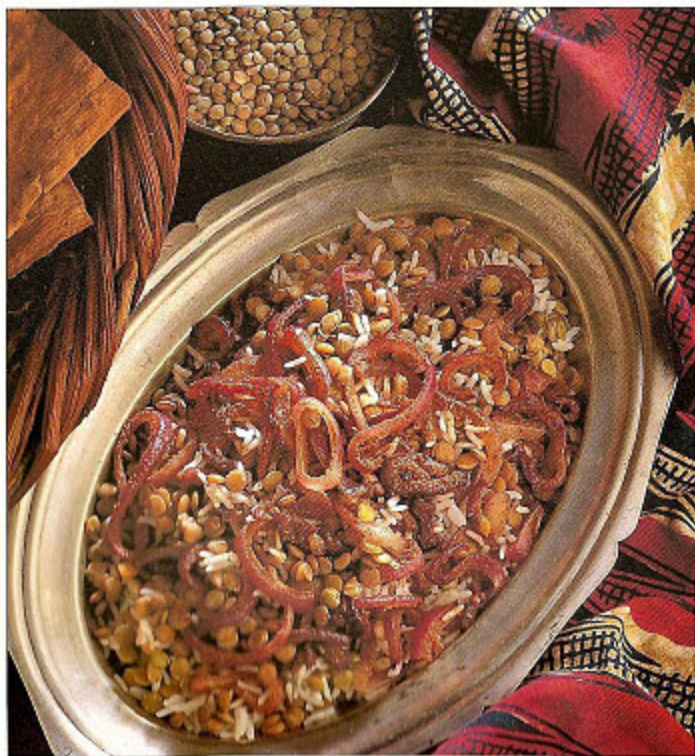


Add tomatoes, spices, parsley, lemon juice and rind to garlic and oil.



Add brains to mixture and cook gently for 10 minutes, turning frequently.





Cook onions and garlic in oil and butter for 30 minutes on low heat until soft.



Stir in cinnamon, paprika, cumin and coriander and cook for a few minutes.

## VEGETABLES, SALADS & BREAD

*These colourful combinations of simple vegetables look every bit as good as they taste. Serve them alone or alongside the main meal.*

### Warm Lentil and Rice Salad



*Preparation time:*

15 minutes

*Cooking time:*

30 minutes

*Serves* 6

*1 cup brown lentils*

*1 cup Basmati rice*

*4 large red onions,  
finely sliced*

*4 cloves garlic,  
crushed*

*1 cup olive oil*

*50 g butter*

*2 teaspoons ground  
cinnamon*

*2 teaspoons ground  
sweet paprika*

*2 teaspoons ground  
cumin*

*2 teaspoons ground  
coriander*

*3 spring onions,  
chopped*

*ground pepper*

1 Cook lentils and rice in separate pans of water until grains are just tender; drain.

2 Cook the onions

and garlic in oil and butter for 30 minutes, on low heat until very soft.

3 Stir in cinnamon,

paprika, cumin and coriander and cook for a few minutes longer.

4 Combine onion and spice mixture with well-drained rice and lentils. Stir in chopped spring onions until combined and add ground pepper, to taste. Serve warm.

#### HINTS

Do not use red lentils, which become mushy very quickly and do not retain their shape. It is not necessary to soak lentils prior to cooking but do rinse them thoroughly.



Combine onion and spice mixture with well-drained rice and lentils.



Stir in chopped spring onions with rice and lentils, add pepper to taste.



Vegetable  
Couscous

An exotic dish.

2 cups dried chick  
peas

1/3 cup vegetable oil

1 onion, finely  
chopped1 small stick  
cinnamon200 g eggplant, cut  
into 2 cm cubes3 medium carrots, cut  
in 5 mm rounds3 medium new  
potatoes, cut into  
1 cm cubes150 g pumpkin, cut  
into 1 cm cubes

1/4 teaspoon allspice

3 teaspoons Harissa,  
or to taste (see  
page 8)

Preparation time:

40 minutes +  
overnight soaking

Cooking time:

2 hours

Serves 6

2 cups boiling water

100 g small

stringless beans,  
cut in 5 cm

diagonal slices

2 zucchini, unpeeled,  
cut in 1 cm rounds1 medium, ripe  
tomato, cut into  
eight pieces1 tablespoon chopped  
flat-leaved parsley1 tablespoon chopped  
fresh coriander

ground pepper

COUSCOUS

1 cup couscous

1/4 cup boiling water

2 teaspoons butter

- 1 Cover chick peas with cold water, soak overnight. Drain, wash well and cook in large pan, on low simmer for 1 1/2 hours.
- 2 Heat oil in a large heavy-based pan and cook onion and

- cinnamon stick over low heat until onion softens.
- 3 Add eggplant, carrots and potatoes. Cover and cook on low heat for 10 minutes, stirring occasionally with a

wooden spoon.

- 4 Add pumpkin, allspice and Harissa. Pour boiling water over mixture and add chick peas, beans and zucchini. Stir in tomato just before serving.

- 5 Simmer, covered, for a further 15 minutes. Garnish with the fresh parsley and coriander.

- 6 To prepare Couscous: Pour boiling water on to 1 cup couscous in a bowl.
- 7 Stir in butter and allow to stand for about 10 minutes.
- 8 Steam in a pan with a close-fitting lid on low heat for 5 minutes. Serve with vegetables.

Note: Couscous is the name given to both the cooked dish and the semolina.

## HINT

It is not necessary to salt eggplant before cooking to remove any bitter juices if eggplant is young and fresh.



Add eggplant, carrots and potatoes to onion and cinnamon stick.



Add pumpkin, allspice and Harissa and pour boiling water over vegetables.



Add chick peas, beans and zucchini. Stir in tomato, and simmer 15 minutes.



Stir butter into couscous and leave to stand 10 minutes before steaming.



## Spicy Green Beans



750 g young green beans

¼ cup vegetable oil

2 cloves garlic, crushed

1 medium, red onion, finely chopped

6 red, ripe tomatoes, peeled and chopped

1 small red chilli, finely chopped

⅔ cup hot water

Preparation time:

15 minutes

Cooking time:

25-30 minutes

Serves 4

- 1 Wash beans, drain and dry on absorbent paper. Top and tail.
- 2 Heat oil in large frying pan. Add garlic and onion and cook until golden and glossy in appearance. Add tomatoes and chilli and cook for 2 minutes more. Add whole green beans

and stir-fry over high heat for 3 minutes.

3 Add hot water and simmer 10 minutes, or until beans are just tender. Do not over cook. Serve hot.

### HINT

Red onions are also called Spanish onions. They are crisp and sweet and wonderful to use in salads. In some vegetable shops it is possible to buy very small, green beans packed in 250 g amounts.



Wash beans thoroughly, drain and dry on absorbent paper. Top and tail.



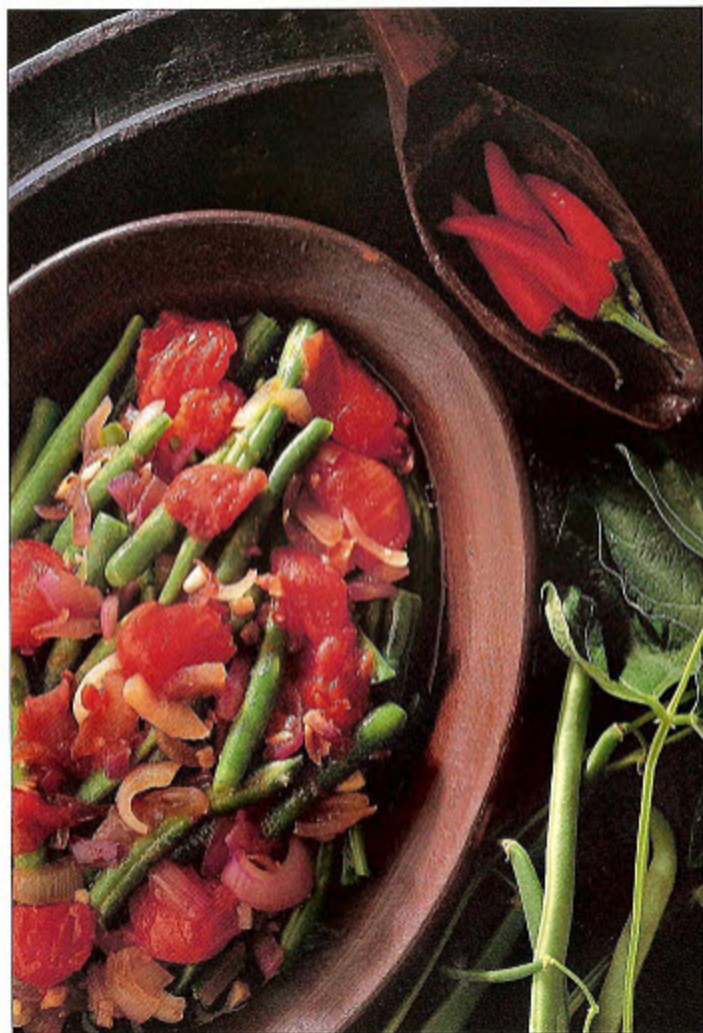
Fry onion and garlic until golden. Add tomatoes and chilli. Stir to combine.



Add green beans to tomato and onion mixture and stir-fry over high heat.



Add hot water and simmer 10 minutes, or until just tender. Serve immediately.





## Tagine of Mixed Vegetable



*Preparation time:*

15 minutes

*Cooking time:*

30 minutes

*Serves 4*

*4 large potatoes,  
peeled and chopped  
in 2 cm cubes*

*2 medium turnips,  
peeled and chopped  
in 2 cm cubes*

*3 medium carrots,  
peeled and cut in  
0.5 x 2.5 cm batons*

*4 medium zucchinis,  
halved and cut in  
1.5 cm lengths*

*3 sticks celery, cut  
diagonally in  
1.5 cm slices*

*1 large onion,  
chopped in 1.5 cm  
cubes*

*1 L water*

*6 cloves garlic*

*2 tablespoons olive oil*

*1 small red chilli,  
chopped*

*1 teaspoon ground  
cumin*

*2 tablespoons finely  
chopped flat-leaved  
parsley*

*1 medium onion,  
chopped finely*

and garlic cloves.

Cook vegetables until  
tender, about 15 - 20  
minutes (see Note).

4 Heat oil in small  
pan and cook chilli,  
cumin, parsley and  
chopped onion over  
medium heat for 5  
minutes.  
5 Add onion mixture  
to the boiled  
vegetables and their  
liquid and cook for  
about 10 minutes or  
until liquid has  
reduced and onion is  
cooked. Serve  
immediately.

**Note:** As zucchini  
cooks more quickly  
than other vegetables,  
remove from liquid  
with a slotted spoon  
after about 8 minutes.  
Add to pan with other  
vegetables.

1 Prepare potatoes  
and turnips, carrots,  
zucchini, celery and  
onions.

2 In a large heavy-

based pan bring  
water to boil.

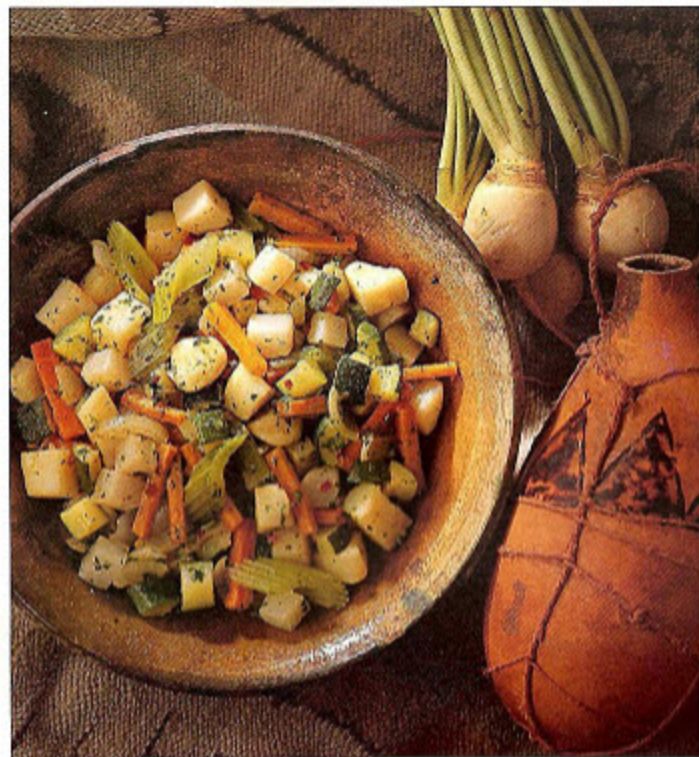
3 Add potatoes,  
turnips, carrots,  
zucchini, celery, onion



Prepare and chop potatoes, turnips, carrots, zucchini, celery and onion.



Bring water to boil and add vegetables and garlic cloves. Cook until tender.



Cook chilli, cumin, parsley and chopped onion over medium heat for 5 minutes.



Add onion mixture to boiled vegetables and their liquid and cook for 10 minutes.



## Grated Carrot Salad



*Preparation time:*

15 minutes

*Cooking time:*

Nil

*Serves* 6

*10 large carrots*  
*2 small cucumbers*  
*100 g raisins*  
*1 tablespoon lemon juice*  
*1/2 teaspoon ground ginger*

*1 teaspoon ground cinnamon*  
*1 tablespoon honey*  
*1/3 - 1/2 cup olive oil*  
*ground pepper*  
*1/2 cup flaked almonds*

olive oil and pepper in a small bowl or screwtop jar. Whisk or shake well to combine.

3 Place flaked almonds in a small pan, stir over low heat until lightly golden.  
4 Pour dressing over salad, garnish with almonds and serve.

### HINT

To improve the appearance of raisins, soak them in water for 10 minutes until plump.

1 Peel and coarsely grate carrots. Place carrots and cucumber in a bowl, add raisins

and mix through.  
2 Combine lemon juice, ginger, cinnamon, honey,



Peel and coarsely grate carrots. Combine with cucumber and raisins.



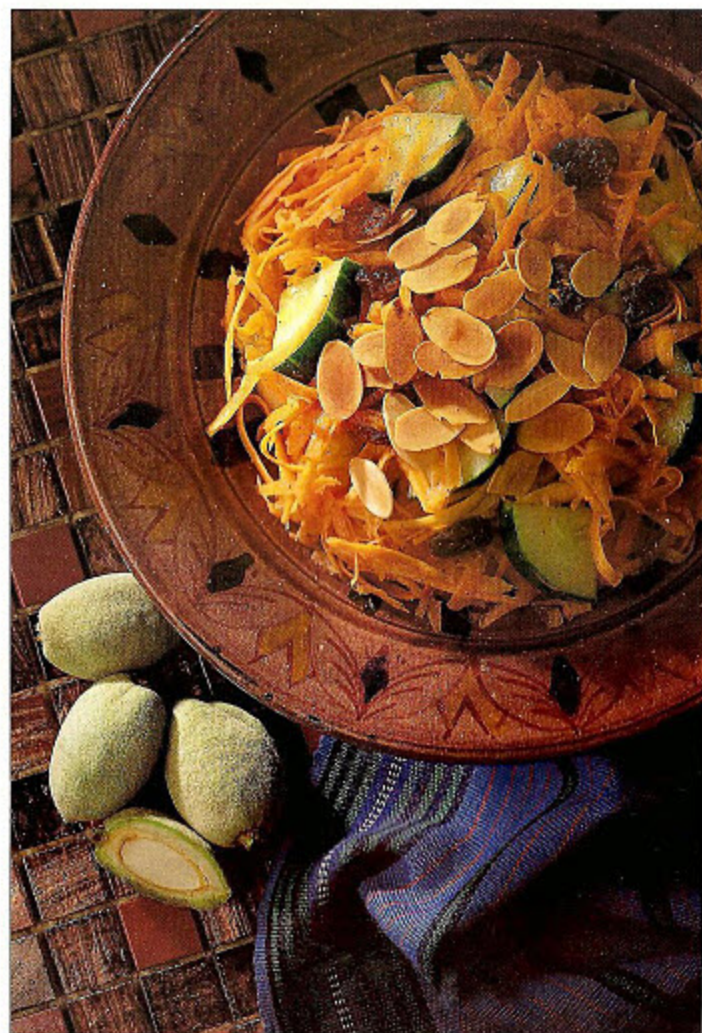
Place flaked almonds in a small pan and stir over low heat until golden.



Pour prepared dressing over salad and stir through until well combined.



Garnish with almonds and serve immediately.





## Cucumber Salad with Mint



5 Lebanese cucumbers  
 1/4 cup finely chopped fresh mint  
 1 tablespoon lemon juice

1/5 cup vegetable oil  
 1 teaspoon orange flower water  
 ground pepper  
 rind of an orange

- 1 Finely peel cucumber and slice thinly. Put in a bowl and add mint.
- 2 Combine lemon juice, oil, orange

- flower water and pepper in a small bowl or screwtop jar. Whisk or shake well to combine.
- 3 Pour dressing over

cucumber slices and mix well.  
 4 Remove pith from orange rind. Cut rind into thin strips, blanch in boiling water and arrange over cucumber slices to serve.

### HINT

Lebanese cucumbers do not need to be presalted. However, if using ordinary cucumber, deseed and presalt them in a colander for half an hour to remove any bitter juices.



Finely peel and slice Lebanese cucumbers thinly and put in a bowl.



Add finely chopped mint. In a separate bowl, combine dressing ingredients.



Pour dressing over cucumber and mint and stir until well combined.



Remove pith from orange rind and cut into thin strips. Blanch in boiling water.





## Green Capsicum and Tomato Salad



3 large green capsicums  
3 medium, ripe but firm tomatoes,  
peeled and seeded

Preparation time:  
15 minutes  
Cooking time:  
10 minutes  
Serves 6

**VINAIGRETTE**  
1 tablespoon vinegar  
ground pepper  
1/2 teaspoon caster sugar  
1 clove garlic, crushed  
1/4 cup olive oil

1 Grill capsicums by cutting them in half, de-seeding and grilling cut side down

until skin blisters and blackens.  
2 Cool, peel and cut into 2 cm pieces.

3 Cut tomatoes into 2 cm pieces.  
4 Mix capsicum and tomato together.  
5 To make Vinaigrette: Combine vinegar, pepper, sugar, garlic and olive oil.  
6 Pour over salad and allow to stand for 10 minutes to gather flavour.

**Note:** Garlic grown in Morocco is tiny, red-skinned and sweeter than garlic grown elsewhere.



Grill deseeded capsicums cut side down until they blister. Cool and peel.



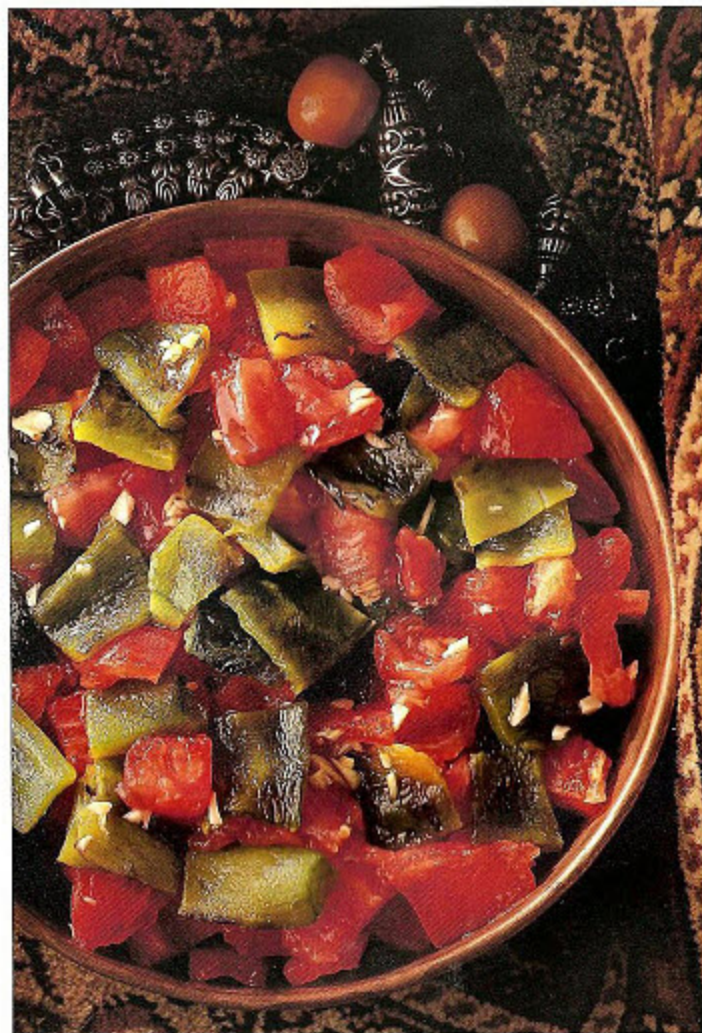
Chop prepared capsicums and tomatoes into 2 cm square pieces.



Mix tomatoes and capsicum. Combine vinegar, pepper, sugar, garlic and oil.



Add prepared vinaigrette, stand 10 minutes to gather flavour before serving.





## Orange Salad



Fruity and refreshing.

*6 ripe oranges  
8 dates, chopped  
1/4 cup blanched  
almonds, sliced  
orange flower water  
1 table-spoon fresh  
mint leaves,  
chopped  
ground cinnamon*

- 1 Peel oranges, removing all pith, and slice crossways.
- 2 Place in shallow dish with chopped dates and sliced almonds and flavour to taste with orange flower water.
- 3 Sprinkle lightly with mint and

*Preparation time:*

15 minutes

*Cooking time:*

Nil

*Serves:* 6

cinnamon and serve. Orange salad is delicious served with cold duck.

**Note:** To make Blanched Almonds: Put almonds in a bowl. Pour over boiling water until covered. Stand for 1 minute. Discard water and skins should slip easily away. Sliver with a sharp knife.

### HINT

Orange flower water is available at chemists and Middle Eastern food stores.



Wash and peel oranges taking care to remove all pith from the fruit.



Slice oranges crossways into even-sized rounds and place in a shallow dish.



Combine chopped dates and sliced almonds with oranges slices.



Flavour with orange flower water. Sprinkle with mint leaves and cinnamon.



## Khobz (Wholemeal Flat Bread)



*2½ cups wholemeal  
flour*  
*1 teaspoon caster  
sugar*  
*1 teaspoon salt*  
*1 x 7 g sachet yeast*  
*1¼ cups tepid water*

*Preparation time:*  
60 minutes  
*Cooking time:*  
12 minutes  
*Makes* 16

*½ teaspoon ground  
sweet paprika*  
*⅓ cup corn meal*  
*1 tablespoon oil*  
*1 egg, lightly beaten*  
*2 tablespoons sesame  
seeds*

paprika and corn meal into bowl, add oil. Stir in yeast mixture. Mix to firm dough. Knead until smooth. Stand covered in a warm place 20 minutes. 4 Divide into sixteen, roll into balls, flatten into rounds. 5 Place on greased baking tray. Brush with egg, sprinkle with sesame seeds. Stand, covered until puffed. Bake 12 minutes.

1 Preheat oven to 180°C. Combine ½ cup flour, sugar, salt, yeast and water

in bowl. Stand covered in a warm place until foaming. 2 Sift rest of flour,



Add prepared yeast mixture to oil, flour, cornmeal and paprika.



Mix into a firm dough. Knead until smooth and stand in a warm place.



Divide dough into sixteen even portions. Roll out balls into 10 cm flat rounds.



Brush bread with beaten egg, sprinkle with sesame seeds and bake.







Rub fish with salt, prick several times on each side with a fork and place in a dish.



Spoon the remaining sauce over the fish until it is completely covered.



Stir in tomatoes, tomato sauce and parsley or coriander to onion mixture.



Sprinkle with the remaining blanched almonds and cover dish tightly with foil.

## SEAFOOD

The Moroccan coastline abounds in seafood. Fish is often marinated before cooking to develop its full flavour. The results are worth waiting for.

### Whole Baked Fish



Hot and spicy.

Preparation time:

30 minutes +  
2 hours standing

Cooking time:

45 minutes

Serves 4-5

1 x 1.5 kg whole fish,  
cleaned

1/2 teaspoon salt

2 tablespoons lemon  
juice

2 onions, sliced top to  
base in 1 cm slices

3 cloves garlic, crushed

2 tablespoons olive oil

1 green capsicum,  
seeded and sliced  
in 4 x 1 cm slices

1 red capsicum,  
seeded and sliced  
in 4 x 1 cm slices

1-2 red chillies, seeded  
and thinly sliced

1/2 teaspoon ground  
turmeric

1/2 teaspoon curry  
powder

5 or 6 small  
tomatoes, chopped

2 tablespoons tomato  
sauce

2 tablespoons fresh  
coriander or  
parsley, chopped

80 g blanched sliced  
almonds, finely  
toasted

1 lemon, cut into  
wedges

1 Preheat oven to 180°C. Rub fish with salt and prick several times on each side with a fork. Place fish in a dish and squeeze lemon juice over it.

Leave for 2 hours.  
2 Cook onions and garlic in the olive oil until soft. Add the capsicum, chillies, turmeric and curry powder. Cook gently

for several minutes.

Stir in tomatoes, tomato sauce and chopped coriander or parsley.

3 Scatter half the blanched almonds in a baking dish. Put in half the sauce and then the fish and its marinade. Spoon remaining sauce over the fish. Sprinkle with the remaining blanched almonds and cover dish tightly with foil.

4 Bake in oven for 30 minutes. Remove foil and bake another 10-20 minutes. Fish should feel firm to the touch when ready. Serve immediately, garnished with lemon wedges.

#### HINT

Parsley can be kept successfully in the refrigerator. Stand the bunch in a jar of water.



## Moroccan Fish with Fresh Tomato Sauce



750 g white fish  
fillets, skinned  
1 medium red onion,  
peeled and finely  
chopped  
1 clove garlic,  
crushed  
2 tablespoons chopped  
fresh coriander  
1/3 cup chopped  
flat-leaved parsley  
1/2 teaspoon ground  
sweet paprika  
1/4 teaspoon chilli  
powder  
1/3 cup olive oil  
2 tablespoons lemon  
juice

Preparation time:  
30 minutes +  
3 hours standing  
Cooking time:  
5-10 minutes  
Serves 6

**TOMATO SAUCE**  
4 large, red, ripe  
tomatoes, peeled,  
seeded and chopped  
2 small red chillies,  
cut in half, seeded  
and finely sliced  
4 spring onions,  
including some  
green, finely sliced  
1/2 bunch fresh  
coriander, chopped  
finely  
1/2 cup olive oil, extra  
virgin  
ground pepper  
lemon or lime juice  
(optional)  
1 red onion, finely  
chopped  
(optional)

1 Cut fish across grain into 2 x 2 cm squares. Combine onion, garlic, coriander, parsley, paprika, chilli powder, olive oil and lemon juice and

spoon over fish cubes. Mix well and leave to marinate for at least 2 hours or overnight.

2 Place fish on metal skewers and grill, turning frequently

until lightly browned on all sides.

3 To make Tomato Sauce: Combine tomatoes, chillies, spring onions and coriander in a bowl, add olive oil and pepper to taste.  
4 Add lemon or lime juice and chopped onion if using.

5 Allow the Tomato Sauce to stand for at least an hour in refrigerator before serving with fish.

**Note:** Fish could be barbecued instead of grilled. This type of tomato sauce, called 'Salsa', makes a very good quick sauce for grilled or fried fish. Allow tomatoes to drain in a strainer for at least 30 minutes to get rid of excess water.

### HINT

Extra virgin olive oil is made from the first pressing of olives. No heat or chemicals are used so all the natural flavours are retained.



Spoon onion mixture over fish and mix well. Marinate for 2 hours or overnight.



Carefully thread marinated fish cubes onto metal skewers at regular intervals.



Grill or barbecue fish, turning frequently until lightly browned on all sides.



Combine sauce ingredients and refrigerate at least 1 hour before serving.



## Moroccan-style Fish with Dates



2 medium trout  
1 cup chopped dates  
1/4 cup cooked rice  
1 onion, finely chopped  
1/4 cup chopped almonds  
2 tablespoons chopped fresh coriander  
1/2 teaspoon ground cinnamon

Preparation time:  
30 minutes  
Cooking time:  
25 minutes  
Serves 2

30 g butter, melted  
1/4 teaspoon ground pepper  
1/4 teaspoon ground ginger  
1 teaspoon caster sugar  
1/4 teaspoon ground cinnamon

1 Preheat oven to 160°C. Clean trout, rinse under cold water. Dry with absorbent paper.  
2 Combine dates, rice, onion, almonds, coriander and cinnamon in bowl.

3 Spoon seasoning mixture into fish cavities, close opening with metal skewers. Place on oven tray.  
4 Brush fish with melted butter, sprinkle with

combined pepper, ginger and sugar. Bake for 20 minutes, or until golden. Sprinkle Moroccan-style Fish with cinnamon, before serving.

### HINT:

A dark red brown spice with a strong spicy-sweet flavour, cinnamon is actually the bark of a tropical tree. When ground, the bark releases an aromatic essential oil. Used in moderation, the perfume and flavour of ground cinnamon add a delicious taste to fish and fish sauces. Combined with ground pepper, ginger, cloves and mace, it makes an excellent dry marinade to rub on meats before cooking. Store in a sealed container.



Clean and rinse trout. Chop dates, onion, almonds, coriander and cinnamon.



Mix dates, rice, onion, almonds, coriander and cinnamon until combined.

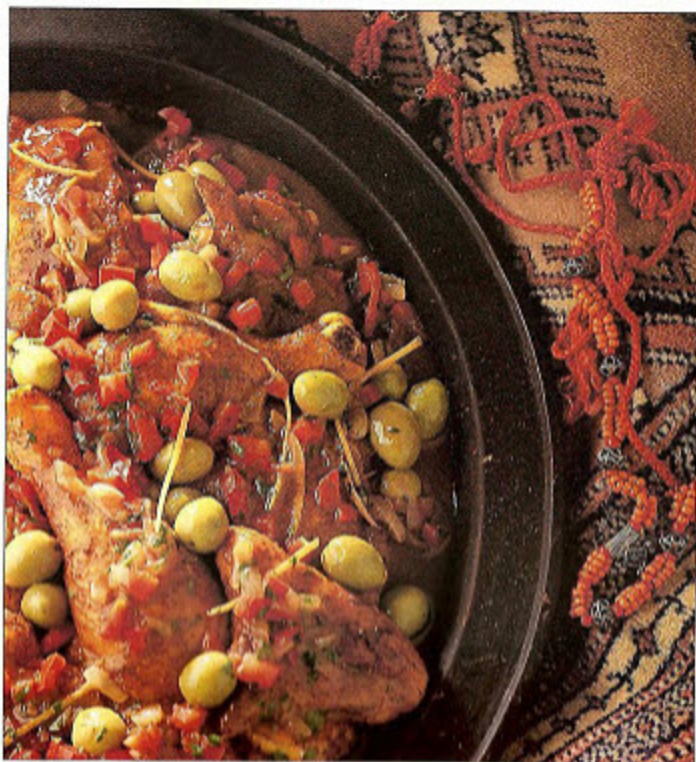


Spoon seasoning mixture into fish cavities and close with metal skewers.



Brush fish with melted butter and sprinkle with combined sugar and spices.





Cook chicken in batches until well browned, but not cooked through.



Add remaining oil to pan. Cook onion and capsicum over a low heat.

## POULTRY

*Cinnamon, coriander and cumin are just some of the rich variety of flavours and spices used in these fragrant and delicious recipes.*

### Chicken and Olives



Serve with rice.

*Preparation time:*  
30 minutes +  
1 hour standing

*Cooking time:*  
40 minutes

*Serves* 6

*12 chicken pieces*  
*1 teaspoon ground cinnamon*  
*1 teaspoon ground ginger*  
*½ teaspoon ground turmeric*  
*1 teaspoon ground sweet paprika*  
*½ teaspoon ground pepper*  
*¼ cup olive oil*

*2 onions, chopped*  
*1 red capsicum, chopped*  
*¼ cup fresh coriander, chopped*  
*1½ cups chicken stock*  
*4 strips preserved lemon rind, grated (see page 4)*  
*2 tablespoons lemon juice*  
*1 cup green olives*

1 Combine chicken with spices in large

bowl. Stand covered, for 1 hour. Heat 2

tablespoons oil in a large pan. Cook chicken until well browned, but not cooked through. Transfer to larger pan. 2 Add remaining oil to pan. Add onion and capsicum. Cook over low heat for 5 minutes, stirring. Transfer to large pan with chicken pieces. 3 Add coriander and stock, lemon rind, juice and olives. 4 Simmer, covered, for 40 minutes, until tender and liquid has reduced. **Note:** Thicken sauce with cornflour.



Add coriander and stock to chicken and capsicum mixture, stir to combine.



Add lemon rind, juice and olives and simmer uncovered for 40 minutes.



## Steamed Chicken with Parsley Stuffing



1 kg ripe tomatoes, peeled, seeded and chopped  
 1 large bunch flat-leaved parsley, finely chopped  
 2 celery sticks, finely chopped  
 rind of 1 preserved lemon, finely chopped (see page 4)

Preparation time:  
 15-20 minutes  
 Cooking time:  
 1½ hours  
 Serves 6-8

ground pepper  
 ½ teaspoon chilli powder or cayenne pepper  
 2 x 1.4 kg fresh chickens  
 15 g butter  
 2 cups water  
 50 g butter, melted  
 ground cumin, to serve  
 sea salt, to serve

4 Cook for 1¼-1½ hours, or until tender.  
 5 Serve at once with little bowls of cumin and sea salt as garnish.

**Note:** Fresh flat-leaved parsley, also known as continental or Italian, is used extensively in Moroccan cooking and is widely available. Avoid using common or curly parsley. The smell and flavour are not as sweet and pungent.

### HINT

During winter months it is better to use tinned tomatoes. For 1 kg tomatoes, substitute 2 x 425 g tins of whole peeled tomatoes, drained. This dish is also good served cold.

- 1 Preheat oven to 180°C. Mix the tomatoes with parsley, celery and lemon rind, season with pepper and chilli powder.
- 2 Press stuffing

- 3 Place chickens in a baking dish with water. Brush with melted butter and cover with foil.



Mix tomatoes, parsley, celery and lemon rind. Season with pepper and chilli.



Press stuffing mixture into each chicken cavity and add half of butter to each.



Arrange chickens in a baking dish and fill the dish with 2 cups of water.



Brush chickens with melted butter, cover with foil and bake. Serve at once.





## Moroccan Chicken



Moist and fragrant.

12 chicken pieces  
 1/2 teaspoon ground sweet paprika  
 1/2 teaspoon ground cumin  
 ground pepper  
 750 g red or brown onions, sliced  
 100 g butter  
 1/4 teaspoon ground saffron or turmeric

Preparation time:  
 30 minutes +  
 overnight soaking  
 Cooking time:  
 1 1/4 hours  
 Serves 6

125 g chick peas,  
 soaked overnight  
 3 cups chicken stock  
 1/3 cup finely chopped flat-leaved parsley  
 1 tablespoon fresh lemon thyme (see Note)  
 250 g rice, cooked  
 lemon juice

4 Just before serving add chopped parsley and thyme to chicken just before serving.  
 5 Spoon rice into heated serving dish. Place chicken pieces on top and pour over the sauce. Sprinkle with lemon juice and serve.  
**Note:** Thyme is one of the most popular herbs used in cooking. The lemon variety used in this recipe, has a faint lemony smell as its name suggests.

### HINT

Ground sweet paprika, warmly aromatic and rich red in colour, is used to add colour and flavour to many Moroccan tagines and salad dressings.

1 Season chicken with paprika, cumin and pepper.  
 2 Cook chicken pieces with sliced onions in butter in a deep heavy-based pan until golden.

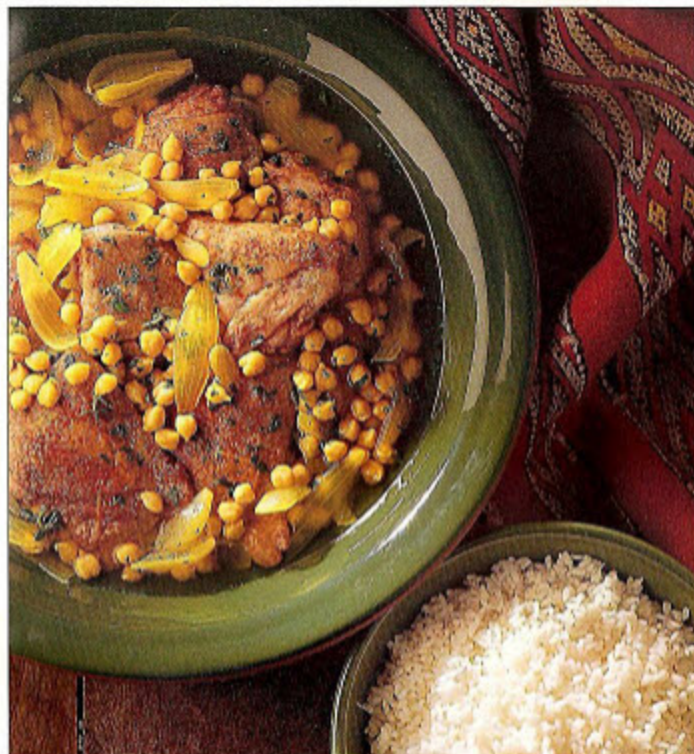
3 Sprinkle chicken with saffron, add chick peas and chicken stock to cover. Simmer gently, uncovered, for 1 hour or until chicken is tender.



Season chicken with paprika, cumin and pepper. Cook with onions until golden.



Sprinkle chicken pieces evenly with ground saffron, and add chick peas.



Add chicken stock to cover chicken pieces and simmer gently.



Add chopped parsley and thyme to chicken pieces just before serving.



## B'stilla (Shredded Chicken Pie)



### FILLING

1 x 1.6 kg chicken  
1 large onion, finely  
chopped  
1 large bunch  
flat-leaved parsley,  
chopped  
1 bunch fresh  
coriander, chopped  
¼ teaspoon ground  
turmeric  
¼ teaspoon ground  
saffron  
2 tablespoons  
vegetable oil  
1 teaspoon ground  
ginger

1 teaspoon ground  
cinnamon  
1½ cups water  
  
SAUCE AND PASTRY  
5 eggs, lightly beaten  
1 cup icing sugar  
ground cinnamon  
ground pepper  
500 g filo pastry  
250 g unsalted butter,  
melted  
1 cup ground almonds,  
ground cinnamon,  
extra  
1 cup icing sugar,  
extra

Preparation time:  
45 minutes  
Cooking time:  
2 hours 15 minutes  
Serves 8 entrée size

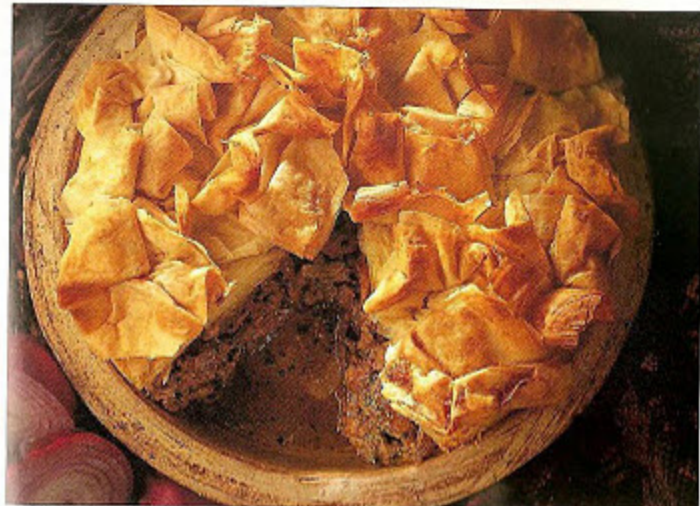
1 Preheat oven to 180°C. Place chicken, onion, parsley, coriander, turmeric, saffron, oil, ginger and cinnamon in a roasting dish with water. Bake for 1½ hours. Remove the chicken from pan and cool. Shred flesh, discard skin and bones.

2 Skim fat from liquid in roasting pan and transfer to medium-sized pan. Bring liquid to a simmer and add beaten eggs, sugar, cinnamon and pepper, to taste. Cook until thick.  
3 Preheat oven to 190°C. Grease a 20 cm pie dish.

4 Place a sheet of filo in prepared dish. Brush with melted butter. Place a second sheet on top and brush with butter. Repeat layering and lightly buttering with seven more sheets, sprinkling some of the combined ground almonds, cinnamon and icing sugar on the last sheet.  
5 Spread egg mixture and chicken filling on top, fold over pastry edges and brush again, with butter. Butter and layer four more sheets, cut into a round and cover pie. Butter more sheets of filo and form into rose shapes. Place on top of pie and brush with melted butter.  
6 Bake for 30-45 minutes until golden brown. Sprinkle with rest of combined almond mixture.

### HINTS

Ground spices keep their flavour longer if stored in freezer.



Remove skin and flesh from baked and cooled chicken and discard bones.



Add combined eggs, sugar, cinnamon and pepper to simmering roasting liquid.



Spread chicken filling over layered and lightly buttered filo pastry. Fold in edges.



Form buttered filo into rose shapes and place on pie until surface is covered.





Rub lamb with half the softened butter and season generously with pepper.



Combine onion, garlic and spices, then add olive oil, water and mix well.

## MEAT

Whether marinated and slowly roasted or simmered in a spicy broth, this selection of mouth-watering dishes are fit for a feast.

### Roast Lamb with Spices



Preparation time:

30 minutes

Cooking time:

1½-2 hours

Serves 6

1 x 5 kg leg of lamb  
100 g unsalted butter,  
softened  
ground pepper  
1 large red onion,  
finely chopped  
2 cloves garlic,  
crushed  
½ teaspoon ground  
cumin

¼ teaspoon ground  
cinnamon  
¼ teaspoon ground  
ginger  
pinch of chilli powder  
¼ teaspoon ground  
saffron  
⅓ cup olive oil  
water

1 Preheat oven to 175°C. Rub lamb with half the softened butter and season generously all over

with ground pepper.  
2 Make spice mix by combining onion and garlic in a bowl with spices, then add olive

oil and water. Mix well with a small whisk or fork.  
3 Press half the mixture over buttered lamb. Place remaining mixture in a baking dish big enough to hold the lamb comfortably. Add the rest of the butter to baking dish and place lamb on top. Leave at room temperature for at least 1 hour before baking.  
5 Bake for 1½-2 hours, basting with pan juices, until lamb brown and crisp-skinned.



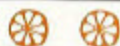
Press half the mixture over the buttered lamb. Place remainder in baking tin.



Bake until brown and crisp-skinned, basting frequently with pan juices.



## Lamb with Broad Beans and Artichokes



2 kg of best end of neck lamb chops, trimmed  
 1½ teaspoons ground ginger  
 1 teaspoon ground saffron  
 2 cloves garlic, crushed  
 2 tablespoons vegetable oil  
 ground pepper

Preparation time:  
 15 minutes  
 Cooking time:  
 1½ hours  
 Serves 6

3 cups water  
 1 kg broad beans, shelled  
 1 x 440 g can artichoke hearts, rind of 1 preserved lemon (see page 4)  
 1 tablespoon lemon juice  
 10 small black or green olives

in boiling water until tender, about 6 minutes. Drain and set aside.  
 5 Reduce cooking liquid from lamb until sauce is thickened slightly.  
 6 Return the lamb, beans and reduced cooking liquids to pan. Add artichokes and preserved lemon rind cut into small pieces. Simmer uncovered over very low heat for about 15 minutes, until reheated.  
 7 Sprinkle with lemon juice and olives, to serve.

### HINT

Artichokes can be replaced with canned, drained, peeled tomatoes.

1 Place lamb chops in large heavy-based pan, with ginger, saffron, garlic, oil and pepper.  
 2 Add water, cover and cook gently, for 1½ hours or until

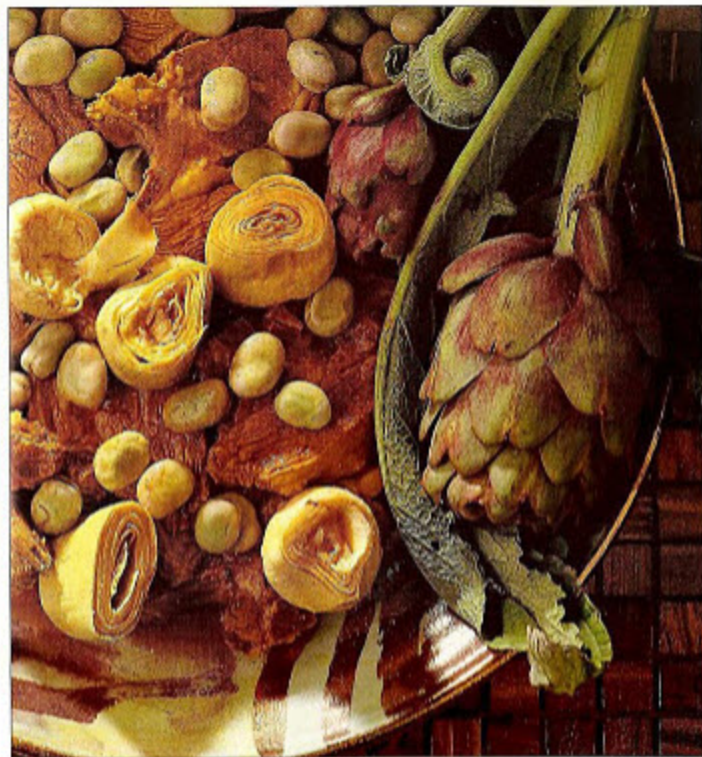
lamb is tender. If necessary add more water to keep the lamb immersed.  
 3 Remove lamb from cooking liquid. Skim off any fat.  
 4 Cook broad beans



Place lamb chops and spices in large pan. Cover with water and simmer.



Cook broad beans in boiling water until tender, about 6 minutes, and drain.



Return the lamb to the reduced liquids in the large pan and add the beans.



Add the artichokes and lemon rind to the beans and lamb. Stir to combine.



## Barbecued Lamb with Chermoula



Marinate overnight.

1 medium onion,  
grated  
2 cloves garlic,  
crushed  
4 tablespoons chopped  
flat-leaved parsley  
4 tablespoons chopped  
fresh coriander  
1/2 teaspoon ground  
cumin

Preparation time:  
25 minutes +  
5 hours standing

Cooking time:  
45 minutes

Serve 6

1/2 teaspoon ground  
saffron  
1/2 teaspoon Harissa  
(see page 8)  
1/2 cup olive oil  
2 tablespoons lemon  
juice  
1 x 1/2 kg leg of lamb

1 To make Chermoula: Mix onion, garlic, flat-leaved parsley, coriander, cumin, saffron, Harissa, olive oil and lemon juice together and stand for 1 hour.

2 Starting at the thicker end of the leg of lamb, cut down and around bone. Scrape away as much meat as possible. Remove bone. Cut down into, but not through, the

thickest part of the meat and open out flat.

3 Spread Chermoula mixture into both sides of lamb and marinate for at least 2 hours.

4 Barbecue for about 3/4 hour, turning frequently. Cut in thick slices across the grain and serve.

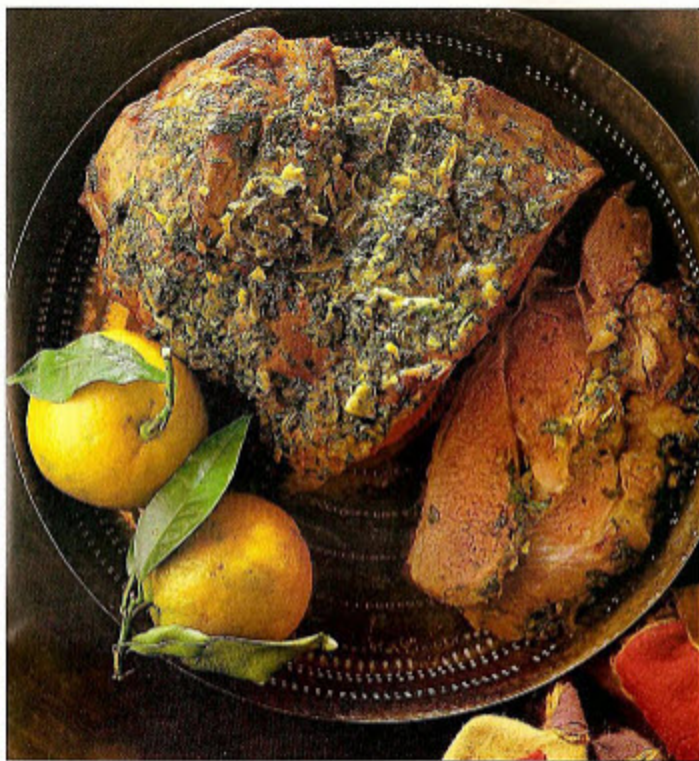
**Note:** Harissa is a fiery condiment widely used in Morocco. The basic ingredients are red chillies, cayenne, olive oil and garlic. It should be thick with the consistency of light mayonnaise. Harissa is delicious served with poached eggs or sausages.



Prepare onion, garlic, parsley, coriander, cumin, saffron, Harissa, oil and lemon.



Mix Chermoula ingredients until well combined and stand for 1 hour.



Remove bone, cut into the thickest part of the meat and open out flat.



Spread Chermoula mixture into both sides of the lamb and marinate.



## Tagine of Lamb with Quinces



*Preparation time:*  
30 minutes  
*Cooking time:*  
1 hour  
*Serves* 6

*1 kg shoulder of lamb cut in 2 cm pieces*  
*2 large onions, chopped in 1 cm cubes*  
*ground pepper*  
*½ teaspoon ground mildly hot paprika*  
*1 bunch fresh coriander, finely chopped*

*¼ teaspoon ground saffron*  
*½ teaspoon ground ginger*  
*500 g quinces cored, halved and peeled*  
*60 g butter*  
*1 cup pitted prunes, pre-soaked*

- Place cubed lamb and one of the chopped onions in a large heavy-based pan. Season to taste with pepper and paprika and cover with water.
- Add fresh

coriander, saffron and ginger. Bring to the boil, reduce heat, cover and simmer for about an hour, or until lamb is tender.

- Cut the quinces into roughly the same sized pieces as the

meat. Cook the quinces and the second onion together in butter in a pan until lightly golden coloured.

- Halfway through cooking time for the lamb, add cooked onion, quinces and prunes. Serve on a warmed serving dish.

**Note:** Ground paprika is also available in hot and mildly hot strengths. Substitute hot paprika if a spicier flavour is preferred.

### HINT

Dates could be used instead of prunes and pears instead of quinces - or in combination with each other.



Season the lamb and onion with paprika and pepper. Cover with water.



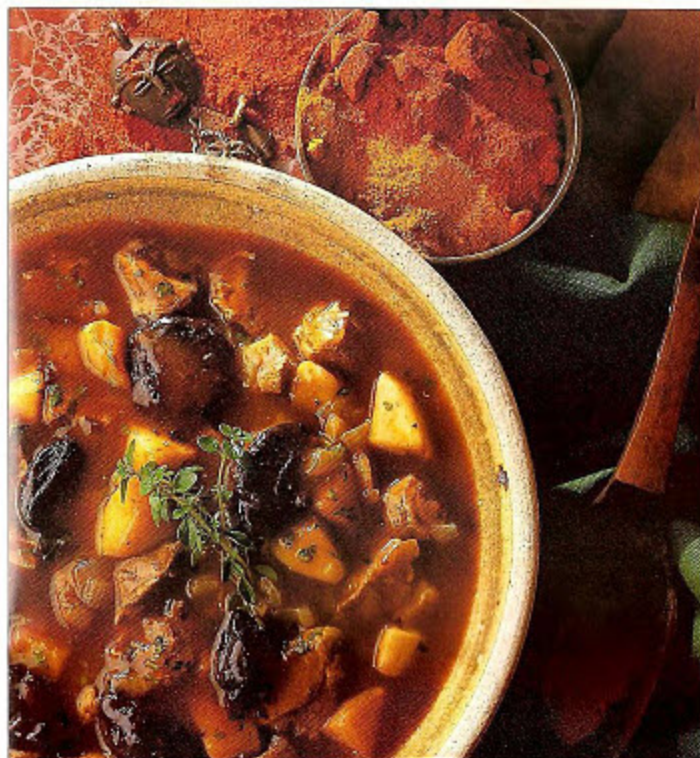
Add fresh coriander, saffron and ginger and mix well. Simmer until tender.



Cook the quinces and onion together in butter until golden coloured.



Halfway through the lamb cooking time, add the onions, prunes and quinces.





## Moroccan Rice and Meat Balls



200 g short-grain rice  
500 g finely minced lamb or beef  
1 teaspoon ground cinnamon  
1 teaspoon ground sweet paprika  
1 teaspoon ground coriander  
150 g butter or ghee

Preparation time:  
30 minutes  
Cooking time:  
45 minutes  
Serves 8

2 large onions, finely chopped  
¼ teaspoon ground saffron  
ground pepper  
2 cups water or light stock  
¼ cup chopped fresh flat-leaved parsley  
2 tablespoons lemon juice

- Using a fork, mix rice with finely minced lamb, add cinnamon, paprika and coriander and shape the mixture into about twenty even-sized small balls.
- Melt butter or

- ghee in a heavy-based deep pan.
- Brown the balls in the butter, a panful at a time, turning frequently.
- When all balls are browned, add onions, saffron and pepper.

- Pour in the water or stock, cover and cook over medium heat for about 40 minutes, or until cooked through, stirring occasionally.
- Add flat-leaved parsley and lemon juice and simmer for a few minutes. Serve Moroccan Rice and Meat Balls with a green vegetable or salad.

### HINT

Flat-leaved or Italian parsley has a much better flavour than curly parsley. Ground saffron is available from most supermarkets in small plastic bags. If it is hard to find, make it at home by dry-frying saffron threads and grinding to a powder.



Using a fork mix rice, finely minced lamb, cinnamon, paprika and coriander.



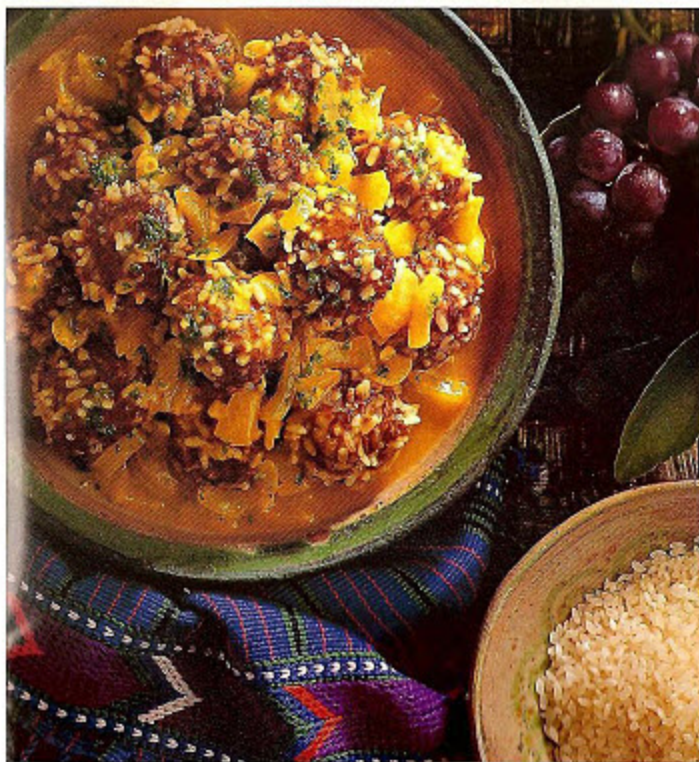
Carefully shape mixture into about twenty small, even-sized balls.



When all the balls are evenly browned, add onions, saffron and pepper.



Add water or stock to meat balls, cover and cook for about 40 minutes.





## DESSERTS

*The splendid variety of fruits available in Morocco are a refreshing way to end a meal. Sweets and pastries are reserved for special occasions.*

### Moroccan-Style Fresh Fruit Salad



*Preparation time:*  
20 minutes

*Cooking time:*  
Nil

*Serves* 6

*2 apples*  
*2 pears*  
*2/3 cup orange juice*  
*1 tablespoon lemon juice*  
*2 bananas*  
*2 tablespoons orange flower water*

*rind of 1 orange*  
*icing sugar*  
*1 punnet strawberries, hulled and halved lengthways*  
*fresh mint leaves*

1 Core apples and pears and cut into thin slices.  
2 Place in serving bowl and add orange and lemon juices to prevent the apples

and pears discolouring.  
3 Peel and cut bananas thinly. Add to fruit in bowl and toss gently. Add orange flower water

and sprinkle with icing sugar to taste.  
4 Add strawberry halves to fruit salad. Sprinkle with fresh mint leaves.

5 Grate orange rind and cook in water or light sugar syrup for 5 minutes, drain. Arrange over fruit salad and serve.  
**Note:** Cutting the strawberries helps to develop the flavour.

#### HINT

When buying strawberries, look for even-coloured, plump berries with fresh, leafy green tops.



Pour combined orange and lemon juices over sliced apples and pears.



Peel and slice bananas diagonally into thin sections and add to fruit bowl.



Add strawberry halves to fruit salad. Sprinkle with fresh mint leaves to garnish.



Slice orange rind into thin matchsticks and cook in prepared syrup 5 minutes.



## Almond Macaroons



150 g icing sugar, sifted  
1 egg, beaten  
225 g ground almonds  
2 teaspoons finely grated lemon rind

Preparation time:  
30 minutes  
Cooking time:  
15-20 minutes  
Serves 6

1 teaspoon imitation vanilla essence  
1/4 teaspoon ground cinnamon  
extra icing sugar, for garnish

1 Preheat oven to 180°C. In a large mixing bowl combine icing sugar and beaten egg. Beat until mixture is white.  
2 In another bowl combine ground almonds, lemon rind, vanilla essence and cinnamon and gradually mix into beaten sugar and egg mixture.

3 Knead dough in bowl until pliable, about 5 minutes. Cover with tea-towel and leave to mature for 15 minutes.  
4 On a lightly floured surface roll out dough to a long thin sausage shape about 4 cm thick. Cut into twenty four segments and roll each segment into an

even-sized ball.  
5 Lightly oil the palms of your hands and flatten each ball into rounds about 4 cm in diameter.  
6 Place biscuits on a buttered baking tray, giving them plenty of room to spread while baking, and sprinkle with icing sugar. Bake for 15-20 minutes, or until golden. Cool on wire rack. Store in airtight container.  
**Note:** Serve with Moroccan-Style Fruit Salad (see page 59).

### HINT

Almonds are one of the world's most popular nuts. To keep, store covered tightly in a cool, dark place.



Combine egg and sugar and add to ground almond mixture.



On a floured board, roll mixture into a sausage shape and cut into 24 slices.



Roll each slice into a ball with oiled hands and flatten into 4 cm rounds.



Place on prepared tray and sprinkle with icing sugar. Bake until golden.



## Fried Moroccan Bread with Cinnamon



*1/2 French bread stick*  
*1-2 eggs*  
*1 cup milk*  
*1/2 teaspoon imitation vanilla essence*  
*butter*

*Preparation time:*

15 minutes

*Cooking time:*

10 minutes

*Serves 4-6*

*1/4 cup caster sugar*  
*1 table-spoon ground cinnamon*  
*1/2 teaspoon ground nutmeg*

1 Cut French bread stick into 2 cm thick slices, diagonally.

2 In a bowl, beat eggs until well mixed, add milk and vanilla essence and mix again.

3 Melt butter in frying pan.

4 In a shallow bowl, combine sugar, ground cinnamon and nutmeg.

5 Dip pieces of

bread into egg and milk mixture and cook in melted butter until crisp and golden on both sides. Place on absorbent paper and then dip immediately into sugar mixture. Add more butter to frying pan if necessary.

**Note:** Very good with coffee for an indulgent breakfast.



*Cut French bread stick diagonally into 2 cm thick slices.*



*In a bowl, beat eggs, milk and vanilla essence until well combined.*



*Dip pieces of bread into egg and milk mixture and cook in melted butter.*



*Dip fried bread into combined sugar, cinnamon and nutmeg immediately.*







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