

Tagines Couscous Delicious Recipes For Moroccan One Pot Cooking

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In this collection of authentic Moroccan recipes, you will find some of the best-loved tagines, from Lighter Tagines, such as Roasted Cherry Tomato Tagine with Feta and Preserved Lemon or Roasted...

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Hearty vegetable tagines include Baby Aubergine with Coriander and Mint, and Butternut Squash, Shallots, Sultanas and Almonds. Recipes for variations on couscous, the classic accompaniment to tagines, are also given plus plenty of ideas for fresh-tasting salads and vegetable side dishes to serve as part of your Moroccan-style feast. show more

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Heat enough oil in a deep saucepan for deep frying. Slice the plantains quite finely and fry in batches until golden brown. Drain them on paper towels, tip them into a serving bowl or basket, and sprinkle liberally with zahtar and sea salt. Serve immediately, while the plantains are still warm.

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Transfer the mixture to a tagine (or 2 individual tagines) or a covered casserole dish, and cook in the oven for about 1 hour, or until the vegetables are soft. Tip the couscous into a bowl and pour over 75ml boiling water and stir well. Leave the couscous for about 5 mins, until it ' s softened, stirring it occasionally.

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Melt the 40g butter in a large pan, add the couscous and stir over a low heat for 2 minutes until heated through, then fork through the lemon zest. Melt the knob of butter in a pan and fry the almonds in it for 1 minute. Stir the remaining chermoula into the lamb and adjust the seasoning to taste.

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Place the chicken, onions, apricots, and raisins into a slow cooker. In a bowl, whisk together the chicken broth, tomato paste, lemon juice, flour, ginger, cumin, cinnamon, black pepper, curry powder, and cayenne. Pour the mixture over the chicken in the cooker. Cover, set the cooker to High, and cook 2 1/2 hours; or set the cooker to Low and cook for 5 hours.

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Couscous is the traditional family meal on Fridays in Morocco, and best when made by a Moroccan mom. When I was living there, my roommates and I would wait all week for Couscous Friday, so naturally when I returned to the States, I had major withdrawals from it.

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