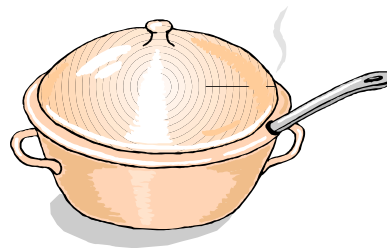


Naturally Morocco Limited
Fatima & Latifa's Taroudant Recipes
www.naturallymorocco.co.uk

This booklet has been produced in response to our guests' enjoyment of the food at Jnane Romane. These recipes are adapted slightly from those normally used at the house due to the difficulty of obtaining, for example, preserved lemons and argan oil abroad. If you can obtain them, they can be substituted for lemons and olive oil respectively, except in the salad recipe where fresh lemon is needed.

Baked Bean or Lentil Tagine (serves 3 to 4)

- 1 mug dried haricot beans or small green lentils
- 1 finely chopped onion.
- 2 peeled tomatoes.
- 4 garlic cloves.
- 1 tablespoon minced parsley and coriander.
- 1 tablespoon tomato puree.
- juice of ½ lemon .
- 1 tablespoon olive oil .
- 1 tablespoon vegetable oil.
- salt.
- ½ teaspoon pepper.
- ½ teaspoon cumin.
- ½ teaspoon paprika.
- ½ tablespoon ginger.



Boil the beans in a pressure cooker until they are cooked - about 20 minutes. Preheat olive and vegetable oils in a tajine pot or a saucepan and fry onion for 10 mins then add mashed garlic for 5 mins; finally add chopped parsley and coriander then salt and all the spices. Stir to blend, reduce the heat and cook for few minutes. Add tomato cubes, one tablespoon of tomato puree and two or three slices of lemon. Add one or one and a half cups of water to the sauce. When the sauce is ready add the cooked beans and leave it on the burner for about ten minutes and stir to blend. Serve with a salad and bread or potatoes.

Lemon, sultana, courgette and carrot salad


- 2 grated medium courgettes (or cabbage or a mixture of both)
- 2 grated medium carrots
- juice of 1/2 lemon
- 1 tablespoon olive oil
- 1/2 unpeeled lemon cut into tiny cubes (leaving the rind looks and tastes good)
- 1 tablespoon finely chopped red onion
- 2 tablespoons finely chopped parsley
- 2 tablespoons sultanas, presoaked overnight in cold water or soaked in boiling water for as long as possible
- 8 chopped olives (optional)

Squeeze juice of half a lemon. Grate courgettes and carrots, toss in lemon juice and olive oil then add remaining ingredients.

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Egg Tajine (serves 2)

- 
- 4 eggs
 - 2 tomatoes, peeled and chopped
 - 1 onion, peeled and chopped
 - 3-4 garlic cloves, chopped
 - two tablespoons olive oil
 - 1 tablespoon fresh chopped coriander
 - a pinch of paprika
 - salt
 - a pinch of cumin
 - a pinch of pepper
 - half a pinch of ginger
 - half a pinch cinnamon

In a tajine pot preheat 2 tablespoons of olive oil, add the chopped onion, coriander, garlic, salt, paprika, ginger, pepper and cumin. Stir. Next add tomatoes and stir from time to time. Reduce this mixture down until it thickens. Add a tablespoon of water and when it's boiled break the eggs carefully one after the other. Break the yolk with a fork and sprinkle then sprinkle with cinnamon. Cover and let them cook. Serve with bread and salad.

Chick Pea and Sultana couscous

- 1/2 pint dried chick peas (equivalent to 1 pint of tinned)
- 1/2 cup sultanas
- 2 onions
- 2 tablespoons tomato puree or equivalent of grated fresh tomatoes
- 2 tablespoons finely chopped coriander
- 1/2 cup green olives (to taste)
- 1 teaspoon of paprika
- 1 teaspoon of cumin
- 1 teaspoon of black pepper
- salt to taste
- 2 tablespoons olive oil

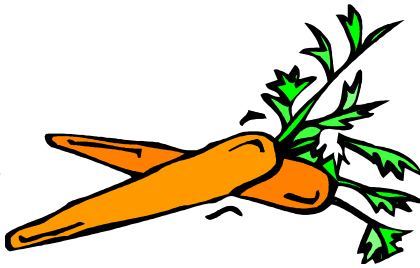
Cook soaked chick peas. The fastest way is to allow them to sprout for 24 hours, then cook for 15 minutes. When unsprouted you need to cook for 20 minutes IN A PRESSURE COOKER or 1 hr 30 mins in a normal pan.

Meanwhile chop onions finely, fry in olive oil with the spices and salt. Add the chickpeas, sultanas, olives, 1 pint water and leave to cook for a further 15 mins. Finally add tomato puree or grated tomato and coriander and simmer for 10 mins. Serve poured over a dish of couscous and decorated with sprigs of coriander.

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Carrot and coriander soup



- 1/2 kg carrots
- coriander
- 1 onion
- 1 tomato
- olive oil
- salt
- pepper
- ginger
- paprika
- cumin
- tomato puree
- water

Boil all these ingredients until the carrots are cooked. Liquidise and serve hot.

Special fried potatoes

- 3 large potatoes
- 1 onion
- salt
- a pinch of pepper
- a pinch of cumin
- 2 fresh eggs

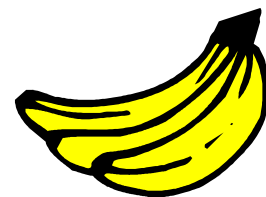


Grate potatoes and onion, add two fresh eggs, salt, pepper and cumin mix every thing. Using a fork, lift small lumps and drop them into a frying pan. Cook until browned and serve.

Banana Ice Cream

Frozen ripe bananas
Champion Juicer: this is a masticating juicer (not the centrifugal type)

Simply push the bananas through the machine and serve at once.



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Vegetable Tagine (Serves 2 to 3)



- 1 small onion, finely diced
- minced parsley & coriander
- 2 tablespoons olive oil
- 4 garlic cloves
- 2 tomatoes, peeled and diced
- 2 potatoes, cut into small pieces
- 2 carrots, cut into strips
- 1 cup peas
- 1 cup green beans cut in half
- 1 courgette cut into strips
- 1/2 lemon
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon ginger
- 100 g almonds, soaked and peeled (optional)

In a tajine pot over medium heat, heat the oil and cook the onions, beans, carrots, peas and mashed garlic. Add the parsley and coriander and then add salt and all the spices, stirring occasionally for 8 to 10 minutes. Add one peeled and diced tomato. Stir to blend. Add two small cups of water, cover and cook for 10 to 15 minutes. Finally add the pieces of potato, zucchini, tomato and decorate with lemon and sprinkle with the minced parsley. Cover and cook until the vegetables are tender. Decorate with the almonds prepared earlier and serve immediately.

Special mashed potato

- 3 large potatoes
- 3-4 garlic cloves
- 1 tablespoon chopped fresh coriander
- a pinch of black pepper
- a pinch of cumin
- salt
- 2 fresh eggs

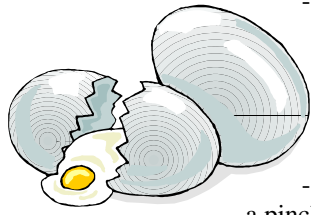


Boil potatoes. When cooked mash them with a fork and add mashed garlic, coriander, pepper, cumin, one table spoon vegetable oil, salt and the two fresh eggs. Mix every thing and shape into small patties then bake or fry them.

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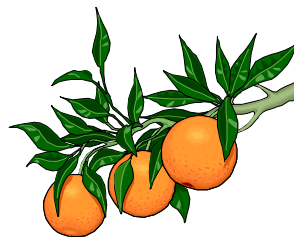
Egg Tajine (serves 2)

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- 4 eggs
 - 2 tomatoes, peeled and chopped
 - 1 onion, peeled and chopped
 - 3-4 garlic cloves, chopped
 - two tablespoons olive oil
 - 1 tablespoon fresh chopped coriander
 - a pinch of paprika
 - salt
 - a pinch of cumin
 - a pinch of pepper
 - half a pinch of ginger
 - half a pinch cinnamon

In a tajine pot preheat 2 tablespoons of olive oil, add the chopped onion, coriander, garlic, salt, paprika, ginger, pepper and cumin. Stir. Next add tomatoes and stir from time to time. Reduce this mixture down until it thickens. Add a tablespoon of water and when it's boiled break the eggs carefully one after the other. Break the yolk with a fork and sprinkle then sprinkle with cinnamon. Cover and let them cook. Serve with bread and salad.

Latifa's Orange Cake

- 4 eggs
 - 1 cup of sugar
 - 1 cup vegetable oil
 - 1 cup of orange juice
 - 2 teaspoons baking powder
 - flour to mix to correct consistency
- Orange Icing**
- 1 cup orange juice
 - 1 tablespoon sugar
 - 2 tablespoons flour
 - ½ teaspoon vanilla essence



Beat the eggs with sugar and add a cup of oil and beat again and then add baking powder and start adding flour and continue stirring until it is thick and then add a cup of orange juice. If it still needs more flour you can add some and then put everything in a blender to mix. Bake for approx 30 mins in a moderate oven.

To prepare icing place ingredients in a pan and stir continuously over low heat until thickened. Cool and then spread on top of the cake. Decorate with slices of orange.
