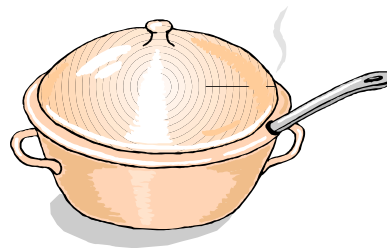


Naturally Morocco Limited
Fatima & Latifa's Taroudant Recipes
www.naturallymorocco.co.uk

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.
