


Naturally Morocco Limited  
**Fatima & Latifa's Taroudant Recipes**  
[www.naturallymorocco.co.uk](http://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.

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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.

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**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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