

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.

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.

