

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.

---

**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.

---