



S A V O U R TM
C O O K I N G S C H O O L

Moroccan Tagines with Sara Idrissi

Welcome tea

Pomegranate & apple kombucha punch

Goat Cheese Spread with Honey and Almonds

Taktouka

Moroccan-style beans

Spicy carrots

Chicken tagine

Meatball tagine

Vegetarian tagine

Moroccan bread

Coconut balls - Dark chocolate rectangles



Moroccan Goat Cheese Spread with Honey and Almonds

Ingredients

1/4 C honey

1/4 tsp orange flower water, or to taste

1/2 tsp ground cinnamon

1/4 tsp ground cloves

1/8 tsp ground cardamon

1/4 C sliced almonds, slightly crushed

6 ounces fresh goat cheese (I used raw goat milk from Brooklyn creamery to make the cheese with rennet and greek yoghurt for the culture)

Method:

1. In a saucepan, warm the honey with the orange water, and spices over low heat to allow the flavours to develop about 2 minutes. Carefully pour the warmed honey onto a large plate.
2. Spread the almonds evenly into a thin layer in a large shallow plate. Shape the cold goat cheese into a medium patty about 2 inches high.
3. Roll the cheese in the honey, covering all sides. Roll it in the crushed almonds until well coated. Wrap the goat cheese tightly in plastic wrap and refrigerate for 20-30 minutes.



S A V O U R TM

COOKING SCHOOL

Beans (Moroccan style)

250g dried cannellini beans, soaked overnight and cooked till just tender (approx.. 10 min)

1 Onion, diced

2 Potato, diced

2 Carrot, diced

3 Garlic

1 Tomato

1 tbsp Tomato paste

4 tbsps Olive oil

Salt

Pepper

1 tsp dry Ginger

3 tbsp Parsley+coriander

1 fresh chilli (optional)

Method:

1. Soak the beans in water overnight. Then boil for 10 mins.
2. In pressure cooker or sauce pan, add olive oil, then chopped onion and fry for a few minutes. Add the potatoes and carrots, then add the beans and stir well.
3. Add tomato paste and a fresh chilli (optional). Add the chopped herbs and the spices; salt, pepper, ginger, turmeric, chilli flakes/ powder (optional). Simmer for a couple of minutes then add about a litre of water.
4. Cook for up to 30 minutes. Enjoy!



S A V O U R TM

COOKING SCHOOL

Taktouka

- 3 Roasted capsicum
- 2 Roasted tomato or 1 tin tomato
- 3 Cloves garlic
- 3 tbsps Olive oil
- Salt
- 1 tsp Paprika
- 1 tsp Cumin
- 2 tbsps Coriander and parsley

Method:

1. Using either the oven or stove top, roast capsicum until brown and tender. Do the same thing with the tomatoes if using fresh.
2. Chop all and transfer to a saucepan. Add in chopped garlic, coriander and parsley and olive oil. Cook for 5 minutes. (serve hot or cold). Enjoy!



S A V O U R TM

COOKING SCHOOL

Spicy carrots

5 carrots
1 tsp preserved lemon
1 tsp lemon juice
3 garlic cloves
2 tbsps parsley and coriander
3 tbsps Olive oil
Salt
1 tsp chilli flakes
1 tsp cumin
1 tsp paprika

Method:

1. Start by parboiling carrots in water and some salt. Once partially tender, let cool. If the carrots are large, slice into 4 slivers lengthwise or cut into rounds.
2. Meanwhile chop garlic and preserved lemon and mix with chopped coriander and parsley.
3. Add the spices, olive oil and lemon juice.
4. Mix everything and cook for a minute or two add the carrots and cook for an extra 2 minutes. (serve hot or cold). Enjoy!



Vegetable Tagine

Mom usually would just throw in whatever vegetables were left in the fridge!

For example:

1 large onion or 1 leek (today we are using a leek just picked from our garden!)

3 cloves garlic, chopped

1 tin chopped tomato

2 carrots

500 g potato, cut into small dice

200 g frozen peas

Spices: salt, pepper, ginger and turmeric (today we have premade a spice mix for you to use)

Method:

1. Place the Tagine on low heat add olive and the sliced onion or leek and chopped garlic; cook for a few minutes then add the rest of vegetables.
2. In a small bowl mix salt, spices, herbs and a drizzle of olive oil and add that to the vegetables. Add some water or vegetable stock, enough so that the vegetables don't burn or stick to the bottom. Cook for up to 30 minutes.



S A V O U R TM

COOKING SCHOOL

Chicken Tagine

10 chicken thighs (you can use a whole chicken, chopped into pieces too)

Marinade for chicken: 1 tsp dried ginger, 1 tsp turmeric, 1 chopped onion, 2 garlic cloves, minced, 1 preserved lemon, chopped, salt and pepper, coriander and parsley)

2 onions, sliced

3 Garlic

1 Preserved lemon

3 tbsps Parsley+Coriander

1 tsp each dried ginger and turmeric

Olives (optional)

Olive oil

Salt

Pepper

Method:

1. Start by marinating the chicken. Mix in finely chopped onion and garlic, preserved lemon and the spices; ginger powder, pepper, turmeric, and salt, next add in finely chopped coriander and parsley. The longer the chicken sits in the mix the better it tastes. (1/2-hour min -24hrs max). Today this step has been done for you beforehand.
2. Place the Tagine on (low heat), pan or skillet on (medium heat), add olive oil let it heat up for a little bit then add sliced onion. Once it softens and slightly changes colour add the marinated chicken and cover it, slightly cook for about 5 mins on both sides.
3. In a small bowl mix salt, pepper, ginger powder and turmeric then spread evenly over the chicken. Add the sliced preserved lemon. Add a drizzle of olive oil and a sprinkle of parsley on top. You can add some olives too.
4. If you need a bit of liquid, add chicken stock or some water so that the chicken doesn't burn or stick to the bottom of the tagine.
5. Cook your tagine from 30 to 45 mins (depends on the quantity). Enjoy!



SAVOUR™

COOKING SCHOOL

Meatball Tagine

500g Beef/lamb mince
3 Garlic cloves
2 cans tinned tomatoes
3 Eggs (optional)
Salt
2 tsp Cumin
Pepper
Paprika
4 tbsps Olive oil
3 tbsps Parsley+Coriander

Method:

1. Prepare the meat: mix minced meat with finely chopped coriander and parsley, salt, pepper, cumin paprika and chilli (optional) mix everything very well then form into small balls.
2. Next, make the sauce by gently heating olive oil a tagine or a pan. Add the garlic and let it cook until it softens, then add the tinned tomatoes.
3. To the sauce add salt, pepper, paprika and herbs, then add the meat cook from 20-30 mins once the meat is cooked add the eggs (optional) enjoy!



S A V O U R TM

COOKING SCHOOL

Preserved lemons

- 6 organic, unwaxed lemons
- 6 tablespoons coarse sea salt or kosher salt
- 2 rosemary sprigs, optional
- 1 large red chili, optional
- juice of 6 lemons
- olive oil

Method:

1. Before starting, find a jar large enough to accommodate all of the lemons snugly — I used a 2-quart jar for my 8 lemons. To sterilize it, heat it gradually in a 120c oven for 10 minutes. Allow to cool.
2. Wash the lemons and cut a deep cross all the way from the top to within $\frac{3}{4}$ inch from the base. Stuff each lemon with about 1 tablespoon of the salt (if lemons are small, use 2 teaspoons) and place in the jar. Push the lemons in tightly so they are squeezed together snugly. Seal the jar and leave in a cool spot for at least a week.
3. After the initial period, remove the lid and press the lemons as hard as you can to squeeze out as much of the juice as possible. Add the rosemary and chile, if using, and the lemon juice, and cover with a thin layer of olive oil (optional). Seal the jar, transfer to the fridge, and leave for at least 4 weeks. The longer you leave them, the better the flavour.



SAVOUR™

COOKING SCHOOL

Moroccan Bread

2 cups semolina
5 cups all purpose flour
1 tbsp dried yeast
2 tbsps oil
Salt
water to mix

Method:

1. In a blender, mix semolina, water and yeast. Transfer the mix to a wide bowl then add the oil, flour and salt then mix well.
2. Let the dough set until it rises.
3. Form small balls then press down gently to form them into flat circles (spray with water or milk to give a nice color/optional).
4. Set aside and let rise. Bake in the oven at 200 for about 30 minutes.