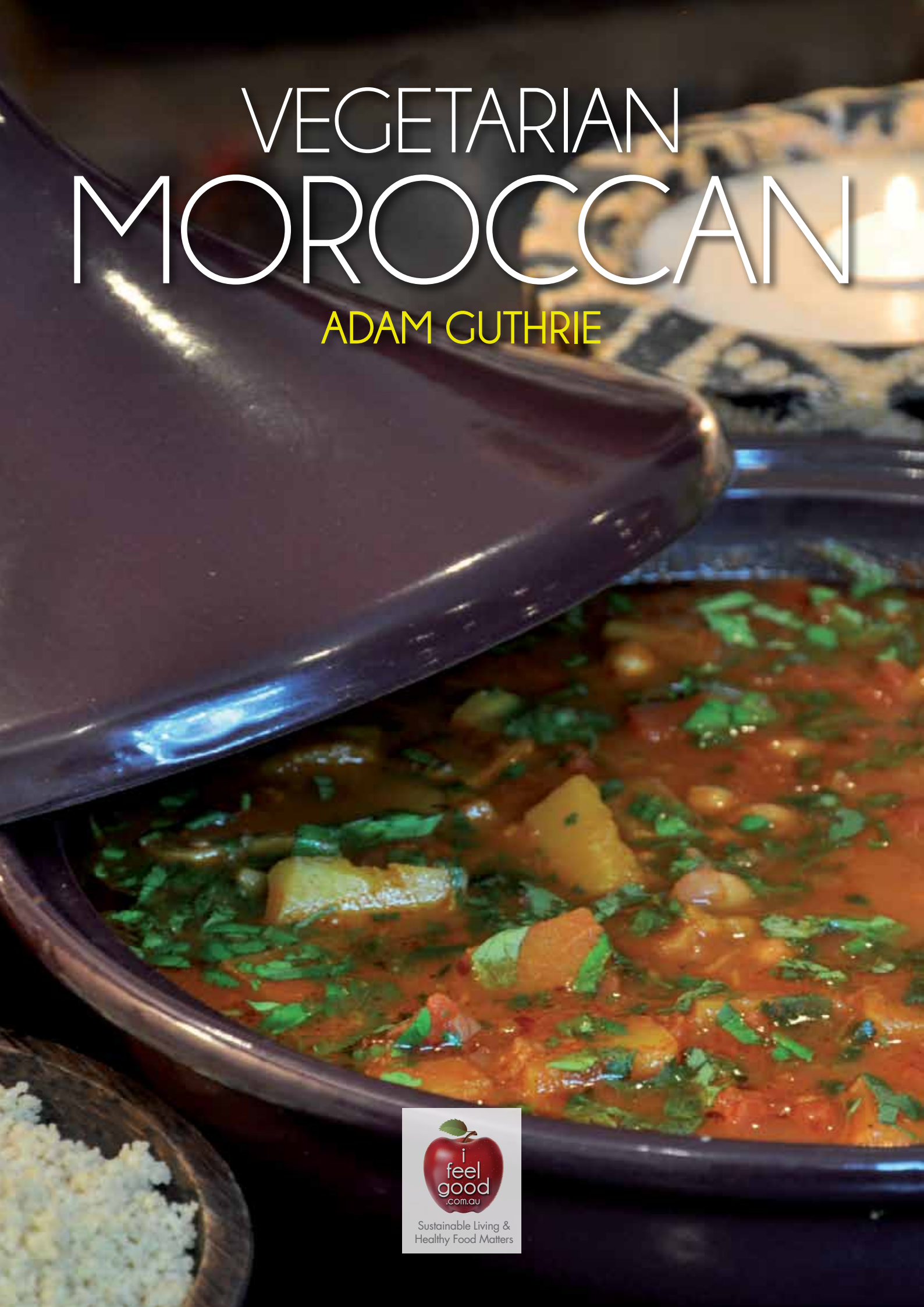


VEGETARIAN MOROCCAN

ADAM GUTHRIE



Sustainable Living &
Healthy Food Matters

MENU

CUCUMBER AND OLIVE SALAD

PRESERVED LEMON AND TOMATO SALAD

HARISSA MARINATED OLIVES

BEETROOT AND CUMIN SALAD

CHICKPEA, PUMPKIN AND POTATO TAGINE

TOFU BALL TAGINE WITH HERBS AND LEMON

COUSCOUS

FAVA BEAN DIP

BRIOUATS WITH ALMONDS, APPLES AND BANANAS

WATERMELON WITH ROSEWATER AND MINT



FAVA BEAN DIP

SERVES 4 PEOPLE

1 cup fresh or frozen broad beans (fava beans)
2 cloves garlic, minced
1/2 tsp ground cumin
1.5 tbsp lemon juice
Large pinch paprika
1/3 cup olive oil
1/2 handful flat leaf parsley
salt to taste

Cook the beans in boiling water for 10 minutes then remove the skin.

Puree the beans in a food processor with the garlic, cumin and lemon juice. Add salt to taste.

Spread the mixture over a large dish and sprinkle with the paprika and parsley. serve with vegetable sticks or flat bread.



HARISSA MARINATED OLIVES

SERVES 4 PEOPLE

Harissa:

**3 cups dried red chillies,
roughly chopped**
10 cloves garlic, chopped
1 tbsp mint
1 tbsp ground coriander
1 tbsp ground cumin
1 tsp ground caraway seeds
1/2 tsp salt
1/2 cup olive oil

Olives:

1 small red capsicum
2 tsp harissa
2 cloves garlic, minced
1/2 cup olive oil
3 cups kalamata olives

Harissa:

Soak the dried chillies in boiling water for 1 hour. Drain the chillies and put them in a food processor. with the garlic, mint, ground coriander, ground cumin, ground caraway seeds, salt and 1 Tbsp of olive oil.

With the motor running, gradually add the remaining olive oil to form a thick paste.

Place in a jar, cover with a thin layer of oil and keep in the fridge. It will last up to 6 months.

Olives:

Roast the capsicum over a live flame to blacken the skin. Place in a plastic bag to cool. Then remove the skin.

Cut the capsicum in quarters, remove the seeds and white membrane. Then finely dice the capsicum and place in a bowl. and whisk in the harissa, garlic and olive oil.

Rinse the olives under water, drain and add to the harissa marinade, toss, then transfer to a jar. Refrigerate for 2 days before serving.

Will keep for 10 days in the fridge.



PRESERVED LEMON AND TOMATO SALAD

SERVES 4 PEOPLE

750g tomatoes
1 red onion
1 preserved lemon
1/4 cup olive oil
1 tbsp lemon juice
1/2 tsp paprika
1/2 handful flat leaf parsley
1/2 handful coriander leaves

Wash and cut the tomatoes into a rough dice and place them in a bowl.

Slice the onion in to slender wedges and add to the bowl.

Separate the preserved lemon into quarters, remove the pulp and membrane and discard. Rinse the rind, pat dry with paper towel and cut into fine strips. add them to the onions and tomato.

In a small bowl whisk the olive oil, lemon juice, and paprika. Add salt and pepper to taste. Pour the dressing over the salad and mix well.

Just before serving add the parsley and coriander leaves and toss again.



CUCUMBER AND OLIVE SALAD

SERVES 4 PEOPLE

4 Lebanese cucumbers
1/2 tsp salt
1 red onion, finely chopped
3 tsp caster sugar
1 tbsp cider vinegar
1/4 cup olive oil
1 tsp lemon thyme, finely chopped
freshly ground black pepper to taste
1/2 cup, Kalamata olives, pitted

Wash then grate the cucumbers, mix with the salt and leave to drain well in a colander or sieve.

Add the finely chopped onion, caster sugar, vinegar, lemon thyme and pepper to a bowl and whisk to create a dressing.

Add the drained cucumber to the dressing and mix well. Refrigerate and server scattered with the olives.





BEETROOT AND CUMIN SALAD

SERVES 4 PEOPLE

6 medium sized beetroots
1/4 cup olive oil
1/4 cup balsamic vinegar
1/2 tsp ground cumin
freshly ground black pepper
and salt to taste
1 red onion
1/2 handful of flat leaf
parsley

Cut the stems of the beetroots, wash well to remove soil, then roast in a 200 degree celsius oven for 30 min, or until tender.

In a deep bowl, whisk together the olive oil, vinegar, cumin, pepper and salt to make a dressing.

Peel the beetroots then cut them in half and into slender wedges and place in the dressing.

Halve the red onion and slice into slender half moons and add to the beetroot.

Add the parsley and toss well. Serve warm or at room temperature.





CHICKPEA, PUMPKIN AND POTATO TAGINE

SERVES 4 PEOPLE

1 tin of chick peas
3 tbsp olive oil
1 large onion, chopped
2 cloves garlic, minced
2 tsp ground cumin
2 tsp ground cinnamon
1/4 tsp dried chili flakes
1/4 tsp saffron threads,
soaked in 4 tbsp hot water
2 cups pumpkin, peeled and
cut into large chunks
1 tin chopped tomatoes
2 large potatoes, sliced
2mm thick
Zest of one lemon
Salt and freshly ground
black pepper to taste.

Heat oil in a Tagine and gently fry the onions and garlic until soft and transparent, about 3 minutes.

Add all the spices, except the saffron, and fry for a further two minutes. Then add the saffron threads and the water they were soaking in.

Lay the sliced potatoes in the pan, then add the pumpkin, chick peas and tomatoes. pour in just enough water to cover.

Season with salt and pepper to taste and simmer on a low heat until the potatoes begin to soften about 30 minutes. Stir the lemon zest and cook for a further 10 minutes.

Serve with chopped coriander leaves on top and couscous on the side.



TOFU BALL TAGINE WITH HERBS AND LEMON

SERVES 4 PEOPLE

Balls:

1/2 onion, finely chopped
2 slices bread
500g firm tofu
1/2 tsp paprika
1/2 tsp freshly ground pepper
1 tbsp cornflour
1 tsp salt

Sauce:

1 tbsp oil
1/2 onion, finely chopped
1/2 tsp paprika
1/2 tsp ground turmeric
1/2 tsp ground cumin
1 red chili, seeded and sliced
2 cups vegetable stock
1/2 handful coriander, chopped
1/2 handful flat leaf parsley, chopped
2 tbsp lemon juice

To make the balls:

Dip the bread into some water and squeeze out the water to form a dough. Put the bread, onion and parsley in a food process and process until fine. Add the tofu, cornflour, cumin, paprika, pepper and salt. Then process to a fine paste.

Moisten your hands with water, shape the mixture into walnut-sized balls and place them on a tray. Cover and refrigerate until required.

To make the sauce:

Heat the oil in a tagine and add the onion. Cook over a low heat until soft and golden, then add the paprika, turmeric, cumin and chilli and cook, stirring for one minute.

Add the vegetable stock, and coriander then bring to the boil.

Add the tofu balls to the pan, shaking so they settle into the sauce. Cover and simmer for 45 minutes. Add most of the parsley and lemon juice and season if necessary. Return to the boil and simmer for 2 minutes.

Serve sprinkled with remaining parsley



COUSCOUS

SERVES 4 PEOPLE

2 cups couscous

Cover the couscous with cold water and soak for 10 minutes.

Steam the couscous over vegetable stock for 10 minutes stirring occasionally with a fork to break up lumps.

Serve with casseroles or use to make salads.



PRESERVED LEMONS

SERVES 4 PEOPLE

10 lemons
Rock salt
Large glass jar or
tupperware (no metal lid)

Soak the lemons for 2 days before preparing the recipe.
Change the water twice.

Remove the end of the lemon that attaches it to the tree. Cut through the lemon from the top down two thirds, then do the same again across the last cut to make a cross.

Fill the lemon with rock salt, don't be shy.

Place the lemon in the jar and repeat the process until compact. Leave about 1/4 of the jar empty for excess juices from the lemons.

Seal the jar and keep in a cool dry place. They will be ready to use in 4 weeks. They will last for up to 4 years.



HONEY- DIPPED BRIOUATS WITH ALMONDS

MAKES 18

2 cups ground almonds
**90g Nutelex (vegan
margarine)**
1/2 cup icing sugar
1/4 tsp almond extract
2 tbsp rose water
9 sheets filo pastry
1 cup honey
1/4 cup oil (for pastry)
1/4 cup water

Heat a saucepan, add the ground almonds and stir constantly until lightly roasted. Tip immediately into a bowl and add the nutlex and stir well. When cool, add icing sugar, almond extract and 1 tbsp of rose water. Mix thoroughly to a paste.

Place the 9 fillo sheets on a chopping board cut in half lengthways. Place strips in a dry tea towel to stop them drying out.

Place a fillo strip on the bench, brush with oil and fold it in half to make a thinner strip. Brush it with oil and place a heaped tablespoon of the almond filling towards the end of the strip. Fold the end diagonally across the the filling so the base lines up with side of the strip to form a triangle.

Continue folding in the same manner to the end of the strip. place seam side down on an oiled baking tray. Repeat with remaining ingredients until you have 18.

Place the tray with the briouats into a preheated 180 Degree Celsius oven. Bake for 25 minutes or until lightly golden. Combine the honey, 1/4 cup of water and remaining rose water into a sauce pan.

Just before the pastries are remove from the oven bring the honey mixture to the boil, and then reduce the heat to low. Put 2 hot pastries into the honey for 30 seconds, remove and place on a tray lined with backing paper. Continue with remaining pastries. Then cool and serve.



BRIOUATS WITH DATES AND FIGS

MAKES 18

1/2 vegetable oil
1 cup blanched almonds
1/2 cup fresh dates, pitted
1/2 cup soft dried figs
1 tbsp rose water
14 sheets filo pastry
icing sugar to serve

In a frying pan, heat 1Tbsp of the oil, add the almonds and cook until golden brown. Place in a food processor the almonds, dates, figs and rose water and process to a thick paste.

Roll the date mixture into a ball then into a 25cm long sausage and cut into 18 equal pieces. Then roll each piece into a cigar shape 10cm long. Place on a tray and set aside.

Place the 14 sheets of filo pastry on a cutting board or bench. Cut them in half length ways then place in a dry tea towel to stop drying out. Take 1 strip of filo place on a bench with the narrow end towards you and brush with oil. Layer another on top and brush with oil.

Put a date roll on the filo at the end closest to you leaving about 1.5cm of pastry on each side. Fold the pastry sides over the filling then roll to the end and place seam side on an oiled backing tray. Repeat with remaining ingredients. Bush them with oil.

Place the tray with the briouts on it in a preheated 108 degree celsius oven and bake for 20 minutes or until lightly golden brown.

Sift icing sugar over them while hot. When cool, store in a sealed container. They keep for 2 days stored at room temperature.

