



Flavors of Marrakech

Your Cooking Class Recipes





Flavors of Marrakech



Zaalouk

AUBERGINE PASTE

Set up time: 15

Cooking time: 30-40 min

min

INGREDIENTS

Aubergines (3/4)

Tomatoes (1/4)

Garlic Cloves

Cumin

Paprika

Salt

Pepper

Olive Oil

Toppings:

Parsley or Coriander

INSTRUCTIONS

Variant Pan

1. Cut the aubergines and tomatoes into 1cm cubes.
2. Put olive oil in a pan. Fry the aubergine cubes for 10-15 minutes over medium heat until golden brown.
3. Add the diced tomatoes, strained garlic clove and all the *spices*. Cook on low heat until a paste is formed.
4. Garnish with parsley or coriander. Serve lukewarm or cold.

Variant Grill

- Grill whole aubergines on the barbecue so that they are soft on the inside and completely charred on the outside.
- Remove the skin from the aubergines and cut the aubergine into 1 cm pieces.
- Then follow the same steps as above.

TIP:

The smoky flavour of the aubergines becomes even more intense if the skins of the aubergines are blackened on a camping barbecue or directly on charcoals. Then leave the aubergines to cool a little in a plastic bag. After that peel them carefully.



Flavors of Marrakech



Taktouka

PEPPER PASTE

Set up time: 15

Cooking time: 30 min

min

INGREDIENTS

Peppers(all colors) (3/4)

Tomatoes (1/4)

Garlic Cloves

Cumin

Paprika

Salt

Pepper

Olive Oil

Toppings:

Parsley or Coriander

INSTRUCTIONS

1. Grill whole peppers on a camping barbecue or directly on charcoal until the skin is completely black.
2. Peel the peppers and cut into fine 5mm cubes.
3. Pour olive oil into a pan. Cook the pepperoni cubes for 7-10 minutes over a medium heat until golden brown.
4. Add the diced tomatoes, strained garlic clove and all the **spices**. Cook on low heat until a paste is formed.
5. Garnish with parsley or coriander. Serve lukewarm or cold.

TIP:

After blackening the peppers on the grill, put them in a plastic bag and let them cool a little. Then peel them and remove the seeds.



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Maroccan Salad

WITH TOMATOES & CUCUMBER

Set up time: 15 min

Cooking time: 10 min

INGREDIENTS

Tomatoes (2/3)

Cucumber (1/3)

Red Onions

Cumin

Salt

little Pepper

Olive Oil

Vingegar or Lemon

Juice

INSTRUCTIONS

1. Remove the tomato skin. Peel the cucumber and remove the seeds with a spoon. Cut the tomatoes and cucumber into small 5mm cubes.
2. Drain with a fine sieve for about 10 minutes. (Draining prevents the lettuce from becoming watery. If necessary, remove any remaining water by applying pressure).
3. Cut the onions into small cubes.
4. Mix the tomatoes, cucumbers, onions and all the **spices**. Season with olive oil and vinegar or lemon juice.
5. Serve immediately.

TIP:

A quick and easy way to remove the skin from the tomatoes is to put them in boiling water for 3-5 minutes. Then pour off the water and let the tomatoes cool down. After that, the skin comes off very easily.

To turn a Moroccan Salad into a Havannah Salad add a mango and some coloured peppers. Instead of lemon juice you can use lime jucie. Don't use black pepper as a spice for this salad.



Flavors of Marrakech



Vegetable Tagine

GENTLY COOKED VEGETABLES

Set up time: 15

Cooking time: 45-60 min

min

INGREDIENTS

Veggies of your choice:

Tomatoes

Potatoes

Carrots

Aubergine

Zucchini

Onions

Garlic

Cumin

Paprika

Ginger

Kurkuma

little Ras el-Hanout!

Salt

Pepper

Olive Oil

Toppings:

Parsley or Coriander

INSTRUCTIONS

1. Cut the vegetables into larger pieces. Place the vegetables in a container filled with water until you use them. Cut the tomatoes into small pieces and the onions into small cubes.
2. Now mix the desired **spices** in a small bowl (approx. 1 tsp per spice). Add a little oil and water to make a thick marinade. Add the garlic clove.
3. Sauté the onions and the tomatoes with olive oil in the tajine over medium heat. Drizzle a little of the vegetable marinade over it.
4. Set the tajine to low heat. Now layer the carrots - drizzle a little vegetable marinade over them & close with the lid.
5. Add the other vegetables one by one - drizzle the spice marinade over each layer & close with the lid.
6. To test if the vegetables are cooked, pierce the carrots with a sharp knife. When they are soft, the tajine is ready.
7. Finally, garnish the tajine with parsley or coriander and olive oil. Serve hot.

TIP:

- Place the carrots in the tajine first, as they have the longest cooking time.
- The lid of the tajine should not be lifted for the first 30 minutes! Frequent lifting of the lid disturbs the cooking process in the tajine cooking pot.



Flavors of Marrakech



Chicken Tajkine WITH LEMON & OLIVES

Set up time: 20 min

Cooking time: 45-60 min

INGREDIENTS

Chicken
Onions
Garlic
preserved Lemon
green Olives
Cumin
little Ras el Hanout
Ginger
Salt
Pepper
optional: little Safran
Olive Oil
Vinegar or Lemon Juice

Toppings:
Parsley or Coriander

INSTRUCTIONS

1. Wash the chicken thoroughly with vinegar or lemon juice. Cut the chicken into pieces.
2. Now mix the desired **spices** in a small bowl (approx. 1 tsp per spice). Add a little oil and water to make a thick marinade. Add the garlic cloves. Add 1 tablespoon of the juice of the lemons.
3. Mix the chicken with this marinade.
4. Heat the tajine (medium heat) and brown the chicken in it until the chicken is no longer moist.
5. Cut the onions into small pieces. Then add the onions and stir everything. Put the lid on. Cook on a low heat for 30 minutes.
6. After 30 minutes, add olive oil and olives. Simmer for another 10-20 minutes until the chicken is cooked and the sauce has thickened.
7. In the last 5 Min add the green olives. Garnish with parsley or coriander and salt lemons. Serve hot.

TIP:

- Wash the chicken thoroughly with vinegar or lemon juice the day before and place in the refrigerator, tightly closed. The chicken will keep in the freezer for at least 3 months.
- If you like salted lemons, you can also cook small pieces of them.
- Note: For the chicken tagine, no olive oil is added to the tajine at the beginning.



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Mhencha ALMOND PASTRY

Set up time: 30

Cooking time: 30-40 min

min

INGREDIENTS

Yufka Pastry*
Almonds
Butter
sugar
little Cinammon
(optional: Rosewater*,
real Vanilla)

INSTRUCTIONS

1. Place the almonds in a hot water bath for 2-3 minutes. Then drain well.
2. Peel the almonds and put them in a container. Pat the almonds dry with kitchen paper.
3. In a blender, mix almonds with sugar, a little cinnamon, and a little rose water and vanilla. Blend until no large pieces of almond are visible.
4. Knead the mixture into a firm dough. Add more rose water or (alternative to Rosewater: softened butter) if the dough is not yet holding together.
5. Cut the yufka pastry in half with a sharp knife. Form rolls about 5mm thick with the almond mixture.
6. Melt the butter in a bain-marie or frying pan.
7. Brush the yufka with butter and roll in the almond paste. Then form a snail. Finally, brush again with butter.
8. Bake the mhencha in the middle of the oven at 180° for approx. 15-20 minutes until golden and crunchy.

TIP:

- A different kind of water bath: Instead of a water bath, you can simply use a metal bowl to melt the butter. Simply heat the metal bowl directly on the cooker.
- Always keep the yufka pastry sealed in air, otherwise it will dry out. Yufka pastry* and Rosewater* are available in most "Turkish" grocery shops
- 1 tablespoon of sugar is recommended for every 100 grams of almonds. 400g of almonds make about 12-18 pieces.



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Tomatoetajine WITH EGGS

Set up time: 15 min

Cooking time: : 30-40 min

INGREDIENTS

Tomatoes
Eggs
Onions
optional: minced meat*
Cumin
Paprika
little Ginger
Salt
Pepper

Toppings:

Parsley or Coriander

INSTRUCTIONS

1. Grate the tomatoes and onion with a grater to make small pieces.
2. In the tajine, sauté the onions with a little olive oil over medium heat. Then add the tomatoes and the **spices**. (Approximately 1 teaspoon per spice)
3. Cook on medium heat for about 20 minutes (close the lid), stir occasionally. Most of the water should evaporate and a thick tomato paste should form.
4. Crack the eggs, add them and close the lid. Cook for another 3-5 minutes until the egg whites are set and the yolks are still soft.
5. Garnish with parsley or coriander.
6. Serve immediately.

TIP:

*If you like, you can also prepare this dish with small balls of minced meat. Salt the minced meat and form small balls the size of walnuts. After cooking the tomato tajine for about 20 minutes, add the minced meat balls and cook for another 10-15 minutes.



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Pumpkin Salad

Preparation: 5 min

Cooking time: 10 min

INGREDIENTS

Pumpkin
Honey or sugar
Cinnamon
Salt
Sesame

INSTRUCTIONS

1. 1 small pumpkin, peeled and diced into 1-inch cubes
2. In a pan add 2 table tablespoons of table oil then add the cubes and add a pinch of salt.
3. On a medium fire, cook the pumpkin add half cup of water to help the cooking with constant stirring while you are smashing the cubes with a spatula
4. When the pumpkin comes is all squished add 2 tablespoon of honey or sugar and half tablespoon of cinnamon.
5. Keep stirring to caramelises the paste and change colour to brownish. Turn the fire off and wait until it cools down to serve it with a garnish of sesame seed.



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Preserved Lemon

Set up time: at least 2

Cooking time: 5 min

Months

INGREDIENTS

Organic Lemon
Lemon Juice
Salt
Olive oil
airtight Jar

INSTRUCTIONS

1. Rinse the lemons under cold water and brush lightly. Pat dry well with a paper towel.
2. Cut a cross at the top of the lemon, but without cutting all the way through. Put 1-2 tablespoons of salt on each lemon and then fold them up again.
3. Place the lemons in a sterilised preserving jar. One by one, put all the lemons in and press down firmly. The lemons will release their juice.
4. Fill with lemon juice so that the lemons are completely surrounded by liquid.
5. Finally, add a little olive oil on top.
6. Store in a cool and dark place for 2 months.