

Flavors of Marrakech
present:

COOKING CLASS IN MARRAKECH



 [@flavorsofmarrakech](https://www.instagram.com/flavorsofmarrakech)





Flavors of
Marrakech



Zaalouk

AUBERGINE PASTE

Set up time: 15 min

Cooking time: 30-40 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

1. Grill whole aubergines on the barbecue so that they are soft on the inside and completely charred on the outside.
2. Remove the skin from the aubergines and cut the aubergine into 1 cm pieces.
3. 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
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Taktouka

PEPPER PASTE

Set up time: 15 min

Cooking time: 30-40 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.



Flavors of
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Maroccan Salad

Set up time: 5 min

Cooking time: 5 min

INGREDIENTS

Tomatoes (2/3)

Cucumber (1/3)

Red Onions

Cumin

Salt

little Pepper

Olive Oil

Vinegar 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 juice. Don't use black pepper as a spice for this salad.



Flavors of Marrakech

Vegetable Tajine

GENTLY COOKED

Set up time: 15 min

Cooking time: 60-75 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 and/or Coriander

INSTRUCTIONS

1. Cut the vegetables into larger pieces. Place the vegetables in a container filled with water until you use them. Raffle the tomatoes and the onions.
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. 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.



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Chicken Lemon Tajine WITH LEMON

Set up time: 20 min

Cooking time: 60-75 min

INGREDIENTS

Chicken
Onions
preserved Lemons
green Olives
Lemon Juice
Cumin
little Ras el Hanout
Ginger
Salt
Pepper
optional: little Safran

Olive Oil

Toppings:

Parsley and/or Coriander

INSTRUCTIONS

1. Wash the chicken thoroughly with vinegar or lemon juice, salt and ginger. 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. Raffle 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. Simmer for another 20-45 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 the day before and place in the refrigerator, tightly closed. Thanks to this process, the chicken will become even more tender.
- Note: For the chicken tagine, no olive oil is added to the tajine at the beginning.



Flavors of Marrakech



Vegetable Couscous

PART 1

Recipe for 4 People

Set up time: 40 min

Cooking time: 60 min

INGREDIENTS

2 small Tomatoes
1 medium Onion (diced)
1 medium Onion (grated)
Parsley & Coriander bundle
2 Carrots
2 Turnip
2 Zucchini
1 aubergine
¼ Cabbage
200 gr Pumpkin
1 Cup of raw Chickpeas
400gr Couscous
125 ml Olive Oil
1 teaspoon Ghee butter

½ pepper

2 Tablespoons of Salt*

1 Teaspoon coriander,
tumeric, ginger, paprika

Steam cooker (click)

INSTRUCTIONS

Couscous:

- **Hydrate:** Put the couscous in a big low plate and add the 100ml olive oil. Rub it gently. Add 200 ml of water and wait for 10 mins.

Sauce:

- Take 25ml olive Oil, the tomatoes, onions and a bundle of parsley and coriander, as well as all the **spices**. Sauté for 10-15 mins until everything has melted down to a thick sauce. Remove the parsley and coriander bundle
- Cut the veggies into bigger pieces. Add the chickpeas, 1L of hot water, and the veggies that take the longest (carrots, turnip, eggplants, cabbage) on the lower part of your steam cooker.
- **Round 1:** Add the Couscous to the upper part of the steam cooker and let it steam for 20 mins.
- After 20 mins take the couscous out and let it cool off so that you can touch it with your hands. Hydrate it with ½ cup of water and 1 Tablespoon of Salt, and let it cool down for 10 mins.

Vegetable Couscous

PART 2

Recipe for 4 People

INSTRUCTIONS

- **Round 2:** After the 10 mins put the couscous pack to steam for another 20 mins. Add the soft vegetables to the pot (zucchini, pumpkin)
- **Round 3:** Put the couscous in the low plate, add 1 teaspoon of ghee to it and rub it nicely all over the couscous. Put it back to steam for another 10 or 20 mins.
- When the couscous is nice and steamed, and the vegetables cooked, arrange everything together on a big plate. Couscous first, sauce, and the vegetables on top. Enjoy!



Flavors of Marrakech



Brewat

THE MOROCCAN SAMOSAS

Recipe for 12 pieces

Set up time: 30 min

Cooking time: 20-25 min

INGREDIENTS

1 Carrot
1 small Zucchini
½ Onion or 1 small onion
1 handful of Cabbage
3 Tablespoons Olive oil
50gr. Butter

½ Teaspoon salt

½ Tumeric

1 Teaspoon harissa

¼ Teaspoon Pepper,
Ginger, and Coriander

INSTRUCTIONS

1. Chop the onions and the cabbage into small dices.
2. Grate the carrot and the zucchini.
3. Saute the onions until glossy and add the carrots, zucchini and cabbage. **Add all the spices.**
4. Fry on medium heat until the vegetables are cooked. Let it cool down.
5. Take a filo dough and fill them.
6. Melt butter slowly in a pan. Brush the brewats generously with the melted butter.
7. Bake the brewats for 20-25 mins in the middle of the preheated oven (180°) until light brown and crispy.

TIP:

- You can fill the brewats with anything: Minced meat, Cheese, even leftover vegetables.
- The brewats can be stored in the fridge (uncooked) for up to 3 months. Make sure to separate them with a baking sheet, so that they don't stick together.
- You can also fry the brewats with oil, if preferred.



Flavors of
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Chef's Sauce

THE PERFECT DIP

Set up time: 10 min

Cooking time: 20-30 min

INGREDIENTS

2 Peppers
1 Tomato
½ Onion or 1 small Onion
2 Garlic cloves
2 Tablespoon Oliveoil

½ Teaspoon Salt
1 Teaspoon Paprika
½ Teaspoon Pepper
Parsley

INSTRUCTIONS

1. Chop the vegetables into bigger chunks.
2. Take a pan, add all the ingredients and **the spices** and simmer on low heat (**Don't add any water to it!**) for 20-30 mins until all the veggies are cooked and mushy.
3. Let it cool off a bit and then grind it with a mixer.
4. Serve hot or cold. The Chef's sauce stays fresh in the fridge for up to 3 days.



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Mhencha

ALMOND PASTRY

Set up time: 30 min

Cooking time: 30 min

INGREDIENTS

Filo Dough*
Almonds
Butter
Sugar
little Cinammon
(optional:
Rosewater*,
real Vanilla)

INSTRUCTIONS

1. Place the almonds in hot water for 2–3 minutes, then drain well.
2. Peel and pat them dry with kitchen paper.
3. In a blender, mix almonds with sugar, a little cinnamon, rose water, and vanilla. Blend until smooth.
4. Knead into a firm dough. Add more rose water or softened butter if it doesn't hold together.
5. Cut the filo dough in half and form 5 mm rolls with the almond mixture.
6. Melt butter in a bain-marie or pan.
7. Brush filo with butter, roll in almond paste, and shape into a snail. Brush again with butter.
8. Bake the mhencha at 180 °C for 25–30 min until golden and crunchy.

TIP:

- Always keep the filo dough sealed in air, otherwise it will dry out. Filo dough* and Rosewater* are available in most "Turkish" or "Arabic" grocery shops.
- **Measurements:** 1 tablespoon of sugar is recommended for every 100 grams of almonds. 400g of almonds make about 12–18 pieces of Mhencha.



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Preserved Lemon

Set up time: 5 min

Cooking time: at least 2 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.