

Tagine Greats

The Top 100 Moroccan Tagine Recipes

Second Edition



Jo Frank

**Tagine Greats:
The Top 100
Moroccan Tagine Recipes**

Notice of Rights

All rights reserved. No part of this book may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

Notice of Liability

The information in this book is distributed on an "As Is" basis without warranty. While every precaution has been taken in the preparation of the book, neither the author nor the publisher shall have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions contained in this book or by the products described in it.

Trademarks

Many of the designations used by manufacturers and sellers to distinguish their products are claimed as trademarks. Where those designations appear in this book, and the publisher was aware of a trademark claim, the designations appear as requested by the owner of the trademark. All other product names and services identified throughout this book are used in editorial fashion only and for the benefit of such companies with no intention of infringement of the trademark. No such use, or the use of any trade name, is intended to convey endorsement or other affiliation with this book.

Write a review to receive any *free* eBook from our Catalog - \$99 Value!

If you recently bought this book we would love to hear from you! Benefit from receiving a free eBook from our catalog at <http://www.emereo.org/> if you write a review on Amazon (or the online store where you purchased this book) about your last purchase!

How does it work?

To post a review on Amazon, just log in to your account and click on the Create your own review button (under Customer Reviews) of the relevant product page. You can find examples of product reviews in Amazon. If you purchased from another online store, simply follow their procedures.

What happens when I submit my review?

Once you have submitted your review, send us an email at review@emereo.org with the link to your review, and the eBook you would like as our thank you from <http://www.emereo.org/>. Pick any book you like from the catalog, up to \$99 RRP. You will receive an email with your eBook as download link. It is that simple!

Welcome

Welcome to the Second Edition of Tagine Greats with 20 new recipes and the new Essential ingredients chapter, to help you get started with the basics of tagine cooking.

A tagine is both an earthenware cooking pot from Morocco and the name of a meal with many delicious variations.

If you don't own a tagine, using a flame-proof casserole dish with a lid will also do.

Tagines are a great way to cook and the food is simply beautiful. If you love Moroccan cuisine, this recipe book is a must have.

The recipes in this book are easy to follow, the ingredients widely available and the meals are delicious, healthy and filling. The recipes are broken up into sections – Essential Ingredients, Vegetable Tagines, Chicken Tagines, Lamb Tagines and Other Great Tagines, encompassing fish, beef, pork, seafood and veal dishes..

The recipes are superb and delicious. Definitely great comfort food during winter. And don't forget the couscous!

Table of Contents

THE BACKGROUND OF TAGINE COOKING	9
<i>Moroccan Tagine</i>	9
<i>Tunisian Tagine</i>	11
ESSENTIAL INGREDIENTS	13
PRESERVED LEMONS	14
TOMATO CHERMOULA	15
SMEN	16
RAS EL HANOUT (MOROCCAN SPICES)	17
VEGETABLE TAGINES	19
CHICKPEA TAGINE	20
FRUIT AND VEGETABLE TAGINE	22
FILLING VEGETABLE TAGINE	24
QUICK VEGETABLE TAGINE	27
VEGETABLE TAGINE WITH COUSCOUS	29
APRICOT AND VEGETABLE TAGINE	32
AFRICAN MIXED VEGETABLE TAGINE	34
CAULIFLOWER TAGINE	36
TAGINE OF CHICK PEAS WITH AROMATICS	38
MOROCCAN TAGINE WITH CHERMOULA	39
TAGINE OF OKRA AND TOMATOES	41
TAGINE OF PUMPKIN AND CHICKPEAS	42
TAGINE OF SPRING VEGETABLES WITH SPICED TOMATO BROTH AND COUSCOUS	44
SLOW COOKER ROOT VEGETABLE TAGINE	46
SPICY POTATO TAGINE WITH PRESERVED LEMON AND OLIVES	47
ARTICHOKE AND FAVA BEAN TAGINE	49
FRAGRANT VEGETABLE TAGINE WITH LEMON COUSCOUS	51

SWEET POTATO TAGINE	53
PUMPKIN AND CHICKPEAS.....	55
VEGETARIAN MOROCCAN TAGINE.....	57
CHICKEN TAGINES.....	60
TRADITIONAL CHICKEN TAGINE	61
SPICED CHICKEN TAGINE.....	63
BASIC CHICKEN TAGINE	65
MOROCCAN CHICKEN AND DATE TAGINE RECIPE	67
MOROCCAN CHICKEN STEW	69
NECTARINE AND PLUM CHICKEN TAGINE	71
MOROCCAN CHICKEN TAGINE	73
MOROCCAN CHICKEN TAGINE WITH COUSCOUS	75
QUINCE AND OKRA TAGINE WITH MOHA.....	77
MOROCCAN CHICKEN TAGINE WITH HONEY AND APRICOTS.....	79
HOT CHICKEN TAGINE.....	81
SPICY AND SWEET CHICKEN TAGINE.....	82
MOROCCAN TAGINE.....	84
CHICKEN TAGINE WITH APRICOTS AND ALMONDS	86
CHICKEN TAGINE WITH APRICOTS AND SPICED PINE NUTS.....	88
GREEN OLIVES AND CHICKEN TAGINE.....	91
CHICKEN WITH LEMON AND OLIVES.....	93
CITRUS CHICKEN TAGINE	95
MEDITERRANEAN CHICKEN WITH PRESERVED LEMONS	97
TAGINE WITH CHICKEN AND APPLE.....	99
CHICKEN TAGINE WITH ROAST PEPPERS.....	100
SPICED CHICKEN APRICOT TAGINE.....	103
CHICKEN AND SEVEN VEGETABLES.....	104
MOROCCAN-SPICED CHICKEN WITH BEANS	106

CHICKEN WITH SPRING VEGETABLES	108
CHICKEN WITH CANDIED PUMPKIN.....	110
FATIMA'S CHICKEN TAGINE WITH COUSCOUS	112
CHICKEN WITH CINNAMON AND DATES	115
LAMB TAGINES	117
LAMB WITH QUINCES	118
LAMB AND PEAR TAGINE	120
TAGINE WITH MINCE AND TOMATO	122
MARRAKESH LAMB WITH RAS EL HANOUT	123
LAMB AND DRIED FRUIT TAGINE.....	124
APRICOT LAMB	126
LAMB AND PRUNE TAGINE	128
ZESTY LAMB TAGINE.....	130
LAMB, SHALLOT AND DATE TAGINE	132
TRADITIONAL LAMB TAGINE	133
LAMB TAGINE WITH APRICOTS, OLIVES AND BUTTERED ALMONDS	135
TAGINE BERBER.....	137
LAMB WITH ARTICHOKE AND MINT	139
LAMB WITH CHICKPEAS AND RAISINS, BASMATI RICE AND HARISSA	141
SPICY LAMB TAGINE WITH COUSCOUS.....	144
LAMB TAGINE WITH GOLDEN RAISINS	146
LAMB AND CARROT TAGINE	149
LAMB TAGINE WITH HONEY, PRUNES, ONIONS	150
MOROCCAN LAMB TAGINE	153
LAMB TAGINE WITH PRUNES	154
MOROCCAN LAMB TAGINE SMOTHERED WITH OLIVES.....	156
MOROCCAN LAMB TAGINE WITH RAISINS, ALMONDS, AND HONEY	158
LAMB TAGINE WITH PRUNES AND CINNAMON GOURMET	160

LAMB TAGINE WITH PRUNES, APRICOTS, AND VEGETABLES	162
LAMB TAGINE WITH TOMATOES AND CARAMELIZED SWEET ONIONS	164
LAMB TAGINE WITH DATES & ALMONDS	166
LAMB, SHALLOT AND DATE TAGINE RECIPE	168
OTHER GREAT TAGINES	170
SWORDFISH TAGINE	171
POTATO AND VEAL TAGINE	173
FISH TAGINE WITH PRESERVED LEMON AND TOMATOES	175
SHRIMP AND PRESERVED LEMON TAGINE	177
FISH TAGINE WITH TOMATOES, CAPERS, AND CINNAMON.....	179
BEEF TAGINE WITH PRUNES.....	180
MUTTON TAGINE WITH PRUNES.....	181
INDIAN-SPICED FISH TAGINE.....	183
MOROCCAN PORK TAGINE.....	185
TOMATO CHERMOULA FISH TAGINE	187
APPLE AND PORK TAGINE	189
MOROCCAN SPICED MEATBALLS W/ EGGS IN TOMATO SAUCE	191
CRANBERRY DUCK TAGINE	193
BENI MELLAL TAGINE	195
INDEX	197

The background of Tagine cooking

A tajine or tagine (pronounced /tɑːˈʒiːn/; Arabic: تاجين , IPA: [tˤ aː dʒ iː n]) is a type of dish found in the North African cuisines of Morocco, which is named after the special pot in which it is cooked. The traditional tagine pot is formed entirely of a heavy clay which is sometimes painted or glazed. It consists of two parts; a base unit which is flat and circular with low sides, and a large cone or dome-shaped cover that rests inside the base during cooking. The cover is so designed to promote the return of all condensation to the bottom. With the cover removed, the base can be taken to the table for serving.

Recently, European manufacturers have created tagines with heavy cast iron bottoms that can be fired on a stovetop at high heat. This permits browning meat and vegetables before cooking. While the similar Dutch oven and Sač spell (sach) (a cast iron pot with a tight cover) braises most efficiently in the oven, the tagine braises best on the stovetop.

Moroccan Tagine

Tagines in Moroccan cuisine are slow-cooked stews braised at low temperatures, resulting in tender meat with aromatic vegetables and sauce. They are traditionally cooked in the tagine pot, whose cover has a knob-like handle at its top to facilitate removal. While simmering, the cover can be lifted off without the

aid of a mitten, enabling the cook to inspect the ingredients, add vegetables, move things around, or add additional braising liquid. Most tagines involve slow simmering of less-expensive meats. For example, the ideal cuts of lamb are the neck, shoulder or shank cooked until it is falling off the bone. Very few Moroccan tagines require initial browning; if there is to be browning it is invariably done after the lamb has been simmered and the flesh has become butter-tender and very moist. In order to accomplish this, the cooking liquid must contain some fat, which may be skimmed off later.

Moroccan tagines often combine lamb or chicken with a medley of ingredients or seasonings: olives, quinces, apples, pears, apricots, raisins, prunes, dates, nuts, with fresh or preserved lemons, with or without honey, with or without a complexity of spices. Traditional spices that are used to flavor tagines include ground cinnamon, saffron, ginger, turmeric, cumin, paprika, pepper, as well as the famous spice blend Ras el hanout. Some famous tagine dishes are mqualli or mshermel (both are pairings of chicken, olives and citrus fruits, though preparation methods differ), kefta (meatballs in an egg and tomato sauce), and mrouzia (lamb, raisins and almonds). Other ingredients for a tagine may include any product that braises well: fish, quail, pigeon, beef, root vegetables, legumes, even amber and agarwood. Modern recipes in the West include pot roasts, ossobuco, lamb shanks and turkey legs. Seasonings can be traditional Moroccan spices, French, Italian or suited to the dish.

Tunisian Tagine

What Tunisians refer to as a "tagine" is very different from the more well-known Moroccan dish.

Tunisian tagine is more like an Italian frittata. First, a simple ragout of meat cut into very small pieces, cooked with onions and various spices, such as a blend of dried rosebuds and ground cinnamon known as *bharat*, or a robust combination of ground coriander and caraway seeds, is called *tabil*.

Then something starchy is added to thicken the juices - common thickeners include cannellini beans, chickpeas, breadcrumbs or cubed potatoes. When the meat is tender, it is combined with whatever ingredient has been chosen to be the dominant flavoring. Examples include but are not limited to fresh parsley, dried mint, saffron, sundried tomatoes, cooked vegetables, or even stewed calf's brains. Next, the stew is enriched with cheese and eggs. Finally, this egg & stew is baked in a deep pie dish, either on the stove or in the oven until both top and bottom are crisply cooked and the eggs are just set.

When the tagine is ready, it is turned out onto a plate and sliced into squares, accompanied by wedges of lemon. Tunisian tagines can be made with seafood, or as a completely vegetarian dish. In rural parts of Tunisia, home cooks place a shallow earthenware dish over glowing olive wood, fill it, cover it with a flat earthen pan, and then pile hot coals on top. The resulting tagine is crusty

on top and bottom, moist within, and is infused with a subtle smoky fragrance.

Now onto the recipes!

This article is licensed under the GNU Free Documentation License. It uses material from the Wikipedia article "Tagine". Source <http://en.wikipedia.org/wiki/Tagine>

Essential Ingredients

Preserved Lemons

Preserved lemons are a staple in Moroccan cuisine and are frequently used in stews or tagines. Although easy to prepare, this step must be done well in advance, since curing the lemons takes at least one month.

4 lemons, depending on size	6 black peppercorns
1/4-cup coarse salt, more if desired (kosher or coarse sea salt)	1 cinnamon stick
	4 whole cloves
	Lemon juice
6 coriander seeds	

Procedure

Make two cuts in lemon, from the top to within 1/2 inch of the bottom, nearly quartering them. Sprinkle salt on inside surface before reshaping.

Place 1 tablespoon salt on the bottom of a 1 -1/2 pint size jar. Place lemons in jar and push them down, adding more salt, and spices in between. Press the lemons into jar and add fresh lemon juice to approximately 3/4" from top of jar.

Allow lemons to ripen in a warm place. Invert jar upside daily (if possible). Takes approximately 30 days. May keep up to one year.

Servings: 4

Tomato Chermoula

Tomato Chermoula goes well with seafood dishes.

1 tbsp olive oil	2 tbsp chopped flat leaf parsley
2 garlic cloves chopped	1 tbsp ground cumin
2 brown onions diced	2 tbsp chopped coriander
4 x 400g cans of crushed tomatoes	Salt & pepper
Juice of ½ lemon	

Procedure

Gently heat the oil in a saucepan and sauté the garlic and onion until soft. Add the tomatoes, cumin, and lemon juice. Simmer gently for 20 minutes, stirring occasionally.

Stir in the fresh herbs and remove from heat. Season to taste.

This can be stored in the refrigerator for up to a week.

Smen

Smen is a type of preserved clarified butter prepared in a way similar to Indian ghee. It may be flavored with wild herbs. It has quite a potent cheese taste that takes a little getting used to, especially for eating on bread. In cooking, smen lends a characteristic flavor to tagines, k'dras and couscous. In some Fez and Berber households, smen is packed in glass jars and kept for years, gradually becoming darker and more pungent with time.

2 cups sweet butter, diced 1/4 tsp herbes de Provence
1 Tbs coarse salt

Procedure

Gently heat the butter in a saucepan until melted, then bring to the boil. Lower the heat and simmer for 3-4 minutes until the butter is clear and there is a separate layer on the bottom of the pan. Line a sieve with muslin that has been wrung out in hot water, and sprinkle with the salt and herb. Gradually spoon the clear butter into the sieve and allow it to strain through. Then strain it again into a clean, dry jar. Cover and keep in the refrigerator for up to 6 weeks.

Servings: 1

Ras el Hanout (Moroccan Spices)

Literally "top of the shop," Ras el Hanout is a Moroccan spice blend that can contain more than 30 ingredients. For the Moroccan souks (spice merchants) it is a point of honor to have the most sought after version of this blend.

Ras el hanout is somewhat curry-like with a spicy kick, a floral fragrance and subtle nuances within an overall robust flavor. It is extremely versatile, adding a golden color and an aromatic and enticing flavor to chicken and vegetable tagines.

You can buy ready-made Ras el Hanout at supermarkets where it is often called Moroccan Spice Blend or similar. If you'd like to go the more traditional route and make your own, here is a great recipe.

1 teaspoon ground cumin	1/2 teaspoon ground white
1 teaspoon ground ginger	pepper
1 teaspoon turmeric	1/2 teaspoon ground
1 teaspoon salt	coriander seeds
3/4 teaspoon ground	1/2 teaspoon cayenne
cinnamon	1/2 teaspoon ground allspice
3/4 teaspoon freshly ground	1/2 teaspoon ground nutmeg
black pepper	1/4 teaspoon ground cloves

Procedure

In a small bowl whisk together all ingredients until combined well.

Spice blend keeps in an airtight container at cool room temperature 1 month.

Vegetable Tagines

Chickpea Tagine

1 cup dried chickpeas, soaked overnight and drained	peeled and cut into 1-inch dice
1/4 teaspoon saffron threads	2 medium red potatoes, peeled and cut into 1-inch dice
1 quart plus 2 tablespoons water	One 14.5 ounce can whole tomatoes, drained and chopped
1 large onion, finely diced	Salt
2 garlic cloves, thinly sliced	2 small zucchini, diced
1 tablespoon unsalted butter	1 tablespoon minced preserved lemon rind
2 tablespoons extra-virgin olive oil	Freshly ground black pepper
2 teaspoons ground cumin	3 tablespoons chopped cilantro leaves
One 3-inch cinnamon stick	Yogurt and <i>harissa</i> , for serving
1/4 teaspoon crushed red pepper	
1/2 pound butternut squash,	

Procedure

In a saucepan, cover the chickpeas with 2 inches of water and bring to a boil. Reduce the heat to low and simmer until tender, 45 minutes. Drain.

In a bowl, crumble the saffron in the 2 tablespoons of water; steep for 10 minutes.

In a deep skillet, cook the onion and garlic in the butter and oil over moderate heat until golden, 8 minutes. Add the cumin, cinnamon stick and crushed red pepper and cook for 2 minutes.

Add the saffron water, chickpeas, squash, potatoes, tomatoes, the quart of water and a large pinch of salt; bring to a boil, then simmer until the squash and potatoes are tender, 30 minutes.

Add the zucchini and the preserved lemon; simmer until the zucchini is tender, 5 minutes. Discard the cinnamon stick.

Season the tagine with salt and pepper and stir in the cilantro.

Serve in bowls with yogurt and *harissa*.

Fruit and Vegetable Tagine

1/4 cup olive oil	2 Tbs currants
1 large red pepper, chopped	1 tsp ground cinnamon
1 Tbs minced garlic	1 yellow squash, chopped
1 Tbs minced shallots	1 zucchini, chopped
Coarse salt	2 ripe bananas
Freshly ground pepper	1 tsp sugar
1 medium peeled eggplant, chopped	

Procedure

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add red pepper and cook for 1 minute. Add 1 teaspoon garlic, 1 teaspoon shallots, and 1 tablespoon water. Cook until tender, about 3 minutes, stirring occasionally. Remove from pan and set aside.

Add 1 tablespoon olive oil to skillet and heat over medium-high heat. Add eggplant and season with salt and pepper. Cook for 1 minute, and add 1 teaspoon garlic, 1 teaspoon shallots, currants, and 1/2 teaspoon cinnamon. Cook until tender, stirring occasionally, about 3 to 4 minutes. Remove from pan and set aside.

Add 1 tablespoon olive oil to skillet and heat over medium-high heat. Add yellow squash and zucchini. Season with salt and pepper and add 1 teaspoon garlic and 1 teaspoon shallots. Cook until tender, but not falling apart, about 2 to 3 minutes. Remove from pan and set aside.

Heat oven to 375 degrees. Slice bananas crosswise and then lengthwise. Add 1 tablespoon olive oil to skillet and heat over medium-high heat. Add bananas, 1/2 teaspoon cinnamon, and sugar. Sauté until just soft, about 1 minute. Remove from pan and chop.

Combine all vegetables in a tagine or baking dish. Cover and transfer to oven and bake for 20 minutes.

Servings: 6

- **[click The Life and Times of the Last Kid Picked](#)**
- [License to Date book](#)
- [download A Cheyenne Christmas](#)
- [download The Taste of Conquest: The Rise and Fall of the Three Great Cities of Spice pdf, azw \(kindle\), epub](#)
- [read online CUDA Programming: A Developer's Guide to Parallel Computing with GPUs \(Applications of GPU Computing Series\) pdf, azw \(kindle\), epub, doc, mobi](#)

- <http://www.1973vision.com/?library/The-Tassajara-Bread-Book.pdf>
- <http://xn--d1aboelcb1f.xn--p1ai/lib/License-to-Date.pdf>
- <http://rodrigocaporal.com/library/A-Cheyenne-Christmas.pdf>
- <http://korplast.gr/lib/The-Braindead-Megaphone.pdf>
- <http://paulczajak.com/?library/CUDA-Programming--A-Developer-s-Guide-to-Parallel-Computing-with-GPUs--Applications-of-GPU-Computing-Series-.p>