



Recipes

An Evening In Morocco
Wednesday, May 30th, 2012

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Cocktail Menu

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TO WHET THE APPETITE

Rose & Rhubarb Sparkler

Rose water & rhubarb infused syrup brings North Africa to the Pacific Northwest in a champagne cocktail
- Also available virgin with sparkling water -



Bessara

Paprika, cumin, and cayenne come together to flavor this fava bean spread
- or -

Zaalouk

Roasted aubergine is combined with fresh tomato, lemon, & spices
- with -
anise flatbread or gluten-free crackers

Goat Cheese & Pistachio Stuffed Dates

Medjool dates filled with creamy, melted goat cheese & studded with pistachios

Apricot & Lamb Skewers

Lamb marinated with lemon, clove, and cumin skewered with apricots





Rosewater Rhubarb Sparklers



Makes one medium jar of syrup

Ingredients

4 large / 1 pound rhubarb stalks, chopped
2 cups granulated sugar
2 cups of water
2-3 tablespoons freshly squeezed lime juice, or to taste
scant 2 teaspoons rosewater, or to taste
rose petals, optional
Champagne or sparkling water

Method

Combine the rhubarb and sugar in a medium, thick-bottomed saucepan. Stir well, and leave for 45 minutes or so (unheated), stirring now and then.

Add the water and bring to a gentle simmer over medium heat, stirring until the sugar dissolves. Continue to simmer for another 15-20 minutes, until the rhubarb starts to break down. Carefully strain into a bowl through a of cheesecloth-lined strainer.

Transfer to a clean saucepan, stir in the lime juice, and bring to a simmer. Let simmer over medium heat for another 15 minutes or until the syrup has reduced quite a bit and thickened. Remove from heat and allow to cool completely.

Stir in the rosewater a bit at a time, until it is to your liking. Rose water can be quite an assertive flavor, so be judicious to start. It keeps, refrigerated, for a week or so.

To make the sparkler, combine 1 Tbs of syrup with 6oz of champagne or sparkling water. Enjoy!

Source: <http://www.101cookbooks.com/archives/rhubarb-rosewater-syrup-recipe.html>



Anise Flatbread



Makes 16 flatbreads

Ingredients

1 cup warm water (about 110 degrees)
1 teaspoon active dry yeast (from one 1/4-ounce envelope)
3 cups all-purpose flour, plus more for surface and hands
3 tablespoons extra-virgin olive oil, plus more for bowl
2 teaspoons coarse sea salt
1/2 teaspoon sugar
1 large egg whisked with 1 tablespoon water, for egg wash
Sea salt, for sprinkling
2 tablespoons anise, ground

Method

Brush a large mixing bowl with oil, set aside. Stir yeast, 1 tablespoon flour and sugar into the bowl of an electric mixer, stir in 1/2 cup warm water. Let stand until foamy ~10 minutes.

Whisk remaining flour, cornmeal, 2 teaspoons salt, and anise in a medium bowl. Add to yeast mixture. Attach to mixer fitted with the dough hook. With mixer on low speed, gradually add remaining warm water; mix until dough just comes together adding more water (tablespoon at a time) if necessary. Continue to mix until dough is smooth and elastic ~5-6 minutes. Turn dough out onto work surface knead 4x into a ball.

Transfer dough to oiled bowl; cover with a kitchen towel. Let rise in a warm, draft-free place until doubled ~1 hour. Turn onto a work surface; evenly divide into 24 balls. Transfer balls to parchment lined baking sheet, cover with kitchen towel.

Preheat oven to 400°F. Working with one ball of dough at a time, roll out on a lightly floured surface to 4"x11" oval, brush with oil.

Transfer flatbread to baking sheet, bake until flatbread turns golden brown 10-12 minutes. Transfer to a wire rack to cool, sprinkle with kosher salt. Repeat with remaining flatbreads.



Bessara



Serves 4 to 6 as side dish

Ingredients

1 1/2 cups (about 8 oz. or 200 g) dried fava beans
2 cloves garlic
1/3 cup olive oil
1/4 cup lemon juice
2 tablespoons (or more) reserved cooking liquid from beans
1 1/2 teaspoons salt
1 teaspoon ground cumin
1/2 teaspoon sweet paprika
1/2 teaspoon hot paprika or cayenne pepper

Garnish:

Additional cumin, paprika and olive oil
Chopped parsley or cilantro

Method

Soak the dried fava beans overnight in a large bowlful of water. The next day, drain the beans and peel them if they weren't already skinned and split.

Place the peeled fava beans in a pot and cover with a generous amount of water. Bring to a boil over high heat, then reduce the heat to medium or medium-high, and simmer the beans until tender, one hour or longer. Drain the beans, reserving the liquid.

Transfer the beans to a food processor, and add the garlic, olive oil, lemon juice, 2 tablespoons of the reserved liquid, and spices. Process on high speed until smooth, adding additional liquid if necessary to thin the bessara. It should be thin enough to pour or spread out on a plate. Taste the bessara, and adjust the seasoning if desired.

Reheat the bessara and serve warm. Garnish with any of the following: ground cumin, paprika, hot paprika, olive oil, and chopped parsley.

Source: http://moroccanfood.about.com/od/saladsandsidedishes/r/Bessara_Recipe.htm



Zaalouk



Serves 4 to 6 as side dish

Ingredients

1 large eggplant
4 large tomatoes, peeled, seeded and chopped
3 cloves of garlic, finely chopped or pressed
1/3 cup chopped fresh cilantro and parsley, mixed
1 tablespoon paprika
1 tablespoon cumin
1 1/2 teaspoons salt
1/8 teaspoon cayenne pepper (optional)
1/4 cup olive oil
1/3 cup water
small wedge of lemon (optional)

Method

Slice the eggplant lengthwise and place it skin-side-up under a broiler. Leave it to roast for about 15 minutes, or until the skin is scorched and the eggplant is very tender. Scoop out the roasted eggplant from the skin, puree it with a vegetable masher or in a food processor.

Mix eggplant and remaining ingredients in a large, deep skillet or pot. Cover and simmer over medium to medium-high heat for 30 minutes, stirring occasionally. Adjust the heat if necessary to avoid burning the zaalouk.

Use a spoon or potato masher to crush and blend the tomatoes and eggplant. If you like, a small wedge of lemon can be added to the pan at this time. Continue simmering, uncovered, for 10 minutes or until the liquids are reduced and the zaalouk can be stirred into a heap in the center of the pan.

Serve warm or cold with anise flatbread or crackers.

Source: http://moroccanfood.about.com/od/saladsandsidedishes/r/Zaalouk_Recipe.htm



Goat Cheese & Pistachio Stuffed Dates



Serves 16 as an appetizer

Ingredients

8 large size Medjool dates, halved and pits removed
4 ounces goat cheese, softened
3 Tablespoons chopped pistachios (I used salted pistachios)
1 Tablespoon finely chopped chives, plus more for garnish
Freshly ground black pepper - couple of grinds to taste

Method

Cut or carefully tear dates in half and remove pits

Add soften goat cheese, 2 Tablespoons of pistachios (reserve 1 Tablespoon for garnish), 1 Tablespoon chives and a couple grinds of black pepper in bowl and combine well. Taste and add more pepper if you like.

Place the mixture in a piping bag and pipe into each half, or, using a small soup spoon, scoop approximately 1.5 teaspoons into each date

Garnish with remaining pistachios and chives.

Source: <http://www.smithbites.com/2011/11/goat-cheese-pistachio-stuffed-dates/>
Modified from a recipe by Martha Stewart.



Moroccan Lamb Kebabs with Apricots



Makes 16 skewers

Ingredients

3/4 cup olive oil
2/3 cup fresh lemon juice
6 large garlic cloves, minced
2 tablespoons chopped fresh mint
4 teaspoons salt
4 teaspoons grated lemon peel
2 teaspoons ground black pepper
2 teaspoons ground coriander
1 teaspoon ground cumin
4 pounds well-trimmed boneless leg of lamb, cut into 2-inch cubes
16 12-inch-long metal skewers
32 whole dried apricots (preferably Mediterranean), soaked in boiling water 5 minutes, drained
4 red onions, each cut into 8 chunks

Method

Whisk first 9 ingredients in medium bowl to blend. Transfer 1/2 cup marinade to small bowl; cover, chill, and reserve as basting sauce. Add lamb to remaining marinade in medium bowl; toss to coat. Marinate 2 hours at room temperature or cover and refrigerate overnight.

Prepare barbecue (medium-high heat). Remove lamb from marinade. Thread lamb cubes onto 8 skewers, dividing equally. Thread apricots and onion chunks alternately on remaining 8 skewers. Brush all skewers with some of reserved 1/2 cup marinade. Sprinkle onion-apricot skewers with salt and pepper.

Grill onion-apricot skewers until onions soften and begin to brown, occasionally turning and basting with marinade and moving skewers to cooler part of barbecue if necessary to keep apricots from burning, about 10 minutes. Grill lamb to desired doneness, turning occasionally, about 8 minutes for medium-rare.

Source: modified by Alexis Mettler from original recipe by Bruce Aidells: <http://www.epi-curious.com/recipes/food/views/Moroccan-Lamb-Kebabs-with-Golden-Couscous-108302>

Menu

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TO START

Roasted Carrot and Beet Salad

Beets and Carrots are roasted and served cold on a bed of arugula
with honeyed chive mint dressing.



MAIN

Seksu bil Khodra

Seven vegetables spiced with cumin, coriander, cinnamon

Served over a quinoa pilaf

- with -

Spicy red chili harissa & Cooling yogurt mint sauce



SWEET FINISH

Citrus Spice Cake

An almond based cake infused with
cinnamon, clove & orange spiced syrup
topped with a dollop of whipped yogurt

- or -

Maple Cardamom Macaroons

Gluten & dairy-free coconut macaroons
flavored with a hint of cardamom
& paired with chocolate





Roasted Beet and Carrot Salad



Serves 4 as a starter

Ingredients

3 beets, ¼ inch slices
4 carrots, ¼ inch slices
2 tablespoons olive oil
½ teaspoon salt

Dressing:

1/3 cup olive oil
1/3 cup freshly squeezed lemon juice
1 tablespoon chives, chopped
2 tablespoon of mint, chopped
1 teaspoon ground cumin
1 tablespoon paprika
1 clove garlic, crushed
1 teaspoon honey
1 teaspoon salt
½ teaspoon pepper
2 cups fresh arugula

Method

Preheat oven to 375 degree F.

Rub the beets with 1 tablespoon olive oil and ¼ teaspoon salt and roast until soft - about 30 minutes.

In a separate pan, roast the carrots in the same way - about 20 minutes.

Place beets and carrots together in a bowl.

In another small bowl, mix together all the ingredients for the dressing.

Pour the dressing over the vegetables, mix well and serve over fresh arugula.



Seksu bil Khodra



Serves 4 as a main

Ingredients

2 Tablespoons olive oil
1 yellow onion, chopped
2 garlic cloves, chopped
1 teaspoon whole cumin
1 teaspoon whole coriander
1 teaspoon ground cinnamon
1/2 teaspoon ground turmeric or saffron threads
1/4 teaspoon cayenne
3 cups vegetable broth
1 sweet potato, peeled and cut into 1-inch chunks
2 carrots, cut into 1/2 inch slices
8 ounces green beans, cut into 2-inch lengths
1 pound small zucchini, halved lengthwise and cut into 2-inch pieces
1 1/2 cups cooked chickpeas, drained and rinsed
1 14.5 ounce can diced tomatoes, drained
Salt
1/2 cup frozen peas, thawed

Method

Heat the oil in a pot over medium heat. Add the onion, garlic, cumin, coriander, cinnamon, turmeric and cayenne. Cover and cook 5 minutes. Stir in the broth, sweet potato, carrots, and green beans and bring to a boil. Reduce the heat to medium, cover and simmer for 10 minutes. Add the zucchini, chickpeas, tomatoes, and salt to taste. Simmer another 10 minutes, until all the vegetables are tender. Stir in the peas and remove from heat.

Serve over raisin studded quinoa with harissa and minted yogurt.

Source: *Vegan Fire @ Spice: 200 Sultry and Savory Global Recipes* by Robin Robertson



Golden Raisin Studded Quinoa



Serves 4

Ingredients

2 cups water
1/2 teaspoon salt
1 cup quinoa
1/2 cup golden raisins
1-2 Tbs chopped parsley

Method

Rinse quinoa well and strain in a fine-mesh colander.

Add salt to water and bring to a boil. Add quinoa and bring to a simmer. Reduce to low heat and cook, covered, for 15-20 minutes, until all liquid is absorbed and quinoa is soft and fluffy.

Add raisins and allow to rest, covered, for 5 minutes. Stir in parsley and fluff with a fork.

Source: <http://perfectrecipeproject.blogspot.com/2012/03/moroccan-chicken-chickpea-and-roasted.html>



Harissa



Serves 4 as a main

Ingredients

8-10 dried red hot chiles (I used 7 fresh hot cherry bomb chiles)
1 tablespoon olive oil
4 garlic cloves
1 teaspoon ground coriander
1 teaspoon ground caraway (again, I ground the whole spices in a mill)
1/2 teaspoon salt
2 teaspoons fresh lemon juice
1/4 cup water

Method

Stem and seed the chiles, and break them into pieces. Place the chiles in a heatproof bowl and cover with boiling water. Soak the chiles for 15 minutes. Drain but do not pat dry.

Combine the chiles, oil, garlic, coriander, caraway, and salt in a food processor and process to a paste. Add the lemon juice and water and process until smooth, adding a little extra water if the sauce is too thick.

Source: Vegan Fire @ Spice: 200 Sultry and Savory Global Recipes by Robin Robertson



Moroccan Orange Spice Cake



Serves 8

Ingredients

1/2 cup slightly stale white breadcrumbs
1 cup powdered sugar
1 cup ground almonds
1 tsp baking powder
1 cup sunflower oil
4 eggs
Finely grated zest of 1 large unwaxed orange
Finely grated zest of 1 unwaxed lemon
Greek yogurt, to serve (optional)
For the citrus syrup:
Juice of 1 orange
Juice of 1 lemon
scant 1/2 cup powdered sugar
2 cloves
1 cinnamon stick

Method

Line the base of an 8 inch round cake pan with parchment paper, then oil and flour the tin. Mix the breadcrumbs with the sugar, almonds and baking powder. Whisk the oil with the eggs, then pour into the dry ingredients and mix well. Add the orange and lemon zest. Pour the mixture into the pan, place in a cold oven and turn on the heat to 350°F.

Bake for 45 minutes to 1 hour or until the cake is golden brown. A skewer inserted into the centre should come out clean. Allow to cool for 5 minutes before turning out onto a plate.

Meanwhile, make the citrus syrup. Put all the ingredients into a saucepan and bring gently to the boil, stirring until the sugar has dissolved completely. Simmer for 3 minutes. Remove the cinnamon stick and cloves from the syrup.

While the cake is still warm, pierce it several times with a skewer, then spoon the hot syrup over the cake, allowing it to run into the holes. Leave to cool. Spoon any excess syrup back over the cake every now and then until it is all soaked up. Serve with a dollop of thick Greek yogurt, if wished.

Source: <http://www.clodaghmckenna.com/cook/?p=400>



Maple Cardamom Macaroons



Makes 12 cookies

Ingredients

2 Egg Whites
4 oz Maple Syrup
1 Tbsp Brown Rice Syrup
Pinch Sea Salt
1.5 cups Shredded, Unsweetened Coconut
2 Tbsp Sweet Brown Rice Flour or Coconut Flour
0.5 tsp Vanilla
0.25 tsp Cardamom
2 oz Dark Chocolate (optional)

Method

Preheat oven to 325°F. Combine egg whites, maple syrup, brown rice syrup and salt in a sauce pan over medium heat and cook, stirring constantly, until just warm. About 1 minute. Add coconut, flour, vanilla, and cardamom and continue to cook, stirring constantly, until the mixture just begins to sizzle and is slightly dry (about 2 minutes).

Remove from heat and let cool for a few minutes. Form dough into balls using a 1/8 cup measure and place in mounds on a cookie sheet lined with parchment paper.

Bake for 20-25 minutes, until golden brown (we found 20 to be fine, keep an eye on cookie sheets on the bottom rack in over- could over-brown the bottom). Let cool completely before dipping in chocolate.

Chop chocolate and place in a dry metal bowl and set it over a pan of gently simmering hot water. Stir chocolate constantly until melted and remove from heat.

Dip macaroons in chocolate to cover half-way. Place on cookie sheet lined with waxed paper and refrigerate until chocolate hardens.

Source:: *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery* by Rebecca Katz and Matt Edelson