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Moroccan Cous Cous with Vegetables and Moroccan Chicken Tagine with Preserved Lemons and Olives – a taste of Marrakesh

Anouar Senah
The Moroccan Chef

Cous Cous with Vegetables

Ingredients (based on 1kg chicken)

Olive oil

1 large onion, chopped

1 dessert spoon The Moroccan Chef's Ras El Hanout spice

1 teaspoon dry ginger

Any selection of chopped vegetables (eg carrots, chinese turnips, celery, tomatoes, potatoes, cabbage, zucchini and pumpkin (if using zucchini & pumpkin, add at end))

Cous Cous

Steamer/Couscoussier

Water

¼ of a small bunch parsley, chopped

¼ of a small bunch of coriander, chopped

Salt and Pepper

Method

Wash cous cous with water.

Place olive oil in base of steamer. Stir in the ginger, and Moroccan chef's Ras el Hanout spice; gently toast until fragrant, about 2 to 3 minutes. Stir in onion, cook until softened. Add water, turn heat to high and bring to a boil. When the mixture is boiling, add vegetables.

Place the steamer on top of the base of the couscoussier. Place cous cous in steamer part of the couscoussier.

Steam for 20 minutes.

After it is cooked, rub cous cous or split with olive oil or butter.

Add parsley, coriander, salt and pepper



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Moroccan Chicken Tagine with Preserved Lemons and Olives

Ingredients

1kg chicken (thigh)
1 large onion, chopped
1 dessert spoon The Moroccan Chef's Ras El Hanout spice
1 teaspoon dry ginger
Half of 1 of Anouar's Moroccan Preserved Lemons
2 rounds of Olive oil
Handful olives
½ kg potatoes
Green peas (optional)
¼ of a small bunch parsley, chopped
¼ of a small bunch of coriander, chopped

If baking, preheat oven to 180 degrees.
Place 2 rounds of oil in a large pot or tagine.
Add the onion and chicken and braise.
Add spices (ginger, Ras El Hanout).
Add potatoes, peas (optional) and preserved lemon, then add herbs.
Either simmer on stove for 30 minutes or bake in 180 degree oven for 45 minutes.
Add olives.