

# MOROCCAN CLASS - EAT COOK LEARN LOVE FOOD

**PRESERVED LEMONS** - what a wonderful thing to make or buy  
We will show you!

## **MOROCCAN CHICKEN KOFTA -**

Mince Chicken  
Secret Spice! Cooked in onion and garlic.  
Salt  
Saffron Powder  
Egg  
Coriander  
Bread crumbs

Method -

## ***Cous Cous Crumb -***

Deep fry or freeze for another time.

Serve with cantaloupe and fresh mint and yoghurt or harissa.

## **POTATO CIGARS -**

Potato  
Paprika  
Cumin  
Parsley  
Coriander  
Pastry  
Oil for frying  
Salt  
Serve with sumac yoghurt

## **TAGINE -**

Chicken thigh  
Moroccan spice  
Oil  
Garlic  
Thyme  
Onion

Celery  
Capsicum  
Chicken stock  
Fava beans  
Dried apricot (other dried fruit discuss)  
Honey  
Sea salt  
Parsley

Method -

### **COUS COUS -**

Currants  
Saffron  
Salt  
Pepper  
Oil or butter

*Serve tagine with yoghurt, pomegranate seeds, almonds, fresh mint, harissa, bread and preserved lemon.*

### **SALAD -**

Cos  
Bread toasted with Dukkah and olive oil  
Tomato  
Fennel  
Green bean  
Tomato  
Dill,  
Mint  
Pomegranate

### **DRESSING -**

Garlic, lemon juice, sugar, sumac, white vinegar and mustard dressing.

### **DESSERT -**

ROSE WATER PANNACOTTA - serves 8

|        |                                 |
|--------|---------------------------------|
| 10     | x Leaves gelatine as 1/2 sheers |
| 1600ml | x Cream                         |
| 150g   | x Sugar                         |
| 3      | x Star Anise                    |
| 3      | x Cardamon                      |
| 1      | x Cinnamon Stick                |
| 25ml   | x Rose Water (taste)            |

1 x Vanilla Bean

Discuss how to infuse with citrus, chai, herbs etc

Serve with pomegranate molasses and fresh fruit.

Method -

Saucepan bring to simmer cream, vanilla, aromatic spices and sugar to dissolve sugar.

Soften gelatine leaves in water , squeeze water out and add to hot mixture.

Pass through a fine sieve.

Pour into jars and refrigerate.

Serve.

**ENJOY and book into another class - SPANISH - MOROCCAN -  
FRENCH - ITALIAN - JAPANESE - FUNDAMENTALS - MEXICAN -  
BESPOKE - DINNER PARTY - GROUPS**

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**eat cook learn**  
*love food*