



S A V O U R TM
C O O K I N G S C H O O L

Moroccan with Sara Indrissi

Menu

Welcome Mint tea

Mixed niçoise-style salad

Spicy roasted carrots

Chicken bastilla (aka pigeon pie)

Stuffed roasted roasted Chicken

Lamb with caramelised prunes

Ghoribas Bahla (Moroccan shortbread)

Stuffed roasted Chicken

Marinating mix:

2 whole chickens
2-3 onions
3 garlic cloves
1/2 preserved lemon
4 tbsps coriander and parsley
3 tbsps olive oil
1 1/2 tbsp ginger powder or paste
1 1/2 tsp black pepper
1 tbsp turmeric
2 tbsps lemon juice
salt to taste

stuffing mix:

vermicelli
chopped green olives
1/2 tsp of the spices mentioned above
1/2 tsp chilli (optional)
1/4 preserved lemon
2 tbsps coriander and parsley
a pinch of salt

Sauce:

6 medium size onions
1/2 cup olive oil
2 tbsps gee
1/2 preserved lemon

Method:

1. In a bowl mix all the ingredients for the marinating mix with a little bit of water, then place the chicken in the bowl and cover with mix. With a toothpick or a fork make a few holes in the meat, to help the chicken absorb the mix. Let marinate for at least a couple of hours or best overnight.
2. In a small bowl add some boiling water to the vermicelli and let it set until softens, drain the water.
3. Add to the vermicelli: chopped green olives, 1/2 tsp of the spices mentioned above, 1/2 tsp chilli (optional), 1/4 preserved lemon, 2 tbsps coriander and parsley, a pinch of salt. Stuff the chicken with the vermicelli.

4. After the chicken has been marinated, lightly heat 3 tbsps of oil in a pot then add the chickens with the remainder of the marinade. Keep flipping the chickens until they're thoroughly cooked. Make sure the meat doesn't stick to the bottom.
5. Once the chicken is cooked, place on an oven tray and set aside.
6. In the same pot you cooked the chicken in, place the 6 diced onions with the preserved lemon and oil. Keep stirring until the onions are caramelized and the oil is separated from the sauce.
7. Spread butter on the chicken and grill in the oven.
8. Serve the chicken with the sauce around the edges.

Lamb with caramelised prunes

1 kg lamb
3 medium onions
3-4 garlic cloves
coriander and parsley
1/2 cup oil
1 tsp pepper
1 tsp ginger powder
1 tsp turmeric salt to taste
1 tbsp butter or gee
150g prunes
2 tbsps sugar
1 tbsp cinnamon
1 tbsp orange blossom water
1tbsp butter
To garnish: slivered almonds and toasted sesames

Method

1. In a bowl mix the spices, garlic and the butter. Add in the meat and mix well. Set aside.
2. In a pot add oil, the meat and cook for a few minutes
3. Add the diced onions and the herbs simmer for a little bit, add water till the meat is covered.
4. Cook for about 40 mins or until the meat is tender.
5. Place the prunes in a saucepan, add some water.

6. Add the sugar and the cinnamon, let caramelise.
7. When almost done cooking add some orange blossom water for the taste and some butter for a glazed look.
8. After the meat is cooked, serve with the prunes on top, a few fried almonds and a sprinkle of sesame seeds.

Spicy roasted carrots

In Morocco, the appetisers served before a meal are often cooked vegetable salads; they often feature carrots, usually flavoured with cumin which is supposed to stimulate the appetite. The mix of spices in this recipe is particularly delicious.

Serves 6-8

1 kg medium carrots
1 ½ t ground cumin
½ t ground coriander
½ t cinnamon
½ t ground ginger
3 garlic cloves
2-3 T olive oil, and some more to serve
1 T honey
Juice of one lemon
Chilli, to taste
Salt and pepper
Chopped coriander to serve

Method:

1. Preheat the oven to 200C. Line a baking tray with baking paper.
2. Cut the carrots lengthwise in 4 so you have 4 long sticks.
3. Place them in a baking tray.
4. In a bowl, combine all the other ingredients except the fresh coriander. Mix well and pour over carrots, mixing to make sure all the carrots are coated.
5. Bake for one hour until carrots are tender, turning them over once or twice.
6. Leave to cool.
7. Serve at room temperature with a drizzle of oil and the fresh coriander.

Moroccan chicken bastila

Bastila, bastilla or pastilla (in Arabic “*bsstil-la*”), aka “pigeon pie”, is considered one of the most important culinary preparations in Moroccan gastronomy. Its origin goes back several centuries. It first emerged during the 10th century in Al-Andalus, although other sources believe that its origin is Moorish-Andalusian and that it was taken to North Africa by the Arabs expelled from Al-Andalus.

Its filling consists of chicken meat, although in the past it was made with pigeon meat, onion, parsley and almonds. All of this is wrapped in several sheets of filo dough which, after baking, are decorated with icing sugar and cinnamon.

Bastila, like other typical and essential dishes of Moroccan gastronomy, have their origin in the so-called “*diffas*”: banquets that take place in palaces to welcome pilgrims returning from Mecca or social events of Arab culture such as weddings, births, religious festivities.

Recipe adapted from [My Moroccan Food](#)

FOR THE FILLING:

- 3 large chicken thighs, about 750 g
- 500 g onion finely sliced
- 3 Tbsp olive oil
- 2 glass of water (2 cups)
- 45 g parsley, stems removed
- 15 g fresh cilantro, only the leaves
- 6 large eggs
- 135 g almond flour
- 1/2 Tbsp honey
- 3/4 tsp turmeric powder
- 1/2 tsp ginger powder
- a pinch of saffron
- 3 tsp icing sugar
- 1 tsp cinnamon powder
- salt to taste
- black pepper to taste

TO WRAP UP THE PIE:

- 6 sheets filo pastry or spring roll pastry
- 135 g melted and cooled butter
- icing sugar
- cinnamon powder

Method

1. Pour the oil into a large pot and place on medium heat.
2. Place the chicken together with the sliced onion and sauté for a few minutes.
3. Add the spices together with the parsley and the cilantro finely chopped. Stir to distribute the ingredients.
4. Season to taste, pour in the water, place the lid leaving an opening and cook at medium low heat for 60-65 minutes. The meat must be tender.
5. Once the meat is ready, take it out of the pot and let it cool completely in a dish.
6. Leave the onion with the rest of the ingredients in the pot.
7. Once the chicken is cold, remove the skin, bones and shred. Set aside.
8. **Add the honey to the pot and cook at medium until the liquid is completely reduced. This point is important so that it does not leak into the filling.**
9. Once we have this reduced mixture, add the eggs and stir constantly until they set.
10. Remove from heat, transfer to a bowl and let it cool completely. Add the chicken meat back into the mix.

Cook the almonds.

1. In a large frying pan, cook almond flour a bit until lightly golden browned and fragrant.
2. Remove from heat and add the sifted icing sugar and cinnamon, mix to homogenize.
3. Transfer into a bowl and let it cool completely.

Assemble the bastila.

1. Preheat the oven to 220°C.
2. Brush the baking sheet or pie pan with butter or line with baking paper. Use either two 16 cm diameter pans or several small ones. Today we will assemble our pies in small bowls, then turn them out onto flat cookie trays.
3. Take a sheet of pastry, lightly brush the surface with butter and place it in the bowl.
4. Put a layer of chicken egg mix on the base.
5. Add a layer of almond filling.
6. Fold the pastry over the filling and, at the same time, brush it with a little butter to prevent it from drying out too much. If the joints of the dough do not stay together, we can brush them with beaten egg.
7. If necessary, use a second sheet of pastry to contain the filling, then lightly with butter.
8. Dump the bastila onto the sheet and fold the ends back to the centre. The layer of chicken should be on top and the almonds at the base of the pastry.
9. Brush the outside of both bastilas with butter and bake for 25 minutes. They will take on a slight golden color.
10. Remove and let cool completely on a rack.
11. Before serving, sprinkle with icing sugar and cinnamon. Enjoy!
12. The bastila, once cooked, can be refrigerated in an airtight container for 2-3 days. You can also assemble it and freeze it without baking.

Mixed salad

250g rice, cooked and cooled
3 medium size potatoes, boiled and cooled.
5 medium size carrots, boiled and cooled
Fresh beetroot, cooked and cooled
1/2 onion
a bunch of parsley
salt, pepper, vegetable oil, vinegar, mayonnaise.

Slice all the cooked vegetables in pieces that will look nice layed out on a platter. Assemble the salad by placing the rice on a platter, then the vegetables around it. Mix up a dressing to taste and dress the salad. Garnish with chopped parsley.

Ghoriba Bahla

Ghoriba Bahla ("silly" cookie) is a traditional Moroccan shortbread cookie that's especially delicious with the nutty additions of sesame and almonds. The cracks on the surface of the cookies are desirable and what distinguish bahla from other Moroccan shortbread cookies.

Traditionally, these are made using a special moulded tray that allows the cookies to have a concave bottom. But it's fine to bake them on a flat tray too.

Ingredients

- 2/3 cup sugar
- 1/2 cup unsalted butter, softened
- 1/2 cup vegetable oil
- 1/4 cup sesame seeds, unhulled
- 1/4 cup almonds
- 1 teaspoon vanilla
- 1 pinch salt
- 4 cups all-purpose flour
- 1 1/2 teaspoons baking powder

Method:

Ahead of time, toast the sesame by spreading the seeds in a single layer and baking in a 200 C oven for about 10 minutes; let cool. Blanch and fry the almonds, then grind coarsely.

1. Combine the sugar, butter, and oil in a large bowl.
2. Mix in the sesame seeds, almonds, and vanilla.
3. Mix in about half of the flour and the baking powder. When combined, use your hands to work in enough of the remaining flour to make a dry, crumbly mixture.
4. Use a stand mixer and paddle attachment to mix the dough on the lowest speed for 10 minutes, or knead by hand for 20 minutes, to make a dough that clumps together but is not so moist as to form one uniform mass. If the dough seems to be too moist,

add a little flour. Conversely, if the dough remains too dry and crumbly to pack into a ball easily, then add a tablespoon or two of oil. In either case, allow ample mixing time to blend any additions fully throughout the dough.

Shape and Bake the Cookies

1. Preheat your oven to 200 C. If you don't have a special ghoriba mold, line a regular baking sheet with parchment paper. There is no need to grease the ghoriba mold.
2. Take a portion of dough and squeeze it in your hand to compress and mold it. Shape it into a 1 1/2-inch (3.5 centimeter) ball, then flatten it in your palm to a smooth disc shape. Correct any cracked edges.
3. Gently press the cookie onto the molded pan or place on your prepared pan. Repeat with the remaining dough. Plan to bake in batches.
4. Place in the upper third of the oven for about 15 to 20 minutes, or until lightly colored with cracked tops.
5. Remove from the oven and allow the cookies to cool a few minutes on the pan. Transfer them to a rack to cool completely before storing in an airtight container with waxed paper or plastic between layers.

Tips

- How dark to make the cookies is up to you. Traditionally, most shortbread recipes require baking until set and barely colored, but many Moroccans consider pale cookies to be underbaked. These should be baked long enough to achieve a dry crumb at least, but many cooks prefer to continue baking to a golden hue. Take care not to burn them.
- If time allows, bake a few test cookies to see how your dough reacts in your oven. My current oven, for example, heats differently than other ovens I've had, requiring that I bake cakes, cookies, and bread in the upper third of the oven rather in the middle.