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Moroccan recipes



Moroccan Braised Beef

Description

A great non veg beef moroccan recipe

Ingredients:

- 3 Tablespoons Olive Oil (separately)
- 2.5lbs beef (cut into quarter inch cubes)
- 2 cups of onions, chopped 3 garlic cloves
- 1 tablespoon garam masala (chopped)
- 1 tablespoon paprika
- 1 teaspoon ground cumin
- half teaspoon turmeric
- half teaspoon cayenne pepper
- 1 cup dry red wine
- half cup dry sherry
- 2 cups beef broth
- a 14.5 ounce can of diced tomatoes in juice
- 1.5 cups gold raisins



Preparation:

- Put 2 tablespoons of olive oil into a big pot. Whilst the oil is heating up, sprinkle your meat with salt and pepper.
- When the oil is hot, put your meat into the pot and sauté until brown. This should take about 5 minutes. Put the meat into a bowl and then put another spoon of olive oil into your pot.

- Sauté your onions until brown. Then add the garlic, masala, paprika, cumin, turmeric and pepper. Stir this mixture for about a minute or so. Add the wine and sherry and boil until a light glaze. Stir in the tomatoes and juice, broth and raisin.
- Add the beef to this mixture. Reduce the heat and boil for about an hour uncovered until the mixture is thick, stirring occasionally.

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Moroccan Lamb Kebabs

Description

Very tasty moroccan lamb recipe.

Ingredients:

- Three quarter cup of olive oil
- two thirds cup of lemon juice
- 6 finely copped garlic cloves
- 2 tablespoons finely chopped mint
- 4 teaspoons salt
- 4 teaspoons grated lemon peel
- 2 teaspoons black pepper (ground)
- 2 teaspoons coriander (ground)
- 1 teaspoon cumin (ground)
- 4lbs lamb (leg) cut into 2in cubes
- 16 skewers 32 dried apricots (whole) boiled in water for 15 min
- 4 red onions cut into 8 pieces



Preparation:

- Whisk the olive oil, lemon juice, garlic, mint, salt, lemon, pepper, coriander and cumin together until blended.
- Set aside half a cup of this mixture in the fridge to use later to baste the kebabs. Put the kebabs in this mixture for 2 hours at room temperature. Ensure they theyre well coated by the marinade. Prepare your barbecue.
- Thread 3 lamb cubes onto 1 skewer. Then thread 3 apricots and 3 onion chunks alternately on the next skewer. Baste everything with

the reserved marinade. Grill the apricot/onion skewers until onions soft & brown. Grill lamb to your preference, basting continuously.

- Serve on couscous

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Chicken with Preserved Lemons

Description

Simply delicious moroccan recipe

Ingredients:

- 2 lbs of chicken, whole or in pieces
- 1 T Ginger
- 2 cloves garlic, minced
- 7-8 threads of saffron (soaked for 10 minutes in hot water)
- 3 T olive oil
- 1 small onion
- skin of one preserved lemon cut in four pieces
- 1 dozen green olives
- 2 T butter
- Salt



Preparation:

- Brown the chicken with the olive oil in a saucepan, add the salt, butter, ginger, onions, garlic, saffron (and saffron soaking water) and a further 1.5 cups of water.
- Bring the water to boil and turn the chicken, stir the mixture and reduce the heat to medium simmer. Add more water if necessary, to prevent the sauce from reducing completely.
- Remove the onion from the pot when it is cooked. When the chicken is cooked, remove it from the pot, rub it with butter and put it in the oven at 350 degrees, for 10 - 15 minutes or until the skin is brown. Put the chicken back into the pot, add the olives and the preserved lemon, and cook for another 10 - 15 minutes.

- Place the chicken olives and lemon on a platter, let the sauce thicken and reduce and pour it over the chicken before serving.

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Ghoriba with Almonds or Macaroons

Description:

Great dry fruit moroccan recipe.

Ingredients:

- 7 beaten eggs
- 250 g of granulated sugar
- 1 sachet of chemical yeast
- 1 zest of shabby lemon
- 1 kg of hulled and chopped almonds
- 200 g of fine semolina
- water of orange blossom
- icing sugar



Preparation:

- Beat the eggs. Mix the eggs, sugar, yeast, and the lemon zest.
- Add the chopped almonds and the semolina. Mix and knead mixture until it forms a soft dough. Dampen your hands with the water of orange blossom. Roll the dough into small balls, flatten the balls, and roll it into the icing sugar.
- Arrange them in an oiled baking pan.
- Bake in middle of oven on 356 F (180C) for 20 to 25 minutes or until golden brown.

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Salad Zalouk (Egg Plant Salad)

Description

Good salad moroccan recipe.

Ingredients:

- 1 kg of egg plant
- 500 g of tomatoes
- 5 to 6 cloves of garlic
- 5 tbsp of olive oil
- 1 tbsp of lemon juice
- 1 tbsp of red pepper
- 1 tbsp of cumin
- salt
- a half tbsp of pepper
- black olives and preserved slice lemon



Preparation:

- Cut the egg plant into big pieces and cook for 30 minutes in salty water.
- Cut tomatoes into pieces, and fry in shallow frying pan, together with the red pepper, cumin, garlic, salt and lemon juice for 5 minutes. When the egg plant is almost done, drain all the water, and add to the tomato mix.
- Mix everything together and simmer for about 20 minutes. Serve cool.

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