



COOKING CLASSES
AT SUR LA TABLE

TASTE OF MOROCCO

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1 pound boneless and skinless chicken thighs

Produce

- 1 large yellow onion
- 1 head garlic
- 4 inches fresh ginger root
- 7 medium carrots
- 1 bunch cilantro
- 1 bunch flat-leaf parsley
- 1 bunch mint
- 3 lemons
- 1 shallot

Dairy/Refrigerated

- 1 tablespoon unsalted butter
- 4 ounces feta cheese

Pantry Items

- Kosher or sea salt
- Freshly ground black pepper
- Olive oil
- 1/4 cup dried apricots
- 1/4 cup pitted prunes or raisins
- 3 cups chicken broth
- 1 1/2 cups couscous (Moroccan couscous is preferred)
- Honey

Spices and Specialty Ingredients

- Ground cumin
- Ground turmeric
- Ground cinnamon
- 2 preserved lemons (found in the jarred section - see recipe for substitution)
- Harissa powder (see recipe for substitution)
- Saffron
- Sweet paprika

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Vegetable peeler
- Mixing bowls (various sizes)
- Liquid measuring cup
- Tongs
- Wooden spoons
- Silicone spatulas
- Box grater or mandolin with a julienne attachment
- Cutting board
- Microplane grater
- Lemon juicer or citrus reamer

Cookware

- Dutch oven or a large saucepan with a lid
- Medium saucepan with a lid
- Small skillet

Tabletop

- Serving dishes
- Serving spoons

Pre-Class Mise en Place and Notes

- There are a lot of spices used in this class, please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All recipes

1. Wash and dry all the produce.

BRAISED CHICKEN WITH DRIED FRUIT AND COUSCOUS

Yield: 4 servings

This Moroccan-style dish is cooked in the traditional tagine and can be served with couscous, salad, or vegetables. This recipe calls for browning the chicken, which you can do in a stainless steel or cast iron base tagine. If your tagine is all earthenware, simply toss the meat with the ingredients and simmer in the tagine over low heat. Alternatively, brown the meat in a skillet and transfer to a tagine for simmering, or prepare the entire dish in a Dutch oven.

Spice-rub for chicken:

1 teaspoon fine kosher salt

1/2 teaspoon freshly ground black pepper

1 teaspoon ground cumin

1 teaspoon ground turmeric

1 teaspoon ground cinnamon

1 pound boneless and skinless chicken thighs, trimmed and cut into 1 1/2-inch pieces

Tagine:

2 tablespoons olive oil, divided

1 large yellow onion, thinly sliced

1 tablespoon garlic, minced

1 tablespoon ginger, minced

2 tablespoons preserved lemon rind, minced

3 medium carrots, peeled and cut into 1/2-inch pieces

2 teaspoons harissa powder, plus more to taste

1/4 cup dried apricots

1/4 cup pitted prunes or raisins

1 1/2 cups low-sodium chicken broth

1/4 cup fresh cilantro, chopped

2 tablespoons fresh flat-leaf parsley, chopped

Couscous, for serving (recipe included)

1. **To prepare the chicken:** To a medium bowl, combine all the spices and mix until well incorporated. Add the chicken and rub thoroughly with spices, set aside.

2. To a Dutch oven set over medium-high heat, add 1 tablespoon of oil. When the oil is shimmering, add the sliced onions. Reduce the heat to medium and continue to cook, stirring regularly, until the onions are tender, about 8 minutes. Transfer the onions to a small bowl.

3. Return the Dutch oven to medium-high heat and add 1 tablespoon of oil. Add the chicken and cook until lightly browned on all sides, about 3 to 4 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Add the onions, preserved lemon, carrots, harissa, dried fruit and chicken broth. Bring to a boil and reduce heat to a simmer, cover and cook until the chicken is very tender, about 25 minutes.

4. **To serve:** Add the herbs and simmer for about 3 more minutes with the lid off to reduce the juices and meld the flavors. Taste and adjust seasoning with salt and pepper. Serve on top of the couscous or with the couscous on the side.

Recipe variations:

- If you have a traditional tagine, follow the cooking instructions in the recipe headnote.
- This recipe can easily be doubled, leftovers can be cooled and kept in the freezer for up to one month.

COUSCOUS WITH SAFFRON AND GINGER

Yield: 4 servings

We prefer smaller couscous for this recipe, but any size couscous will work. Just beware that the cooking method varies depending on the size of the couscous being used.

1 tablespoon olive oil
1 large shallot, minced
2 tablespoons ginger, finely minced
1/8 teaspoon saffron, crushed
Kosher salt and freshly ground black pepper
1 1/2 cups low-sodium chicken broth
1/2 cup water
1 1/2 cups couscous, Moroccan or smallest size
1 tablespoon unsalted butter
2 tablespoons fresh flat-leaf parsley, finely chopped
2 tablespoons fresh mint, finely chopped
1 lemon, halved

1. To a medium saucepan with a lid set over medium-high heat, add the oil. When the oil is shimmering, add the shallot and ginger, cook until soft and translucent, about 2 minutes. Season with salt and pepper. Add the saffron, broth and water. Bring to a boil. When the broth is boiling, add the couscous and immediately cover the saucepan. Remove from heat and let sit off the heat for 10 minutes
2. When the liquid has been absorbed by the couscous, remove the lid, add the butter and herbs. Gently stir the ingredients to combine. Taste and adjust seasoning with salt, pepper and a couple of squeezes of lemon juice. Serve with the tagine.

CARROT SALAD WITH HARISSA, FETA AND MINT

Yields: 4 servings

Moroccan preserved lemons are pickled in brine and have a salty, slightly bitter and intensely lemony flavor. In a pinch, you can substitute them with lemon zest and flaky sea salt. One jar of preserved lemons will keep for up to 1 year in the refrigerator.

1/4 cup extra-virgin olive oil
3 garlic cloves, minced
1/2 teaspoon ground cumin
1 teaspoon harissa powder, or more to taste
1/4 teaspoon ground cinnamon
1 teaspoon sweet paprika
1 tablespoon honey
1/4 cup fresh lemon juice
1 preserved lemon, rind only, finely minced
Kosher salt and freshly ground black pepper
1 pound (about 4 cups) carrots, peeled and coarsely grated or julienned on a mandoline
1/4 cup fresh cilantro, finely chopped
1/4 cup fresh flat-leaf parsley, finely chopped
1/2 cup fresh mint, finely chopped
4 ounces feta, crumbled

1. To a small skillet set over medium heat, add the olive oil. When the oil is shimmering, add the garlic, cumin and harissa; cook until fragrant, about 1 minute. Remove from heat and add the cinnamon, paprika, honey, lemon juice and preserved lemon. Season mixture generously with salt and pepper.

2. To a large bowl, combine the carrots, herbs and feta. Pour dressing over and toss to combine. (*Flavors will be enhanced as the salad marinates. To make ahead, prepare the salad and toss with herbs and feta right before serving.*)

Recipe variations:

- Harissa is a unique combination of herbs and spices like caraway seeds, coriander and red chiles. You can substitute chili powder or red pepper flakes in a pinch.
- You can substitute preserved lemons with lemon zest and flaky sea salt.