

A NIGHT IN MOROCCO

RECIPES FROM BANQUET 2008



CITRUS SALAD with NUTS

1 head romaine or iceberg lettuce
3 seedless oranges, peeled and sectioned
1/2 c chopped nuts (we used peanuts)

Dressing:

2 Tbsp lemon juice
2 Tbsp orange juice
1/2 tsp cinnamon
2 Tbsp sugar
1/8 tsp salt

Mix together. Dressing should be sweet; add more sugar if necessary.

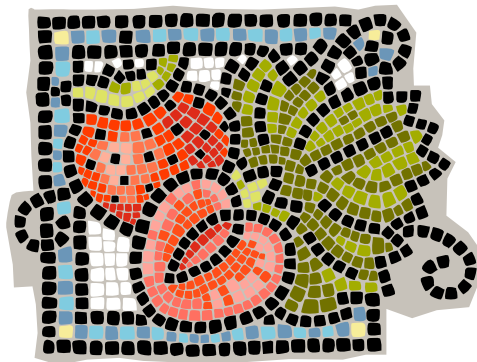
When ready to serve, mix lettuce, orange sections and nuts together; pour dressing over and serve immediately.

MEDITERRANEAN TOMATOES

8–10 firm, medium size tomatoes, sliced

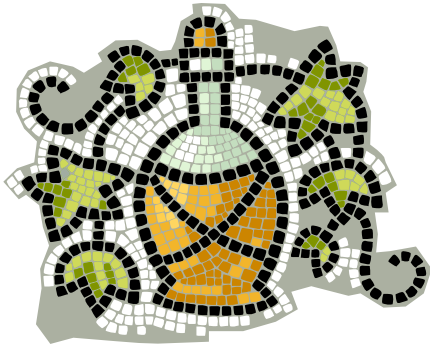
Marinade:

1 garlic clove, minced
1/2 tsp thyme
1/4 c green onions, sliced thin
1/4 c fresh cilantro, chopped fine
1 tsp salt
1/4 tsp pepper
1/4 c red or white vinegar
1/3 c olive oil



Mix together well. Pour over tomatoes; refrigerate for at least 2 hours.

[May add some finely chopped green pepper if you wish; can use parsley instead of cilantro as well.]



CUCUMBER SALAD

1 small English cuke or 2 other cukes; peel, deseed and cube

Dressing:

1 Tbsp sugar

1 tsp vinegar

1 Tbsp olive oil

1/4 tsp salt

1/8 tsp marjoram

Mix dressing together and pour over cucumbers. Stir well and chill.

SPICED RED LENTIL SOUP

1 Tbsp olive oil

2 medium onions, chopped finely

4 garlic cloves, minced

2 tsp salt (may need more)

1 tsp pepper

1 tsp turmeric

1/4 tsp ginger

1 tsp cinnamon

1 bay leaf

1 Tbsp tomato paste

2 medium potatoes, peeled and diced

1 lb red lentils, washed and sorted through

2 qt water (may need a little more)

6 roma tomatoes, cored and diced

When I made this for our taste tasting, I did it all together in a crock-pot.

For Banquet, we did it on top of the stove. Heat oil, add onions and cook until softened. Add garlic and cook for another 2 minutes. Add 1 tsp salt and the remainder of the spices, and cook for a few minutes to release the flavor of the spices. Add the tomato paste, potatoes, lentils and water. Cook until lentils are quite tender. Stir in remaining salt and add the diced tomatoes. Cook until tomatoes are soft. Taste and adjust seasoning as needed.

Serve with croutons.

TANGY MOROCCAN CHICKEN

4 chicken breasts

Mix together:

1/2 tsp salt

1/8 tsp pepper

1 tsp nutmeg

Rub on chicken breasts. Place in 8 x 8 baking pan.

Combine in a saucepan:

1 & 1/2 c orange juice

1/2 c honey

1/4 c raisins

2 tbsp cornstarch

2 tbsp water

Bring to a boil. Let thicken and pour over chicken. Cover baking pan with foil and bake at 350° for approximately 30 minutes or until chicken is fully cooked.

When ready to serve, sprinkle some toasted slivered almonds (1/4 c for all 4) on top.

MOROCCAN PILAF

2 Tbsp olive oil

1/3 c slivered almonds

1 c chopped onion

1/2 c diced carrots

1/2 tsp cinnamon

1 c long grain rice

3 c chicken broth or stock

1/3 c golden raisins

2 tsp orange zest

1/4 tsp cayenne pepper

In a large skillet, heat the oil and sauté the almonds. Add the onions, carrots and cinnamon, and cook for about 3 minutes. Add the rice and cook another 2 minutes, stirring to make sure the rice is coated with the oil. Add the broth, raisins, orange zest and cayenne pepper, and bring to a boil.

Pour mixture into a greased 1.5–2 qt casserole dish, and bake at 375° for about 45 minutes.

KEBABS KOUTANE

1 kg beef fillet, cut into cubes

Marinade:

1 c oil

2 tsp salt

1/2 tsp pepper

1/2 tsp garlic powder (I used 2 fresh cloves, minced)

2 tsp ground coriander

1 tsp ground cumin

Mix marinade all together. Add cubes and refrigerate overnight or for at least 4 hours.

Skewer cubes and grill until slightly pink inside.

MOROCCAN FLATBREAD

Use a basic white bread recipe that makes 4 loaves. After mixing all together, add 1 can chickpeas that have been drained and mashed, 1 Tbsp toasted cumin seeds, and 2 Tbsp toasted coriander seeds. Mix into dough well. Divide into 20 pieces, roll each out and bake immediately in a 425° oven for about 10 minutes or until golden brown.

FRANGO—MINT PIE

Pie crust:

1 & 1/3 c digestive crumbs

1/3–1/2 c sugar

1/3 c melted margarine

Mix together; press into pie pan; bake at 325° for 15–20 minutes or until edges turn golden brown.

Filling:

1 c softened butter

2 tsp vanilla

1/2 tsp peppermint flavoring

Cream these together.

Add: 2 c icing sugar and mix in well, then

3/4 c cocoa, beat in well, then

4 eggs, added 1 at a time until fluffy and stiff.

Spoon over crust. Freeze. Serve cold with whipped cream on top. As it is a rich dessert, you can get 10 pieces out of 1 pie.