

# MOROCCO

*Moroccan-Spiced Lamb Appetizer  
Tomato and Pepper Salad with Capers  
Moroccan Chicken with Couscous  
Moroccan Orange Dessert*



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with Sandy - Kathy - Lynn

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# Moroccan-Spiced Lamb Appetizer

-from MyGourmetConnection.com

Ground lamb and Moroccan-inspired herbs and spices combine to make the filling for these tasty pastry-wrapped appetizers. They're a great choice for entertaining and can easily be made ahead and baked just before serving. A dipping sauce of Greek yogurt and mango chutney complements the seasonings in the lamb perfectly.

## *Ingredients:*

- 3/4 lb ground lamb
- 2 large shallots, finely chopped
- 2 cloves garlic, finely chopped
- 1/3 cup fresh mint leaves, chopped
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 sheet frozen puff pastry dough, thawed
- All purpose flour
- 1 large egg, lightly beaten
- 1/3 cup plain Greek yogurt
- 1/4 cup mango chutney
- Pinch of cayenne



## *Preparation:*

Place the lamb, shallots, garlic, mint, parsley, salt, pepper, cumin and coriander in a bowl. Combine thoroughly - using your hands works the best.

Unfold the pastry sheet onto a lightly floured flat surface and roll out gently to smooth the creases and stretch the sheet to a 10 x 12-inch rectangle. Slice the pastry into 3 strips (10 x 4-inch) and brush with beaten egg.

Place 1/3 of the lamb mixture lengthwise down the middle of each strip of pastry. Fold the long side of the pastry over the filling as tightly as possible and press to seal. Place each roll, seam side down on a piece of plastic wrap. Wrap tightly and refrigerate for at least 1 hour.

Preheat the oven to 425°F and line a baking sheet with parchment. Unwrap the pastry rolls and, using a sharp knife, slice them into 8 pieces each. Arrange in a single layer on the prepared baking sheet and brush each piece with beaten egg. Bake for 20 minutes, or until golden brown.

Combine the Greek yogurt, chutney and cayenne in a small bowl and serve as a dipping sauce.

Makes 24 pieces

# Moroccan Tomato & Pepper Salad with Capers

-from Christine Benlafquih, MoroccanFood.about.com

Fresh chopped tomato salads are very popular in Morocco, where you'll find them presented in varying combination with other veggies for changes in flavor and presentation. Here, tomatoes, colored bell peppers, capers and preserved lemon are mixed with a vinaigrette to make a tasty, tangy accompaniment to your main meal. Traditionally these salads may be scooped up like a dip with pieces of Moroccan bread or simply served with a spoon; it's your choice.



Photo © Christine Benlafquih

In her award-winning [The Food of Morocco](#), Paula Wolfert notes that capers are an unusual addition to salads, despite Morocco being a leading exporter of capers. That has been my observation as well; here in Casablanca, I'm more likely to see sliced or chopped olives used instead.

For the nicest presentation, do chop the tomatoes and peppers quite small; you'll be glad you took the time to do so.

## *Ingredients:*

- 4 large, fresh tomatoes, peeled, seeded and finely chopped
- 1 medium to large yellow bell pepper, finely chopped
- 1 medium to large green bell pepper, finely chopped
- 1 small to medium red onion, finely chopped
- 1 to 2 tablespoons capers, drained
- 1/2 teaspoon finely chopped garlic (optional)
- 1/2 teaspoon finely chopped preserved lemon peel (optional)
- 2 tablespoons chopped fresh parsley
- 3/4 teaspoon salt, or to taste
- 1/4 teaspoon black or white pepper, or to taste
- 1 to 2 tablespoons lemon juice or vinegar
- 4 to 5 tablespoons olive oil

Prep Time: 20 minutes

Total Time: 20 minutes

Yield: Serves 4 to 6

*Preparation:*

Place all ingredients in a medium-sized bowl; gently stir to combine. Taste and adjust seasoning. If desired, leave the salad to macerate and chill in the refrigerator for 20 to 30 minutes, then stir again before serving.

To serve, transfer the salad to small plates, either one plate per person or one small plate per two people; the latter to be shared communally.

If making the salad well in advance of serving, prep the vegetables and parsley.

Layer them in a colander set over a bowl in this order: tomatoes on the bottom, then peppers, then onions, and then chopped parsley on top. Do not stir. Cover and refrigerate. Shortly before serving, transfer the salad to a bowl and stir in the lemon juice, oil, salt and pepper. Taste, adjust seasoning, and serve.

## Curried Chicken Thighs with Cauliflower, Apricots & Olives

*-from FineCooking.com*



This one-pan meal is a riff on Chicken Marbella, the famous Silver Palate dish featuring sweet roasted prunes and briny olives. In this version, made with boneless chicken thighs and cauliflower, the original seasonings are replaced with Moroccan-inspired spices, and dried apricots sub for the prunes. For the best flavor, start marinating the chicken in the morning or, better yet, the night before.

### *Ingredients:*

- 8 boneless, skinless chicken thighs (about 2 lb. total)
- 1/4 cup extra-virgin olive oil
- 1 Tbs. apple cider vinegar
- 4 tsp. curry powder
- 1 tsp. smoked paprika
- 1/2 tsp. ground cinnamon
- 1/4 tsp. cayenne pepper
- Kosher salt
- 1 large head cauliflower, cut into bite-size florets
- 3/4 cup coarsely chopped dried apricots, soaked in hot water for 5 minutes and drained
- 1 cup pitted green olives, halved or quartered if large
- 1/3 cup chopped fresh cilantro
- 1 large lemon, cut into 4 to 6 wedges

*Preparation:*

In a medium bowl, combine the chicken thighs with 2 Tbs. of the oil, the vinegar, 2 tsp. of the curry powder, 1/2 tsp. of the paprika, the cinnamon, cayenne, and 3/4 tsp. salt, tossing to coat. Cover and refrigerate for at least 8 hours and up to overnight.

Position a rack in the center of the oven and heat the oven to 450°F. Line a large rimmed sheet pan with parchment. On the pan, combine the cauliflower with the remaining 2 Tbs. oil, 2 tsp. curry powder, 1/2 tsp. paprika, and 3/4 tsp. salt, tossing to coat. Add the apricots and olives, and spread in a single layer.

Remove the chicken thighs from the marinade, fold them back into their original shape, and place them on top of the cauliflower, spaced evenly apart. (Discard any remaining marinade.) Roast, rotating the pan halfway through, until the cauliflower browns and the chicken cooks through (165°F), about 35 minutes.

Remove the chicken from the pan and toss the cauliflower mixture with the pan drippings. Serve the chicken and cauliflower mixture sprinkled with the cilantro and the lemon wedges on the side.

*nutrition information (per serving):*

Calories (kcal): 380; Fat (g): fat g 22; Fat Calories (kcal): 190; Saturated Fat (g): sat fat g 4.5; Protein (g): protein g 30; Monounsaturated Fat (g): 13; Carbohydrates (g): carbs g 20; Polyunsaturated Fat (g): 3; Sodium (mg): sodium mg 780; Cholesterol (mg): cholesterol mg 140; Fiber (g): fiber g 6;

# Moroccan Orange Dessert

-from [simplyrecipes.com](http://simplyrecipes.com)



A traditional Moroccan dessert made with oranges, orange flower water and cinnamon.

While we used blood oranges here, any sweet orange will work. Orange flower water can be found at Whole Foods or at a Mediterranean market. (I found it at BevMo.)

Prep time: 1 hour, 10 minutes

Yield: Serves 2, and can be doubled.

## *Ingredients:*

- 3-4 oranges
- 1/4 cup orange flower water
- 1-2 Tbsp powdered sugar
- 1-2 teaspoons cinnamon

## *Method:*

1 Slice the top and bottom off each orange. Slice off the rind and all the pith and then cut the orange into 1/4 inch rounds. Sprinkle a little orange flower water in the bottom of a wide-bottomed glass or plastic container and lay the orange slices on top. If you need to do more than one layer of oranges to get them all in the container, sprinkle more orange flower water over each orange layer as you go. Add any remaining orange flower water, cover the container and set aside at room temperature for 1 hour.

2 To serve, take the oranges out of the container and arrange on a plate. Add a little of the liquid from the container. Just as you serve, sprinkle some powdered sugar and cinnamon over the oranges.



Yogurt Chutney Dip



Moroccan-Spiced Lamb Appetizer



Clockwise from  
bottom:  
Tomato & pepper  
Salad with Capers

Couscous

Curried Chicken  
Thighs with  
Cauliflower,  
Apricots & Olives

Moroccan Orange Dessert

