

A TASTE OF MOROCCO

Three much-loved Moroccan recipes to recreate at home

Moroccan cooking is all about balance: fragrant spices, bright citrus, herbs and slow-cooked richness. These three classics offer a simple taste of the flavours found across Morocco.



Chicken Tagine with Preserved Lemon & Olives

A MOROCCAN CLASSIC

This is one of Morocco's most recognisable dishes: fragrant, comforting and surprisingly simple to recreate at home. For four people, gently cook one sliced onion in olive oil with garlic, ginger, turmeric, a little saffron, salt, pepper, parsley and coriander. Add four chicken pieces and allow them to take on the spices before adding a small amount of water. Cover and simmer until tender. Finish with rinsed preserved-lemon peel and green olives, then let the sauce reduce before serving with Moroccan bread. Fes is particularly celebrated for the refinement of its cuisine and its careful balance of spice, acidity, sweetness and savoury flavours.



Zaalouk: Moroccan Aubergine & Tomato Salad

A NATURALLY PLANT-BASED STAPLE

Zaalouk is a naturally plant-based Moroccan staple that can be served warm or at room temperature. Roast or boil two aubergines until soft. Cook them with chopped tomatoes, garlic, olive oil, cumin, paprika, salt, coriander and parsley. Mash everything together gently and continue cooking until the flavours have combined and the mixture has become rich and silky. Finish with lemon juice and serve with warm bread.



7-Vegetable Couscous

A MOROCCAN FAMILY FAVOURITE

A comforting Moroccan classic, seven-vegetable couscous combines fluffy steamed couscous with a fragrant vegetable broth. Gently cook onion, tomatoes, ginger, turmeric, saffron, parsley and coriander in olive oil. Add chickpeas, carrots, turnip and pumpkin, followed by cabbage and zucchini as the vegetables begin to soften. Steam the couscous until light and fluffy, then mound it onto a serving platter and arrange the vegetables over the top. Spoon over a little of the golden broth and serve with extra broth alongside.