



An Evening in Morocco
AAUW Dinner Group
November 10, 2018
6:30 p.m.

Menu

B'Stilla (Shredded Chicken Pie)
Moroccan Carrot Salad
Moroccan Slow-Cooked Lamb
Couscous with Lemon, Mint and Toasted Almonds
Moroccan Yogurt Cake with Orange Sauce
Wine, Coffee, Tea

Assignments

Couple 1: (Host) **Main Dish**

Moroccan Slow-Cooked Lamb

Wine, Coffee, Tea

Couple 2: **Appetizer**

B'Stilla (recommend assembling B'Stilla and baking at host's home)

Couple 3: **Salad**

Moroccan Carrot Salad

Couscous with Lemon, Mint and Toasted Almonds

Couple 4: **Dessert**

Moroccan Yogurt Cake with Orange Sauce

Recipes

B'Stilla

12 Servings

4 pounds chicken legs and thighs

3 cups water

½ cup (1 stick) unsalted butter

1 cup chopped fresh parsley

1 large onion, grated

1 3-in stick cinnamon

1 scant teaspoon freshly ground pepper

¼ teaspoon ground ginger

¼ teaspoon turmeric

¼ teaspoon pulverized saffron

Few sprigs fresh coriander, chopped

Pinch of salt

¼ cup vegetable oil

1 pound whole blanched almonds

½ cup powdered sugar

2 teaspoons cinnamon

½ cup (1 stick) unsalted butter

¼ cup fresh lemon juice

10 eggs, well beaten
salt

½ cup (1 stick) unsalted butter, clarified
½ to ¾ pound phyllo pastry sheets (preferably fresh)

Powdered sugar (garnish)
Cinnamon (garnish)

Combine first 12 ingredients in Dutch oven, cover and bring to boil over high heat. Reduce heat and simmer 1 hour, stirring occasionally.

Heat oil in large skillet, add almonds and brown lightly. Drain well. Transfer to food processor with steel knife and mix until coarsely broken. Add sugar and cinnamon and grind until almonds are coarsely chopped. Add ¼ cup butter and mix using about 3 on/off turns. Set mixture aside.

Remove chicken and set aside to cool slightly. Discard cinnamon stick and any loose bones from Dutch oven.

Reduce remaining liquid to about 1 ¾ cups by boiling rapidly. Reduce heat to simmer and add lemon juice. Pour eggs into simmering sauce and stir constantly until cooked and slightly congealed. *They should become curdy, but not too dry.* Using a slotted spoon, transfer eggs to a baking sheet or jelly roll pan. Refrigerate until completely cool. Add salt to taste.

Shred chicken into pieces about 1½ inches long; discard bones and skin.

Preheat oven to 425 degrees F. Brush a deep, 12- to 14-inch pan with a little clarified butter. Cover pan with sheet of phyllo, keeping unused sheets covered with damp towel. Drape several more sheets one at a time into pan, allowing one-half of each of the sheets to extend beyond pan edges and remaining half to evenly cover bottom of pan, and drizzling only a little butter between layers.

Spread chicken pieces evenly on bottom of pan. Cover with well-drained egg. Sprinkle with almond-sugar mixture.

Working as quickly as possible, cover layers with all but 4 of the remaining pastry sheets, brushing each lightly with butter. Fold extended sheets over top of pie to cover and enclose. Place remaining 4 sheets over top, lightly buttering each. Tuck neatly around outer rim and lightly brush top with butter. Pour any remaining butter around edges.

Bake 10 minutes. Remove from oven and shake pan to loosen pie. Run spatula around edges and carefully pour off excess butter. Invert onto large buttered baking sheet,

return to oven and continue baking about 10 to 20 minutes until crisp and golden brown.

Invert onto serving plate and dust lightly or liberally with powdered sugar. Run crisscross lines of cinnamon over top and serve immediately.

Moroccan Carrot Salad

6 servings (**increase recipe to serve 8**)

- ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground coriander
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground allspice
- Pinch of ground cloves
- 1/3 cup olive oil
- ¼ cup fresh lemon juice
- ¼ cup fresh orange juice
- 3 tablespoons chopped fresh mint
- 1 pound carrots, peeled, coarsely grated
- 4 cups mixed baby greens
- 1 small sweet onion, thinly sliced

Whisk first 7 ingredients in large bowl. Whisk in oil, lemon juice, orange juice, and mint. Add carrots and baby greens; toss to coat. Season with salt and pepper. Top with onion and serve.

Moroccan Slow-Cooked Lamb

6 servings (**increase recipe to serve 8**)

Suggested wine with lamb: Australian Shiraz or red Faugeres from Languedoc in France

- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 ½ teaspoon salt
- 1 teaspoon fennel seeds
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- 2 ½ pounds trimmed boned lamb shoulder, cut into 1 ½ to 2 inch pieces
- 4 tablespoons olive oil, divided

1 large onion, finely chopped
1 tablespoon tomato paste
2 cups low-salt chicken broth
1 15½ ounce can garbanzo beans (chickpeas), drained
1 cup dried apricots (about 5 ounces)
2 large plum tomatoes, chopped
2 cinnamon sticks
1 tablespoon minced peeled fresh ginger
2 teaspoons (packed) grated lemon peel
2 tablespoons chopped fresh cilantro

Mix first 6 ingredients in large bowl. Add lamb and toss to coat. Heat 2 tablespoons oil in heavy, large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until browned on all sides, turning occasionally and adding 2 more tablespoons oil to skillet between batches, about 8 minutes per batch. Transfer lamb to another large bowl after each batch.

Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes. Add broth, garbanzo beans, apricots, tomatoes, cinnamon sticks, ginger, and lemon peel and bring to boil, scraping up browned bits. Return lamb to skillet and bring to boil. Reduce heat to low, cover, and simmer until lamb is just tender, about one hour. Uncover and simmer until sauce thickens enough to coat spoon, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Re-warm over medium-low heat, stirring occasionally.)

Transfer lamb and sauce to bowl. Sprinkle with cilantro and serve on top of couscous.

Couscous with Lemon, Mint and Toasted Almonds

3 cups water
1/2 tsp salt
2 cups couscous
1 Tbsp freshly grated lemon peel
3 Tbsp fresh lemon juice
1/3 cup freshly chopped mint leaves
1/2 cup slivered almonds, toasted

Add salt and lemon peel to water. Bring to a boil.

Add couscous to the water and remove from heat. Let stand 5 minutes. Fluff with a fork.

Add mint, lemon juice and toasted almonds. Fluff and serve.

Moroccan Yogurt Cake

Very important: Moroccans use the plastic cup their yogurt is sold in as a measuring cup for yogurt cake. In this recipe, you need to do the same; for example, when it says to use 1 ½ cups of sugar, you need to fill the yogurt cup 1 ½ times with sugar.

3 large eggs, separated, room temperature
1 ½ cups sugar (remember to use the yogurt cup)
One 6 oz. container unsweetened, plain yogurt (this is your yogurt cup)
½ cup vegetable oil (use yogurt cup)
1 teaspoon vanilla
1 teaspoon baking powder
1 teaspoon ground ginger or ground cardamon
½ teaspoon salt
2 ½ cups flour (use yogurt cup)

Preheat oven to 360 degrees (this is not a typo!). Butter an 8" loaf pan, then press a piece of parchment paper into the pan, adhering it to the bottom and sides. Trim edges of parchment, leaving about a half inch or more above the top of the pan so you can use the parchment edges as handles to remove the baked cake from the pan.

In a large bowl, pour the sugar over the three egg yolks and beat with a mixer until it forms a creamy whitish mixture. Add the vegetable oil and mix gently with a spatula in a rotating motion until oil is incorporated. Add yogurt and mix with spatula until well-blended. Then add the vanilla, baking powder, ginger or cardamon.

Sift the flour directly into the batter a little at a time, using the spatula as before, until blended.

In another large bowl, use an electric mixer with clean, dry beaters to beat the egg whites with a pinch of salt until they form firm peaks, about 5 minutes. Gently fold the egg whites into the batter with the spatula, a little at a time, until creamy and smooth.

Pour the batter into the prepared cake pan and shake the pan gently until the batter is level. Bake for 40 – 50 minutes or until the top of the cake feels firm when pressed.

Allow the cake to cool in the pan for five to ten minutes, then lift it out of the pan, placing on a wire rack to cool completely before serving.

Easy Orange Dessert Sauce

Oranges are a popular fruit in Morocco and used in both savory and sweet dishes. The juice and zest are added to tagines, baked in cakes and are the main ingredients in this easy orange dessert sauce.

You will need two or three fresh oranges to make this simple sauce. A citrus zester or microplane is the ideal tool for zesting fruit. You can use a vegetable peeler and then chop the zest, but it creates an added step.

With its intense flavor, just a small amount of sauce is all you need to add a delicious citrus touch to crepes, cake, ice cream, custards and other deserts.

1 cup freshly squeezed orange juice (from 2 to 3 oranges)

Zest from 1 orange

¼ cup sugar

1 tablespoon butter

Mix the orange juice, zest, and sugar in a small saucepan. Simmer the juice mixture over medium heat, stirring occasionally, for about 15 minutes, until a thick, syrupy sauce has formed. (At this point, you should still be able to pour the sauce, but if you like, continue reducing the sauce to make it even thicker.)

When the sauce is the consistency you like, stir in the butter and simmer for another 2 or 3 minutes. Remove from the heat and leave to cool.

Serve the orange sauce chilled, at room temperature or warm.