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**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 Dessert Sauce**

**Wine, Coffee, Tea**

**Assignments**

Couple 1: (Host) Main Dish

Moroccan Slow-Cooked Lamb

Wine, Coffee, Tea

Couple 2: Appetizer  
 B’Stilla

Couple 3: Salad   
 Moroccan Carrot Salad

Couscous with Lemon, Mint and Toasted Almonds

Couple 4: Dessert

Moroccan Yogurt Cake with Easy Orange Dessert 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 ¼ cups by boiling rapidly. Reduce heat to simmer and 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 baking sheet or jelly roll pan. Refrigerate until completely cool. Add salt to taste.

Shred chicken into pieces about 1½ inches long; discard bone 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 to wet cloth. 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 with 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 remaining 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

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 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

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

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.

**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**

3 large eggs

1 small container unsweetened, plain yogurt (approximately ½ cup)

1 measure vegetable oil

2 measures sugar

½ teaspoon salt

2 teaspoons vanilla (or vanilla sugar)

Preheat oven to 350. Grease and flour a Bundt or small tube pan

If desired, separate eggs. In a large bowl, beat egg whites with an electric mixer until stiff. Set aside. (This step is optional; you can add whole eggs in the next step, if you prefer.)

In another large bowl, beat together by hand or with mixer the yogurt (reserve the empty container to use as your measure), the vegetable oil, sugar and egg yolks (or whole eggs, if you choose not to separate the eggs).

Stir in the vanilla, flour, baking powder and salt; beat briskly by hand or with an electric until smooth.

If you separated the eggs, gently fold the beaten egg whites into the cake batter, being careful to incorporate all the whites evenly.

Pour the batter into the prepared cake pan and bake for 40 to 45 minutes or until the cake tests done.

Allow the cake to cool in the pan for five to ten minutes before inverting onto a plate. The cake may be served warm, but it will improve in flavor and texture as it sits. Allow it to cool completely before storing in an airtight container.

**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.