

## AZIZ'S TAGINE AND STUFFED MSAMAN RECIPES



Aziz affirms that being Muslim is part of all aspects of one's life; anything you do, it must be your worship to Allah. Like many other Moroccan people, Aziz eats tagine every day after breaking the fast during the month of Ramadan. For the film *Spiritual Flavours*, he has cooked a chicken tagine and stuffed msaman.

### CHICKEN TAGINE INGREDIENTS

750gr chicken  
4 medium potatoes  
2 tomatoes  
8 carrots  
250 petit pois  
2 onions  
½ cup of olive oil  
1 spoon of parsley  
1 spoon of coriander  
1 spoon of salt  
1 spoon of black pepper  
1 spoon of cumin  
1 spoon of paprika  
1 spoon of ginger (paste or powder)  
1 spoon of turmeric

*To garnish: green olives, 2 chili, 1 piece of lemon.  
Serve with bread*

### METHOD

Marinate the chicken and leave overnight (or min 1 hr). Peel the carrots and potatoes and cut in 4 long pieces. Then trim the central edges.  
Fry the chicken (glaze to give a golden skin) for 5 minutes. Remove and save the oil.  
Preheat the tagine dish for 10 min (with a metal piece between the tagine and the stove to prevent cracking)  
Add the chicken oil. Add sliced onion.  
Place the chicken in the central area of the tagine, leaving the edges for the vegetables.  
Put the chopped onions on top of the chicken and the potatoes and carrots around the meat, alternating them.  
At the top centre put the petit pois, the olives, the lemon and the pepper.  
Close the tagine (do not add any water!)  
Leave the tagine to cook without opening the lid for 45 min to an hour, at minimum heat for slow cooking.

## AZIZ'S RECIPES CONTINUED...

### STUFFED MSAMAN INGREDIENTS

#### Dough:

- ½ kg flour
- 1 & 1/2 cup of water
- 1 teaspoon of yeast
- 1 teaspoon of sugar
- 1 teaspoon of salt

#### Filling:

- 250 gr of white cod fish
- 100 gr of green olives
- 1 medium courgette (grated with the skin)
- 1 carrot (grated)
- 100 gr cheese (cheddar or mozzarella)
- ½ teaspoon of black pepper
- ½ teaspoon of salt

#### Topping:

- Mixture of egg yoke & ½ teaspoon of vinegar
- Sesame seed or poppy seed (or both)



### METHOD

- Fry fish (sauté and remove from saucepan).
- Grate the courgette and carrot, sauté in the pan and mix with the fish.
- Prepare the dough by mixing all the ingredients and leave to sit for 30 min.
- Knead the dough and leave flat.
- Fold it and let it sit for 5 min.
- Flatten the dough again and spread on it a melted mixture of butter and oil.
- Put the filling, fold and close at the top with an olive.
- Spread the egg yoke and vinegar mixture on top (1/2 teaspoon).
- Sprinkle the seeds.
- Bake for 16 min in the preheated oven (180-200 °C).