

## 28. Moroccan Tagine

A **tajine** or **tagine** is a type of dish found in the North African cuisines of Morocco, which is named after the special pot in which it is cooked. The traditional tajine pot is formed entirely of a heavy clay which is sometimes painted or glazed. It consists of two parts; a base unit which is flat and circular with low sides, and a large cone or dome-shaped cover that rests inside the base during cooking. The cover is so designed to promote the return of all condensation to the bottom. With the cover removed, the base can be taken to the table for serving.

**Yield:** - Serves 4 to 6

### Ingredients: -

1 or 2 large	Onions, sliced down the vein into 6 pieces.
1 Green	Capsicum, cut lengthways into 8 chunky pieces.
1 each	Eggplant, cut into square chunks (½, then into 3 then each into 4)
	Carrots & Cauliflower, (optional) cut into similar sizes.
2 large	Tomatoes, chopped, together with ½ cup of water <b>-OR-</b>
1 can	Tomatoes, chopped.
¼ cup	Water.
1 cup	Chickpeas, soaked overnight & boiled until soft.
500 gm	Green beans, topped and tailed.
1 jiggle	Tamari dark, Japanese soy sauce, (2 teaspoons, to taste).
1 teaspoon	Sea salt/Rock salt.
¼ cup	Olive Oil
1 bunch	Fresh Coriander (½ roughly chopped, the rest retained to garnish.
2 teaspoons each	Cumin, Coriander, & Turmeric.
250 gm	Tofu (optional).
2 tablespoons	Almonds, roasted and slivered.
2 cups	Couscous (or more as required).

### Directions: -

1. Soak the chickpeas overnight and then boil until soft.
2. Layer the vegetables in the order listed above, from onion to chickpeas, into a tagine or large pot. Heap the green beans on top
3. Add the water, tamari, salt & drizzle oil over the top.
4. Cook slowly leaving undisturbed with the lid tightly fitted for the first 15 minutes.
5. Stir in the chopped half of fresh coriander, spices and tofu (if using), and cook for a further 15 minutes, until some of the vegies begin to collapse & the spices & juices form a rich sauce.
6. Garnish with the remaining Coriander & slivered Almonds and serve with or on a bed of Couscous