



A Cooks Tour – A night in the Medina

Recipes Serve 2

Rosella radicchio salad

Carroll's heritage potato tagine

Zaalouk

Moroccan khobz

Rose, rhubarb & custard

Recipes

Rosella radicchio salad (sulphites)

Ingredients

- 1 medium seasonal squash, wedged Skin On
- 1 medium blood orange, segmented
- 1 radicchio seasonal squash such as rosella
- 100g pumpkin seeds
- 20g sugar

Truffle dressing

- 3 tbsp olive oil
- 3 tbsp truffle oil
- 1 tbsp pomegranate seeds
- 1 tbsp pomegranate molasses
- 10ml lemon juice
- 1 tbsp finely chopped chives

Method

1. Preheat the oven to 220oc/gas mark 2
2. Toasted and season squash with olive oil and bake for 15-20 minutes
3. Mix all dressing ingredients together and season to taste
4. Dress the radicchio with the dressing

5. Once the squash is ready layer up the ingredients to form a beautiful salad on your chosen serving plate.
6. Garnish with the pumpkin seeds and fresh herbs
7. Enjoy!

Carroll's heritage potato tagine (sulphites)

Ingredients

- 100ml olive oil
- 3 onions of your choice
- 500g mixed potatoes, chopped and sliced
- 4 garlic cloves, peeled and smashed
- 2 tsp ras el hanout spice
- ½ preserved lemon, sliced
- 2 teaspoons coriander and stalks, chopped
- 100g mixed olive, pitted
- 700ml vegetable stock

Chermoula dressing

- 120ml olive oil
- 1 tbsp red wine vinegar
- 40ml lemon juice
- ½ clove of garlic, minced
- 1 tbsp sweet smoked paprika
- 1 red chill, finely diced
- 1 green chill, finely diced
- 1 preserved lemon, rind only, finely diced
- 1 handful chopped coriander

Couscous

- 100g couscous
- 2 onions, 1 garlic clove, caramelised
- 1 pinch of saffron
- ¼ tsp turmeric
- 3 sprigs coriander, chopped
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 tbsp olive oil

Method

1. Heat the olive oil in a frying pan, add the sliced onions and cook for 3-6 minutes until soft
2. Add the potatoes and cook for a further 2-3 minutes
3. Add the garlic, lemon and Ras el Hanout, coriander, and olives.
4. Pour over enough of the stock to cover by 1-2cm you may or may not need all the stock depending on your pan size.
5. Bring to a swift boil, turn to a simmer and cover, cook for 20-30 minutes until liquid has reduced and rich in texture.

6. For the couscous place all the ingredients in a bowl and pour over 130ml boiling water, cover and allow to stand cook for 10 minutes, fluff with a fork and serve.
7. Mix all the chermoula ingredients together and correct the seasoning if desired
8. Finish with a lashing of chermoula, serve remaining on the table.
9. Enjoy!

Zaalouk (celery)

Ingredients

- 2 large aubergines, deseeded, large dice
- 1 tbsp lemon juice
- 80ml olive oil
- 500g passata tomatoes
- 20g tomato puree
- 1 tbsp soft brown sugar
- 4 garlic cloves, smashed, finely chopped
- 2 sticks of celery, diced
- 1 large onion, diced
- 1 tsp sea salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 2 tbsp chopped parsley
- 2 tbsp chopped coriander
- 1 tbsp chopped mint

Method

1. Fry the Aubergine until golden with 50ml of the oil
2. Drain the fried aubergines on kitchen roll but do not squeeze as we just want to remove the excess oil
3. Meanwhile heat the rest of the oil, add the onions, celery and quick fry on high heat to lightly caramelize
4. Add the garlic, spices, and toast for a further 1-2 minutes, add the tomato puree, passata, brown sugar, and reduce until rich and sticky for about 20-40minutes on a low heat.
5. Add the lemon juice, herbs, and fold through the aubergine gently
6. Serve and enjoy with flat breads!

Moroccan Khobz (sesame, sulphites, gluten)

Ingredients

- 225g tipo 00 flour
- 50g semolina flour
- 4g dried yeast
- 1 tsp sugar or syrup
- 1 tbsp extra virgin olive oil
- 1 rbsp Za'atar

- 1 tbsp toasted sesame seed

Method

1. Place flours, sesame, and Za'atar in a Large mixing bowl, make a well in the centre
2. Slowly incorporate 170ml and the yeast together with the sugar until well mixed
3. Using a fork, bring the flour in gradually from the sides and swirl it into the liquid. Keep mixing, drawing larger amounts of flour in, and when it all starts to come together, work the rest of the flour in with your clean, flour-dusted hands. Knead until you have a smooth, springy dough.
4. Place the ball of dough in a large flour-dusted bowl and flour the top of it. Cover the bowl with a damp cloth and place in a warm room for about an hour until the dough has doubled in size.
5. Preheat oven to 230oc/Gas Mark 8
6. Now remove the dough to a flour-dusted surface and knead it around a bit to push the air out with your hands – this is called knocking back the dough. You can either use it immediately, or keep it, wrapped in clingfilm, in the fridge (or freezer) until required.
7. If using straight away, divide the dough up into 3-4 balls
8. Simply roll the dough into 2-3cm high burger like patty shapes and place on preheated baking paper lined tray. Bake for 1-15 minutes until well risen and hollow to tap on base.
9. Enjoy!

Rose, rhubarb and custard (gluten)

Ingredients

- 200g pink rhubarb stems, cut into 3" Sticks
- 1 tbsp rose water
- 100g sugar
- 1 tsp vanilla bean paste
- 1 tbsp grenadine
- 100ml water
- 2 sheets of Filo drizzled with maple syrup and baked until golden
- 1 tbsp toasted coconut
- 1 tbsp maple syrup

Coconut custard

- 250g pure coconut yogurt
- 1 tbsp vanilla bean paste

Method

1. Poach the rhubarb with the sugar, rose, grenadine, vanilla, and water until soft but still tender (like cooked carrots with bite).
2. Whip the coconut with the vanilla bean paste until well combined
3. Chill the rhubarb until really cold and serve the coconut custard, a drizzle of the cooking liquor.
4. Finish with the toasted coconut and filo tulle