



## MOROCCAN CARROT SALAD

For the salad you need

- 2 tbs sultanas, soaked in Orange Blossom for 1 hour then drained
- 5 small carrots, peeled and grated
- ½ cup parsley, shredded
- ½ cup mint, shredded
- 1 orange, segmented

For the dressing you need

- ¼ cup olive oil
- 1 tsp cumin seeds, roasted and crushed
- 3 tbs sweet chilli sauce
- 4 Garlic cloves, crushed
- 2 lemons, juiced
- 1 tsp orange blossom
- Salt

Method:

- Mix all salad ingredients together. Set aside.
- Mix all dressing ingredients until well combined and then add to carrot salad.

## COUSCOUS

*Note: you will need to soak your chickpeas overnight for this recipe*

- 3 cups couscous
- 3 cups boiling water
- 100g butter
- 2 oranges, zested
- 1 tbs salt
- 50g slivered almond (roasted)
- 50g currents or sultanas
- 50g cranberries
- 2 cups chickpeas, soaked and cooked
- Cinnamon, for serving

Put couscous in a large bowl.

In a pot, bring to the boil water, butter, salt & orange rind. Simmer for 5 minutes. Pour over the couscous and mix with fork, stirring every few minutes until light and fluffy (approx. 15 minutes). Add the rest of the ingredients. When serving, sprinkle with cinnamon.





## CHICKEN TAJIN

1kg chicken thighs (preferably on bone)  
2 tbsp. honey  
1 tsp. cinnamon  
Freshly chopped herbs, for serving

For the Chermoula you need

1 cup coriander (leaves and stalks)	1 tsp ground turmeric
1 cup parsley (leaves & stalks)	1 red chilli, seeded and chopped
6 garlic cloves	1 large onion, roughly chopped
2 tbs cumin seeds, roasted and ground	1 preserved lemon, roughly chopped
2 tbs coriander seeds, roasted and ground	¼ cup olive oil
5 cloves, roasted and ground	¼ cup vegetable oil
1 tbsp. ground ginger	1 tbsp. salt
2 tbsp. sweet paprika	

For the Tajine Sauce you need

3 tbsp. olive oil  
2 large onions, diced  
6 garlic cloves, crushed  
4 large tomatoes, diced  
15 prunes cut in half  
Salt

### Method

In a food processor process all chermoula ingredients into a paste. Pour paste over chicken and massage through. Allow to marinate for at least 2 hours.

In a saucepan heat the oil, add onion, and cook until soft and golden. Add tomato and garlic and cook for 10 minutes. Add marinated chermoula chicken and prunes.

Cook on a very low heat for 45 minutes, (if using chicken that has skin and bone in, cook with the pot lid on, in the oven at 160°C for 2 hours).

Turn the heat off and then add 2 tbsp. honey and 1 tsp. cinnamon.

Garnish with chopped herbs.

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