



Spice Up Your Spring!

Maynard Library

Spice Club

RAS EL HANOUT

3326SPICE INFORMATION

Ras el hanout (also spelled *rass el hanout*) is a blend of aromatic spices that is used extensively in specialty Moroccan cuisine, but typically is not used for everyday cooking. It is also found in varying forms in Tunisia and Algeria. The name's literal translation from Arabic is "head of the shop," an expression which actually means "the best offering of the shop."

Due to its liberal use in mrouzia, a lamb and honey dish with intense seasoning, ras el hanout also is sometimes called mrouzia spice. In addition to mrouzia, ras el hanout is used to flavor tagines, soups, and couscous dishes and is sometimes rubbed on meat or fish.



No definitive composition of spices makes up ras el hanout. Each shop, company, or family may have their own blend. The mixture usually consists of over a dozen spices in different proportions, but a total of 30 or more ingredients might be used in some recipes.

Recipes for ras el hanout vary, but common ingredients include cardamom, cumin, clove, cinnamon, nutmeg, mace, allspice, dry ginger, chili

peppers, coriander seed, peppercorn, sweet and hot paprika, fenugreek, and dry turmeric. Some spices may be particular to the region, such as ash berries, chufa, grains of paradise, orris root, monk's pepper, cubebs, dried rosebud, fennel seed or aniseed, galangal, long pepper. When purchasing premade ras el hanout, it's a good idea to sample some to make sure it's the type you like.

https://en.wikipedia.org/wiki/Ras_el_hanout

<https://www.thespruceeats.com/essential-spices-in-moroccan-cooking-2394741>

Your spice sample came from Debra's Natural Gourmet in West Concord from the brand Frontier Spice. It is a mix of (in order of quantity) coriander, turmeric, cardamom, sea salt, black pepper, cloves, cinnamon and nutmeg.

RECIPES

As noted above, recipes for ras el hanout vary greatly. Here are three recipes which have between 11 and 21 spices. Feel free to add a touch more of your favorite spice.

Spruce Eats

2 t. ginger
2 t. cardamom
2 t. mace
1 t. cinnamon
1 t. allspice
1 t. coriander
1 t. nutmeg
1 t. turmeric
1/2 t. black pepper
1/2 t. white pepper
1/2 t. cayenne pepper
1/2 t. anise seed
1/4 t. cloves

Master Class

1 t. cumin
1 t. cardamom
1 t. ginger
½ t. nutmeg
½ t. allspice
½ t. cinnamon
½ t. coriander
½ t. black peppercorns
½ t. turmeric
¼ t. cloves
¼ t. cayenne pepper

Edible Mosaic

1 T. ginger
1 T. coriander
2 t. red chilli powder
2 t. paprika
2 t. cumin
2 t. cinnamon
2 t. allspice
2 t. black pepper
2 t. turmeric
1 ½ t. orris root
1 ½ t. mace
1 ½ t. nutmeg
1 ½ t. cardamom
¾ t. fennel seed
¾ t. anise seed
½ t. fenugreek
½ t. cloves
½ t. cayenne pepper
2 bay leaves
1 t. dried lavender
1 T. dried rose petals

Pistachio Ras El Hanout Dip

Makes about 2/3 cup

<https://www.sarahaasrdn.com/pistachio-ras-el-hanout-dip/>

Ingredients

¼ cup ground pistachios	1 tsp lemon zest
2 garlic cloves, smashed	1 tsp Ras el Hanout seasoning
½ cup plain Greek yogurt	¼ teaspoon kosher salt
2 tbsps lemon juice	Water, as needed

Directions

1. Place the pistachios, garlic, yogurt, lemon juice, lemon zest, Ras el Hanout and salt in a small food processor. Pulse to combine. Scrape down the sides of the bowl, then process until smooth, adding water as needed, 1 tablespoon at a time, until desired consistency is reached.
2. Serve with vegetables, pita bread, whole grain cracker or as a sauce for sandwiches, wraps or even pizza!

Shakshuka with Ras El Hanout

<https://masimasa.com/blogs/moroccan/shakshuka-with-ras-el-hanout>

Servings: 3-4

Ingredients

- 6 eggs
- 1 medium green bell pepper, small dice
- ½ yellow onion, small dice
- 2-3 large garlic cloves, minced
- 4-5 oz feta cheese (vegan feta also works great!)
- ½ bunch flat leaf parsley, roughly chopped
- ½ bunch mint, roughly chopped
- 1 lemon
- 1 14.5 oz can diced tomatoes or 3 C chopped tomatoes
- 1 Tbsp tomato paste
- 1 Tbsp honey
- 1½ Tbsp Ras El Hanout
- 3 Tbsp olive oil
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ½ tsp red chili flakes (optional)
- 1 large baguette, pita or flatbread



Directions

1. Heat large skillet over medium high heat. Add olive oil, bell pepper, and onion to pan and cook, stirring occasionally, 4-5 minutes until translucent.
2. Stir in garlic, cook for 3 minutes. Stir in pinch of salt and Ras El Hanout; allow to toast with vegetables until fragrant, about 1 minute.
3. Stir in tomatoes, tomato paste, and honey, cook until slightly thickened, 5-7 minutes.
4. Create 6 small wells in tomato sauce, crack an egg into each well.
5. Turn heat down to low, sprinkle with freshly ground black pepper, cover with lid and cook for 5-7 minutes.
6. Remove from heat, top with crumbled feta cheese, parsley and mint, squeeze of lemon, red chili flakes (if using) and a drizzle of olive oil. Serve with flatbread, pita, flatbread, or a good crusty bread and a big green salad.

Best Pistachio Waffles

Servings: 5 waffles (depending on the size of your waffle maker)

<https://food52.com/recipes/28215-ras-el-hanout-pistachio-belgian-waffles>

Ingredients

Pomegranate Honey Syrup

- 2 cups pomegranate juice
- 1/2 cup honey
- 1/2 cup orange juice
- 1 cinnamon stick



Waffles

- 1 2/3 cups white whole wheat flour
- 1/3 cups white sugar
- 2 tablespoons ras el hanout
- 1 tablespoon baking powder
- 1/2 teaspoon each salt and orange zest
- 4 extra-large egg yolks
- 1/2 cup unsalted butter browned then cooled to room temperature
- 1 1/2 cups half and half or whole milk
- 6 extra large egg whites
- 1/2 cup shelled pistachios, roughly chopped

Directions

Pomegranate Honey Syrup

Place the ingredients in a medium saucepan. Bring to a boil, then reduce heat to a simmer and cook until thick and syrupy, about 20 minutes.

Waffles

1. Preheat the waffle iron.
2. Sift flour, sugar, ras el hanout, baking powder, and salt onto a large piece of parchment paper. Set aside.
3. Mix the egg yolks and brown butter in the bowl of a standing mixer fitted with the paddle attachment until combined.
4. Add the half and half to the egg yolks and mix at the lowest speed. Slowly add the dry ingredients and the orange zest to the egg yolks, mixing to combine. Do not overmix.
5. In a clean mixing bowl, whisk or beat the egg whites until they form soft peaks.
6. Fold half of the egg whites into the batter. Gently fold in the remaining egg whites until just combined.
7. Ladle the batter into the heated waffle iron and sprinkle 2 tablespoons pistachios over the top before closing the waffle iron. Cook according to manufacturer's instructions (our large Belgian waffles took about 4 1/2 minutes).
8. Waffles may be kept warm in a 250° F oven for up to 20 minutes. They may be frozen for up to one month—just toast before serving.

Tajin Sibnekh (Tunisian Chicken and Eggs)

<https://www.allrecipes.com/recipe/162192/tajin-sibnekh-tunisian-chicken-and-eggs/>

Servings: 12

Ingredients

- ⅓ cup vegetable oil
- 2 potatoes, peeled and cubed
- 8 ounces diced chicken breast
- 1 large onion, diced
- 1 tablespoon harissa
- 1 ½ teaspoons ras el hanout
- ½ cup water
- 1 ½ tablespoons tomato sauce
- 1 tablespoon butter
- 1 bunch fresh spinach, chopped
- 8 eggs
- 1 cup frozen peas
- ⅓ cup Parmesan cheese
- 1 pinch salt and pepper to taste

Directions

1. Preheat oven to 400 degrees F. Grease a 9x13 inch baking dish.
2. Heat the vegetable oil in a large skillet over medium-high heat. Fry the potatoes in the hot oil until golden brown and tender, about 7 minutes. Remove with a slotted spoon, and drain on a paper towel-lined plate. Stir the chicken into the remaining oil, and cook until white on the outside, but still pink on the inside, about 2 minutes. Add the onion, and continue cooking until the onion has softened and turned translucent, about 5 minutes. Stir in the harissa, ras el hanout, water, tomato sauce, and butter. Bring to a simmer, then stir in the spinach until wilted. Remove from the heat, and set aside.
3. Beat the eggs in a large mixing bowl until smooth. Stir in the peas, Parmesan cheese, and fried potatoes. Stir in the chicken mixture a spoonful at a time, season to taste with salt and pepper, then pour into the prepared baking dish.
4. Bake in preheated oven until the mixture is firm and golden brown, 15 to 20 minutes. Allow to cool slightly, then cut into 12 squares, and serve warm.



Marak Katom (Orange Soup)

<https://www.nyshuk.com/marak-katom>

Servings: 6-8

Ingredients

- ¼ cup extra-virgin olive oil
- 2 medium onions, finely chopped
- 4 garlic cloves, finely chopped
- 2-inch piece fresh ginger, peeled and finely chopped
- 1 medium butternut squash (about 2 lb), peeled, seeded, and cut into ½-inch pieces

- 2 lb sweet potatoes, peeled and cut into ½-inch pieces
- ½ lb carrots, cut into ½-inch rounds
- 2 cinnamon sticks
- 6 cups vegetable stock, plus more as needed
- 1 tablespoon kosher salt, plus more as needed
- ½ teaspoon freshly ground black pepper
- Ras el hanout, to taste
- Plain yogurt and harissa, for serving



Directions

1. In a large soup pot, heat the oil over medium-high heat. Add the onions, garlic, ginger, butternut squash, sweet potatoes, and carrots and cook, stirring occasionally, until the vegetables begin to soften, 15–20 minutes.
2. Add the cinnamon sticks and stock. Let the mixture come to a boil, then reduce the heat to medium-low, partially cover, and cook until the vegetables are very tender, about 15 minutes.
3. Remove the pot from the heat and stir in the salt and pepper. Remove and discard the cinnamon sticks and let the soup cool slightly, then use a hand blender to blend until smooth and creamy. Taste and add ras el hanout and more salt, if desired. If the soup looks too thick, stir in a little more stock. Serve hot, dolloped with yogurt and topped with harissa.

Shorbat Frik Recipe (Tunisian Soup)

<https://www.olivemagazine.com/recipes/meat-and-poultry/shorbat-frik-tunisian-soup/>

Servings: 4

Ingredients

- 3 garlic cloves, crushed
- 1 tbsp ras el hanout, crushed with a pestle and mortar
- 2 tbsp olive oil
- 1 small onion, chopped
- 1 tsp paprika
- 2 pinches of cayenne pepper
- 85g tomato purée
- 500g lamb or chicken, cut into small pieces
- 60g freekeh
- 2 tbsp celery, chopped
- 2 tbsp dried chickpeas, soaked overnight
- 2 tbsp coriander leaves, chopped
- ½ tsp dried mint



Directions

1. Mix the garlic and ras el hanout. In a large pan, heat the oil over a medium heat. Gently fry the garlic and ras el hanout, onion, paprika, cayenne, tomato purée and some seasoning, and gently fry for 3-4 mins or until fragrant.
2. Add the lamb or chicken and continue to fry gently – if needed, add a little water to stop the meat sticking to the pan.
3. When the meat is golden, add the chickpeas and enough water to make a soup – about a quart should be right; you can always add more later on in the cooking process.
4. Add the freekeh and celery, and lower the heat to simmer for 50 mins-1 hr or until the meat and chickpeas are tender. Check and taste after 30 mins – you may need to add more water or seasoning. When almost ready, add coriander leaves and dried mint. Serve hot with your favorite fresh bread.

Broccoli Spoon Salad with Warm Vinaigrette

<https://www.bonappetit.com/recipe/broccoli-and-date-salad>

Servings: 4

Ingredients

- 6 Tbsp. grapeseed or other neutral oil
- 2 tsp. ras-el-hanout
- 1 garlic clove, finely grated
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. white balsamic vinegar or white wine vinegar
- 1 Tbsp. honey
- Kosher salt, freshly ground pepper
- ¼ cup raw pistachios
- 1 small shallot, finely chopped
- 1 medium jalapeño, finely chopped
- 6 cups finely chopped broccoli florets and peeled stems (from about 1 bunch)
- 1 cup finely chopped cilantro
- ⅓ cup finely chopped pitted dates



Directions

1. Heat oil, ras-el-hanout, and garlic in a small saucepan over medium-high until fragrant, about 2 minutes. Remove from heat and whisk in lemon juice, vinegar, and honey. Season vinaigrette with salt and pepper; set aside.
2. Toast pistachios in a small skillet over medium-low heat until golden brown, about 4 minutes. Transfer to a cutting board and let cool; finely chop.
3. Toss pistachios, shallot, jalapeño, broccoli, cilantro, and dates in a medium bowl. Drizzle reserved vinaigrette over and toss to coat. Taste and season with more salt and pepper if needed.

Do Ahead: Salad can be made 1 day ahead. Cover and chill.

Delicious Moroccan Carrot Salad

nyshuk.com

Servings: 4-6

Ingredients

- 4 big carrots, peeled
- 2 tablespoons olive oil
- Half bunch cilantro, finely chopped
- 2 tablespoons Harissa with Preserved Lemon
- 1 tablespoons lemon juice
- 1/2 teaspoon salt
- 1 teaspoon Ras El Hanout



Directions

1. In a medium size pot place the carrots, cover with water (salt the water as you would pasta water). Bring water to a boil, cover pan, and reduce heat to simmer. Cook for approx. 10 minutes or until tender but still firm (that will depend on the size of your carrots, make sure to insert a knife to check for doneness)
2. Drain the water and let cool.
3. Slice 2 carrots and grate 2 carrots. You can grate it all or slice them all. Depends on your preference. Place in a mixing bowl.
4. Add the seasoning: oil, harissa, cilantro, salt, Ras El Hanout, and lemon juice -mix well and taste for salt and lemon.
5. Serve at room temperature.

Roasted Vegetable Couscous

<https://www.themediterraneandish.com/roasted-vegetable-couscous/>

Servings: 8

Ingredients

- | | |
|--|--|
| 1 small eggplant, cut into 1-inch chunks | Black pepper |
| Kosher salt | Extra virgin olive oil |
| 1 large onion, cut into 1-inch chunks | 1 (28- ounce) can San Marzano tomatoes with their juices |
| 1 zucchini, cut into large 1-inch chunks | 1 cup water or vegetable broth |
| 1 yellow squash, cut into large 1-inch chunks | 1- inch fresh ginger, grated |
| 1 sweet red pepper, cored and cut into chunks | 1/2 cup dried apricot, chopped |
| 2 to 3 carrots, peeled and cut into large chunks | 1/2 cup slivered almonds |
| 3 garlic cloves, minced | 1/2 cup cilantro or parsley, to finish |
| 1 (15- ounce) can chickpeas, drained and rinsed | 2 cups couscous |
| 2 1/2 teaspoons ras el hanout, divided | |
| 1 teaspoon red pepper flakes | |
| 3/4 teaspoon ground cinnamon | |

Directions

1. Put the eggplant cubes in a colander and season with a big pinch of kosher salt. Set the colander in a clean sink and allow the eggplant to sit while you chop the remaining vegetables.
2. Cut the remaining vegetables into chunks and put them in a large baking dish with the minced garlic. Season with kosher salt and toss. Wipe the eggplant cubes dry and add it to the baking dish with the rest of the vegetables. Add the chickpeas. Season with 2 teaspoons ras el hanout, the red pepper flakes, cinnamon, and a good pinch of black pepper. Drizzle about 2 to 3 tablespoons extra virgin olive oil and toss to coat.
3. Turn the broiler on. Spread the vegetables well in the baking dish so they are not overlapping. Place the baking dish about 6 inches from the broiler. Broil the vegetables, watching closely for them to char nicely on top (about 5 minutes, but watch carefully so the veggies don't burn).
4. Remove the baking dish from the heat briefly and switch the oven to the baking function at 400°F.
5. Before returning the vegetables to the oven, add the tomatoes, broth (or water), and ginger. Season with a little kosher salt and the remaining ras el hanout. Drizzle with a little extra virgin olive oil.
6. Cover the baking dish with a large piece of foil and bake on the center rack of your heated oven anywhere from 30 to 45 minutes or until the vegetables are tender.
7. While the vegetables are cooking, work on the couscous. In a saucepan, bring 2 cups of water to a boil. Season the water with kosher salt. Stir in 2 cups dry couscous. Turn the heat off and cover the pot and leave the couscous alone for about 10 minutes. Once the couscous has absorbed all the water, fluff it up with a fork before serving.
8. Prepare the apricots and slivered almonds. In a small pan, warm a little bit of extra virgin olive oil. Add the chopped apricots and cook, tossing frequently until warmed through and caramelized. Add the slivered almonds and cook until they are golden brown. Remove from the heat.
9. Assemble the vegetable couscous. Transfer the cooked couscous to a large round platter. Top the couscous with as much of the vegetables as you can. Add the apricots and almonds, and finish with a sprinkle of cilantro or parsley.



Moroccan Tacos

<https://masimasa.com/blogs/moroccan/moroccan-rascos>

Servings: 4-5 (about 12 small tacos)

Ingredients

Rasco Filling

- 2 Tbsp olive oil
- 1 medium red onion, finely diced (~1 cup)
- 1 red bell pepper, finely diced (~1 cup)
- 1-2 jalapeño peppers, seeded, finely diced (optional)
- 1 medium sweet potato, grated (~1 cup)
- 3 cloves garlic, minced
- 1 1/2" piece of ginger, minced
- Iceberg lettuce, shredded (~2 cups, optional)
- Handful fresh cilantro or Italian parsley, roughly chopped
- 1 packet Ras el Hanout
- 2 Tbsp tomato paste
- 1 C vegetable stock or broth
- 1 Tbsp reduced-sodium tamari or soy sauce
- 1-2 Tbsp golden raisins (optional)
- 4 dried apricots, finely chopped (optional)
- 2 15 oz cans garbanzo beans, drained and rinsed (see below for beef/lamb version)

Toum (Garlic Sauce)

- 1 head of garlic (about 12 cloves), peeled
- 1 tsp kosher salt
- 1 ¾ C neutral oil (grapeseed or sunflower seed best)
- Juice from 1 lemon
- 7 Tbsp ice water
- Tortillas or pitas for serving



Directions

Make the Toum

1. Pulse the peeled garlic plus 1 tsp of kosher salt in a small food processor until minced (very small pieces, but not creamy).
2. Add the lemon juice and pulse a few times till combined.
3. With the food processor running, slowly drizzle about ¼ cup of the oil from the top opening of the food processor.
4. Add about 1 Tbsp of ice water and keep the processor going.
5. Continue alternating back and forth between ¼ C of oil with 1 Tbsp of ice water until the sauce has thickened and increased in volume (it should look whipped and fluffy). This process can take up to 10 minutes—it's important not to rush it!
6. Set aside. (Toum can be made in advance—it will last up to 4 weeks in the fridge.)

Make the Rasco Filling

1. In a large skillet over medium heat, heat 2 Tbsp olive oil and sauté grated sweet potato, ½ cup diced red onion, ½ cup diced bell pepper, and 1 Tbsp diced jalapeño peppers until potatoes begin to soften, about 7 to 10 minutes.

2. Add a tablespoon or so of water if the veggies start to stick and/or to prevent burning.
3. Remove from pan & set aside.
4. In same skillet, add the minced garlic and ginger and sauté for one minute, stirring constantly.
5. Add Ras El Hanout stirring constantly until fragrant, about 1 minute.
6. Add mashed and whole garbanzo beans, stir to incorporate into spice mixture.
7. Add the sweet potato mixture, broth or stock, chopped apricots and raisins (if using). Stir well to incorporate all the ingredients.
8. Reduce heat to low and simmer uncovered for 5-10 minutes, stirring occasionally. The mixture should be thick, but not dry.
9. Serve in flour tortillas or stuffed into pita bread topped with Toun and chopped cilantro or parsley, lettuce, leftover diced red onions, leftover bell peppers and jalapeños.

Meaty option: Instead of adding the chickpeas to the spiced ginger and garlic, add 1 lb ground lamb or beef, and cook, stirring often to break up meat until almost cooked through.

Algerian Kefta (Meatballs)

<https://www.allrecipes.com/recipe/153790/algerian-kefta-meatballs/>

Servings: 12 patties

Ingredients

- 1 pound lean ground beef
- 4 cloves garlic, minced, divided
- ¼ cup finely chopped onion, divided
- salt and pepper to taste
- 3 roma (plum) tomatoes, diced
- 1 teaspoon dried parsley
- ½ teaspoon ras el hanout
- ½ cup water



Directions

1. Combine the ground beef with half of the minced garlic and a tablespoon of chopped onion. Mix with your hands until fully incorporated. Shape the meat mixture into 1 1/2-inch oblong patties; you should have 12 to 14 meatballs.
2. Heat a skillet over medium-high heat. Brown the patties in batches until they are crispy on both sides and are no longer pink in the center, about 10 minutes. Set the meatballs aside in a rimmed serving dish and repeat with the remaining patties.
3. Reduce the heat to medium and stir in the remaining chopped onion. Add salt and pepper. Cook the onions in the drippings, stirring constantly, until the onion has softened and turned translucent, about 5 minutes. Stir in the remaining half of the garlic and cook for 30 seconds.
4. Stir in the roma tomatoes, dried parsley, ras el hanout, and water. Cook until the tomatoes are soft, about 5 minutes. Pour the tomato sauce over the meatballs and serve.

Best Pastilla Recipe (B'Stilla, Skillet Chicken Pie)

<https://www.themediterraneanandish.com/pastilla-recipe/>

Ingredients

- 2 pounds boneless skinless chicken thighs
- Kosher salt and black pepper
- Extra virgin olive oil
- 1 large yellow onion, halved, and thinly sliced
- 2 garlic cloves, minced
- 6 medjool dates, pitted, and chopped
- ⅓ cup sliced almonds, toasted
- ½ cup chopped parsley
- 3 eggs, beaten
- 10 sheets phyllo dough

Spice Mixture:

- 2 teaspoons Ras El Hanout
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon red pepper flakes
- ¼ teaspoon turmeric

Directions

1. Pat the chicken dry and season with kosher salt and black pepper on both sides.
2. In a large pan, heat 2 tablespoons extra virgin olive oil over medium-high heat. Add the chicken and sear until brown on both sides (about 5 minutes or so). Remove the chicken from the pan and set aside for now.
3. In the same pan, add the onion slices and garlic, if needed, add a little more olive oil. Season with a good pinch of kosher salt. Cook over medium heat, tossing regularly until softened.
4. Add ¾ cup of water and the spices. Bring to a boil, then return the chicken pack to the pan. Cook over medium-high heat for about 10 to 15 minutes or until the chicken is fully cooked through and the liquid has reduced by ½.
5. Carefully remove the chicken from the pan onto a cutting board. Using two forks (or a fork and knife), shred or break the chicken up into small pieces.
6. To the pan of liquid, stir in the beaten eggs. Return the chicken to the pan and stir to combine. Stir in the chopped dates, almonds, and parsley. Remove from the heat.
7. Turn the oven on to 375 degrees F and adjust a rack in the middle.
8. Prepare a 10-inch pie dish or heat-safe skillet and brush the bottoms and sides with extra virgin olive oil.
9. Take one sheet of phyllo dough and fold it in half vertically (the long way). Brush the top of the folded phyllo with extra virgin olive oil. Now lay the folded phyllo sheet in the middle with the sides hanging on either side of the pan. Repeat with 7 more sheets of the phyllo, making sure each sheet is folded and brushed with oil. Layer the phyllo sheets in the pan so that they overlap, rotating the pan so that the phyllo will cover it on all sides (there should be phyllo slack hanging over on all sides of the pan).



10. Spread the chicken mixture over the phyllo. Cover with the remaining 2 sheets of phyllo, making sure to brush each layer with olive oil. Fold the phyllo sides (or slack) over to cover. Brush the top with extra virgin olive oil.
11. Bake on the center rack of your heated oven for 15 to 20 minutes or until the phyllo is fully cooked and golden brown (rotate the pan occasionally to make sure you get even color on all sides).

Moroccan Mrouzia Lamb Tagine with Raisins

<https://www.thespruceeats.com/mrouzia-lamb-tagine-with-raisins-almonds-2394654>

Link has methods for cooking in a tagine and a pressure cooker.

Servings: 6

Ingredients

- 3 pounds lamb shoulder, neck, or shanks, cut into 3-inch pieces
- 2 teaspoons Ras el Hanout
- 2 teaspoons ground ginger
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon saffron threads , crumbled
- 2 medium onions, grated
- 3 cloves garlic, finely chopped
- 1/2 cup unsalted butter
- 2 small cinnamon sticks
- 3 cups water
- 1 1/2 cups sultana raisins
- 1/2 cup honey, or to taste
- 1 teaspoon ground cinnamon
- 1/2 cup blanched almonds

Directions

1. Ideally the night before, but at least several hours in advance, wash, drain, and pat the meat dry. Mix the spices together and rub evenly over the meat. Cover and refrigerate.
2. When you're ready to cook, cover the raisins with water and set aside to soak.
3. Mix the seasoned meat in a heavy-bottomed pot with the onions, garlic, butter, and cinnamon sticks. Cover and cook over medium heat for 10 to 15 minutes, stirring occasionally to turn the meat as it browns. Add 3 c water, cover, and bring to a simmer.
4. Cook for about 2 hours, or until the meat is tender. Add the raisins (drained), honey, and cinnamon. (If you're planning to cook the almonds in the sauce, add them now as well.) If necessary, add additional water to just cover the raisins.
5. Cover the pot and simmer for 20 to 30 minutes, until the raisins are plump and the sauce is reduced to a thick, syrup-like consistency.
6. Discard the cinnamon sticks. Arrange the meat in the center of a serving dish and distribute the raisins, almonds, and sauce over the meat. Serve warm.



Baci Di Dama/ Italian Hazelnut Cookies

<https://www.nyshuk.com/bacci-cookies>

Servings: The recipe makes 30-35 sandwiched cookies (depends of course on how many cookies are eaten before they are turned into the final sandwich :)

Ingredients

- 1 stick and 6 tablespoons butter
- ½ cup sugar
- 1 cup hazelnut, roasted and ground to a fine powder
- 1 ¾ cup flour
- 1 1/2 teaspoon ras el hanout
- 2/3 cup dark chocolate (approx 60%-70%)
- 1 egg yolk
- ½ teaspoon ras el hanout

Directions

1. Roast hazelnuts in a 325°F for 10-15 minutes, until they're golden. Remove from the oven and once cool, rub the skins off with your hands and remove as much skin as you can. Use a food processor grind to a powder.
2. Using the paddle attachment on your mixer, mix the butter and sugar until the mixture gets whiter and fluffier. Add the yolk, beat for one more minute.
3. Mix the dry ingredient; hazelnut powder, flour and ras el hanout and add to the mixer, mix only until the dough comes together- you don't want to over work it,
4. Roll the dough into ¾ logs. approx 3/4-inch/2cm in diameter. I prefer rolling into plastic wrap as I can make them smoother easier but parchment paper also works. Place them in the fridge for several hours or pop them in the freezer for 15-30 minutes until they firm up and are easy to handle.
5. Preheat oven to 350°F
6. Remove the logs from the fridge one at a time and cut into 0.5cm/0.19inch circles and roll into cherry size balls. Place on a baking sheet. Continue with the rest of the logs. Bake for 15 minutes until the cookies are light golden brown. Each oven is different so make
7. sure to keep an eye out if they need a few minutes less or added. Rotate once throughout the baking. Let the cookies cool down.
8. Melt the chocolate in a double boiler or carefully in the microwave. If using the microwave you need to make sure you stop every 10-15 seconds and mix to avoid the chocolate burning.
9. On the baking sheet, organize the cookies into pairs of the same size, take one side and dip into the melted chocolate and cover with the other side. Let cool



Spice Market Carrot Cake

<https://www.bhg.com/recipe/spice-market-carrot-cake/>

Servings: 12 slices

Ingredients

Spice Market Carrot Cake

- 2 cup all-purpose flour
- 1 ½ cup sugar
- 1 tablespoon ras el hanout*
- 2 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 4 eggs, at room temperature and lightly beaten
- 3 cup finely shredded carrots
- ¾ cup vegetable oil
- ⅓ cup honey
- 1 cup chopped dried apricots or pitted dates
- Chopped pistachio nuts (optional)



Ginger-Orange Cream Cheese Frosting

- 1 large orange
- 1 8 ounce package cream cheese
- 3/4 cup softened butter
- 1 tsp ground ginger
- 3 1/2 cups sifted powdered sugar

Directions

Spice Market Carrot Cake

1. Preheat oven to 350°F. Line bottoms of three 8- or 9-inch round baking pans with parchment paper. Grease and flour paper.
2. In a mixing bowl combine flour, sugar, ras el hanout, baking powder, baking soda, and salt.
3. In another bowl combine eggs, carrots, oil, and honey.
4. Stir egg mixture into flour mixture until combined. Stir in apricots.
5. Pour into prepared pans. Bake 25 to 30 minutes or until toothpick inserted near centers comes out clean.
6. Cool in pans 10 minutes. Remove cakes from pans; remove paper. Cool cakes on wire racks.
7. Frost the top of each cake layer with Ginger-Orange Cream Cheese Frosting, stacking them as you go; frost sides of the cake.
8. Decorate with nuts and carrot shreds or ribbons. Serves 16.

Ginger-Orange Cream Cheese Frosting

1. Remove 2 tsp. zest and squeeze 2 Tbsp. juice from the orange.
2. In a large bowl combine softened cream cheese, $\frac{3}{4}$ cup softened butter, the orange juice, and 1 tsp. ground ginger. Beat with a mixer on low until fluffy.
3. Gradually add 2 cups sifted powdered sugar, beating well. Gradually beat in an additional 1 to $1\frac{1}{2}$ cups sifted powdered sugar to make a spreadable frosting. Stir in zest.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://masimasa.com/blogs/moroccan/3-ingredient-life-changing-pulled-pork-recipe>

<https://masimasa.com/blogs/moroccan/falafel-with-ras-el-hanout>

<https://www.thespruceeats.com/couscous-tyaya-with-caramelized-onions-raisins-2394670>

<https://www.nyshuk.com/chocosalami>

<https://mynameisyeh.com/mynameisyeh/2015/7/one-bunch-of-mint-three-courses-ras-el-hanout-chicken-pitas-tabbouleh-yogurt-sundaes>

<https://donalskehan.com/recipes/ras-el-hanout-chicken-thighs-with-baked-feta-shaved-salad/>

<https://food52.com/recipes/77878-ottolenghi-s-couscous-cherry-tomato-herb-salad>

<https://www.jamieoliver.com/recipes/vegetable-recipes/roasted-cauliflower-and-coconut-soup/>

<https://www.thekitchn.com/roasted-cauliflower-salad-with-chickpeas-feta-and-herbs-246204>

<https://www.masoncash.co.uk/recipe/shereens-roasted-carrots-chickpeas>

<https://www.simplyscratch.com/north-african-spiced-lamb-meatballs-with-roasted-red-pepper-harissa/> (has recipe for homemade harissa)

<https://cooking.nytimes.com/recipes/1024684-spiced-squash-and-phylo-pie>

<https://cooking.nytimes.com/recipes/1021493-fatimas-fingers-tunisian-egg-rolls>

<https://cooking.nytimes.com/recipes/1022122-warm-roasted-carrot-and-barley-salad>

SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, May 4 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.