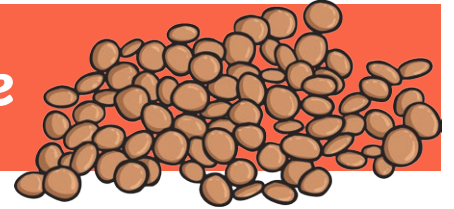




## Moroccan Vegetable Tagine Recipe



Moroccan food is very varied due to the country's links with many other nations and cultures throughout their history: there are European, Asian and North African influences, which all add something different to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking. Saffron, mint and lemons are grown in Morocco whereas many other spices are bought from abroad, including:

- cinnamon;
- cumin;
- turmeric;
- ginger;
- paprika.

Two popular spice mixes are:

- Harissa – a fiery paste of garlic, chillies, olive oil and salt;
- Ras el Hanout – a dried spice mix with between 12 and 100 spices. Each cook creates their own secret recipe!

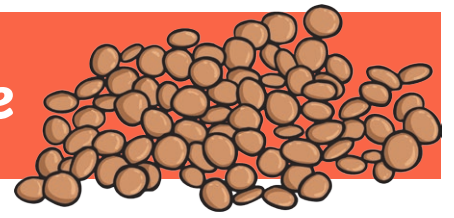
Moroccan families share food at a relaxed pace for a sociable time. Mint tea is shared after most meals. It is usually served very sweet with sugar added.

The Tagine is a traditional Moroccan meal made in a pottery dish, also known as a tagine. This slow-cooked meal will often be served with couscous, which is like a very fine pasta that becomes light and fluffy when cooked.

This gluten-free vegetable tagine is packed with healthy ingredients like lentils and chickpeas.



# Moroccan Vegetable Tagine Recipe



## Ingredients

- 1 tbsp olive oil
- 1 finely sliced onion
- 2 thickly sliced leeks
- 2 finely sliced garlic cloves
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$  tsp dried chilli flakes
- $\frac{1}{4}$  tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper cut into chunks
- 1 yellow pepper cut into chunks
- 400g can of chickpeas
- 100g dried split red lentils
- 375g sweet potatoes cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g toasted, chopped mixed nuts (optional)
- 400ml water
- small bunch chopped coriander
- natural bio-yoghurt (optional)

## Did You Know...?

For some dishes, Moroccans eat with their hands using bread as a utensil.

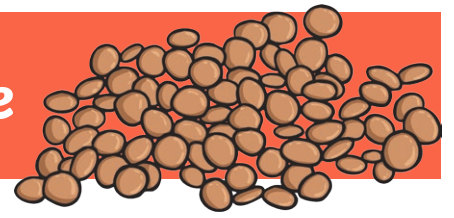


## Method

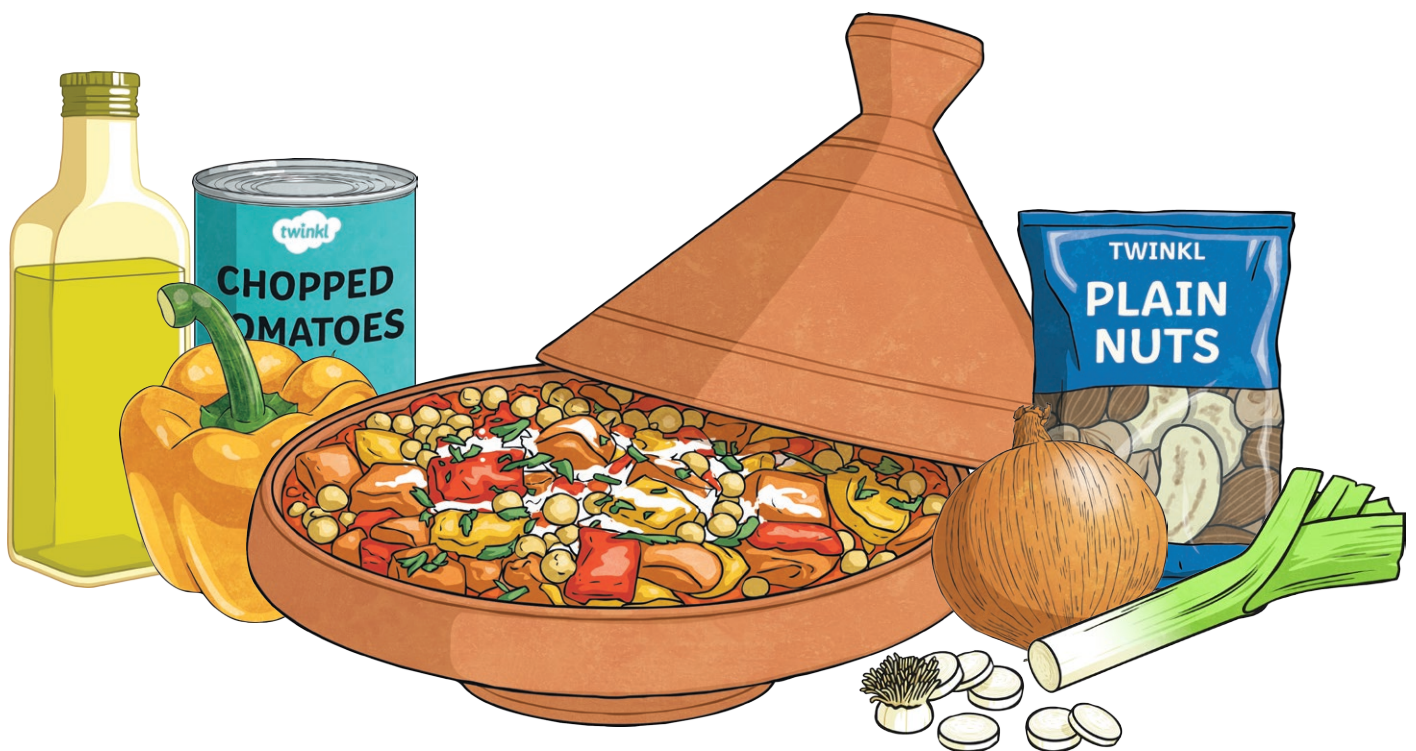
1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Use a sharp knife to carefully chop the vegetables. Make sure you have an adult to supervise you.
3. Heat the oil in a large saucepan and gently fry the onion and leeks for 10-15 mins until soft, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins.



# Moroccan Vegetable Tagine Recipe



6. Season with ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine should be thick and the potatoes soft but not breaking apart.
10. Remove the pan from the oven carefully (ask an adult to help you) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts. Top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.



## **This dish is suitable for freezing.**

To freeze, allow to cool completely before putting into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, defrost overnight in the fridge before heating well.

# Questions

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
- gluten-free
- healthy ingredients
- unhealthy ingredients

2. Number these steps to show the order they should happen in.

	Ladle the tagine into bowls.
	Cover and transfer to the oven.
	Preheat the oven.
	Gently fry the onion and leeks.
	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Fill in the missing words in this sentence:

Ras el Hanout is a \_\_\_\_\_ spice mix with between \_\_\_\_\_ spices and each cook creates their own \_\_\_\_\_ recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

\_\_\_\_\_

# Questions

6. Why does step 10 tell you to **ask an adult to help you**?

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7. Which part of the recipe would you enjoy making the most? Explain your answer.

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8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

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# Answers

1. What is Moroccan vegetable tagine packed with? Tick one.

- gluten
- gluten-free
- healthy ingredients**
- unhealthy ingredients

2. Number these steps to show the order they should happen in.

<b>5</b>	Ladle the tagine into bowls.
<b>3</b>	Cover and transfer to the oven.
<b>1</b>	Preheat the oven.
<b>2</b>	Gently fry the onion and leeks.
<b>4</b>	Remove the pan from the oven.

3. Which three spices are grown in Morocco?

**saffron; mint; lemons**

4. Fill in the missing words in this sentence:

Ras el Hanout is a **dried** spice mix with between **12 and 100** spices and each cook creates their own **secret** recipe!

5. Find and copy a word or phrase which tells you that Moroccan meals are eaten slowly.

**(share food at a) relaxed pace**

6. Why does step 10 tell you to **ask an adult to help you**?

**Pupils' own responses, such as: It can be difficult taking something hot and heavy out of any oven. It could really hurt you if you dropped it so it is better to ask an adult to help.**

# Answers

7. Which part of the recipe would you enjoy making the most? Explain your answer.

**Pupils' own responses, such as: I would enjoy frying the vegetables and spices because I think it would smell amazing!**

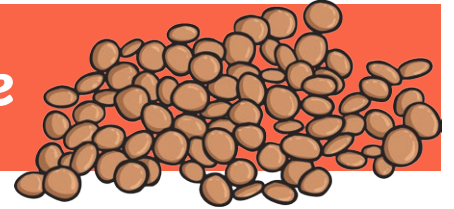
8. Do you think you would enjoy eating this meal? Explain your answer and any changes you would make.

**Pupils' own responses, such as: I would enjoy this meal but I would probably leave out the chilli flakes because I don't like things to be too hot and spicy. I would definitely eat it with couscous and yoghurt because I think these would make it more of a meal.**





## Moroccan Vegetable Tagine Recipe



Moroccan food is very **diverse** due to the country's links with many other nations and cultures throughout their history. There are Mediterranean (South European), Arab (West Asian), Berber (North African) and Moorish (North African) influences, which all add something unique to the flavours of Moroccan cuisine.

Spices are used widely across Moroccan cooking; saffron, mint and lemons are grown in Morocco whereas many other spices are **imported** including, cinnamon, cumin, turmeric, ginger and paprika. Two popular spice mixes are:

- Harissa – a fiery paste of garlic, chillies, olive oil and salt.
- Ras el Hanout – a dried spice mix combining between 12 to 100 spices, with each and every cook creating their own secret blend!



Moroccan mealtimes are very sociable, with food shared at a relaxed pace by the family. Mint tea is shared after most meals – it is usually served very sweet, with sugar chipped off a **sugarloaf**.

The Tagine is a traditional Moroccan meal – this slow-cooked stew is made in an **earthenware** dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

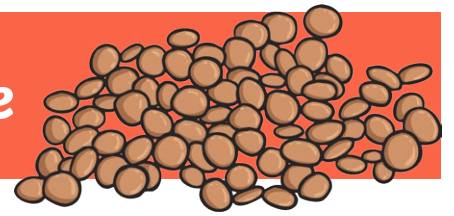
This **gluten-free** vegetable tagine, made simply in one pot, is packed with healthy ingredients like lentils that are full of **iron** and chickpeas which contain plenty of **fibre**.

**Here's what you'll need:**





# Moroccan Vegetable Tagine Recipe



## Ingredients

- 1 tbsp olive oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$  tsp dried chilli flakes
- $\frac{1}{4}$  tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped (optional)
- 400ml water
- small bunch of coriander, chopped
- natural bio-yoghurt (optional)

## Did You Know...?

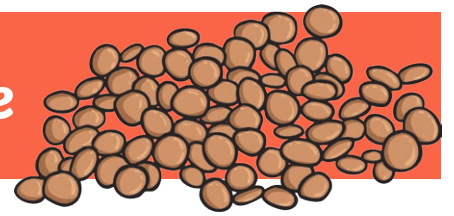
Depending on the dish, Moroccans either eat with a fork, knife and spoon or with their hands – they will use bread as a utensil.



## Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Using a sharp knife, carefully chop all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan and gently fry the onion and leeks for 10-15 mins until well-softened, stirring occasionally.
4. Add the garlic and cook for 2 mins more.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins, stirring

# Moroccan Vegetable Tagine Recipe



occasionally.

6. Season with plenty of ground black pepper.
7. Add the chopped tomatoes, peppers, chickpeas, lentils, orange peel and juice, sweet potatoes and half the nuts.
8. Cover and transfer to the oven for 15 minutes.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more. The tagine is cooked when it is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with an adult's help) and ladle the tagine into bowls. Scatter with coriander and the remaining nuts and top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous.

## Glossary

**cuisine:** A style of cooking from a particular country.

**diverse:** Showing a great deal of variety.

**earthenware:** Clay pottery that is glazed to contain liquids.

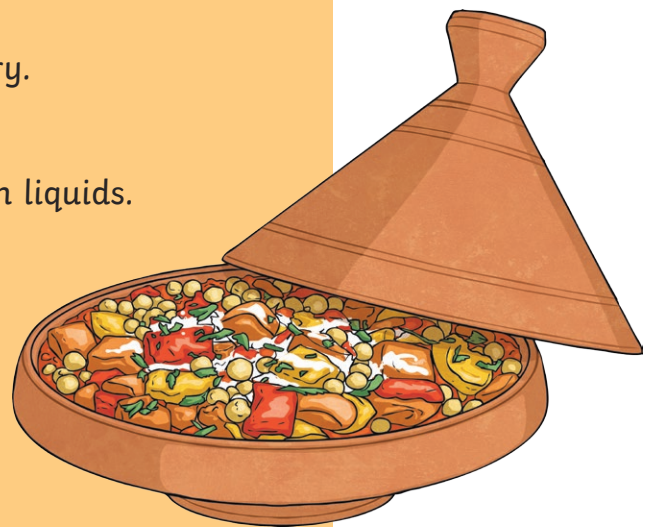
**fibre:** Dietary material essential to humans.

**gluten-free:** A food not containing gluten.

**imported:** Bought from abroad.

**iron:** A mineral essential to humans.

← **sugarloaf:** A moulded cone of sugar.



This dish is suitable for freezing; in fact, freezing will strengthen its flavours. To freeze, allow to cool completely before ladling into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, defrost overnight in the fridge before heating well in a suitable container.

# Questions

1. Which of these cultures has not influenced Moroccan food? Tick one.

- Berber
- Moorish
- Arab
- American

2. Only two of the following ingredients are correct. Tick the **two** which are correct.

- $\frac{1}{4}$  tsp ground coriander
- 400g can of chopped tomatoes
- 1 tbsp olive oil
- 375g mixed nuts

3. What is a **sugarloof**?

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4. Give two meanings of **tagine**.

- \_\_\_\_\_
- \_\_\_\_\_

5. Find and copy two different ways that Moroccan people eat their meals.

- \_\_\_\_\_
- \_\_\_\_\_

6. Why is Moroccan food so diverse?

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# Questions

7. Do you think you would like mint tea? Explain your answer.

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8. Which of the ingredients in this recipe do you think are the most important? Explain your answer.

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9. Why do you think that cooks keep their ras el hanout blends a secret?

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# Answers

1. Which of these cultures has not influenced Moroccan food? Tick one.

- Berber
- Moorish
- Arab
- American**

2. Only two of the following ingredients are correct. Tick the **two** which are correct.

- $\frac{1}{4}$  tsp ground coriander
- 400g can of chopped tomatoes**
- 1 tbsp olive oil**
- 375g mixed nuts

3. What is a **sugarloaf**?

**A moulded cone of sugar.**

4. Give two meanings of **tagine**.

**traditional Moroccan meal; earthenware dish.**

5. Find and copy two different ways that Moroccan people eat their meals.

**Moroccan people eat with a fork, knife and spoon or with their hands using bread as a utensil.**

6. Why is Moroccan food so diverse?

**Pupils' own responses, such as: Throughout their history, they have been linked with many other cultures, which have all influenced Moroccan food.**

# Answers

7. Do you think you would like mint tea? Explain your answer.

**Pupils' own responses, such as: I think I would like mint tea because I like spearmint sweets and I like sugary things so would enjoy the sweetness.**

8. Which of the ingredients in this recipe do you think are the most important? Explain your answer.

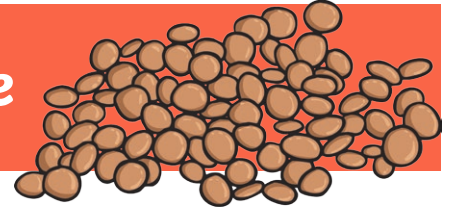
**Pupils' own responses, such as: I think that the spices are the most important because they give this meal the Moroccan flavours. Without the spices, it could be a vegetable stew from anywhere!**

9. Why do you think that cooks keep their ras el hanout blends a secret?

**Pupils' own responses, such as: They like to keep the blend a secret so that their meals are unique.**



## Moroccan Vegetable Tagine Recipe



Moroccan food is very diverse (showing a great deal of variety) due to the country's links with many other nations and cultures throughout their history: there are Mediterranean (South European), Arab (West Asian), Berber (North African) and Moorish (North African) influences, which all add something unique to the flavours of Moroccan cuisine (the style of food particular to a country).

Used widely across Moroccan cooking, spices add distinct flavours; saffron, mint and lemons are home-grown in Morocco whereas many other spices are imported (bought from other countries), including cinnamon, cumin, turmeric, ginger, coriander and paprika. Two popular spice mixes are: harissa, which is a fiery paste of garlic, chillies, olive oil and salt, and ras el hanout, which is a dried spice mix combining between 12 to 100 spices – each and every cook creates their own secret blend!

Moroccan mealtimes are usually very sociable occasions, with a variety of food shared at a relaxed pace by family and friends. Mint tea is seen as an important part of all meals and is shared at the end – it is usually served very sweet, with sugar chipped off a sugarloaf (a moulded cone of sugar). The art of pouring the tea into the tea glass, from a height to create a froth called a crown, is as important as the flavour of the spearmint-infused gunpowder tea itself!

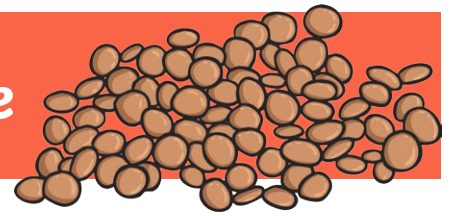


The Tagine is a traditional Moroccan stew which is slow-cooked in an earthenware dish, also known as a tagine. This meal will often be served with couscous, which is a combination of fine and superfine semolina flour rubbed together that becomes light and fluffy when steamed.

This gluten-free vegetable tagine, made simply in one pot, is packed with healthy ingredients like iron-rich lentils and fibre-full chickpeas.

**Here's what you'll need:**

# Moroccan Vegetable Tagine Recipe



## Ingredients

- 1 tbsp olive oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- $\frac{1}{2}$  tsp dried chilli flakes
- $\frac{1}{4}$  tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice of 1 large orange, plus peel thickly sliced
- 500g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped (optional)
- 400ml water
- small bunch coriander, chopped, to serve
- natural bio-yoghurt, to serve (optional)

## Did You Know...?

Depending on the dish being served, Moroccans might eat with their hands, using bread as a utensil, or they will use cutlery.

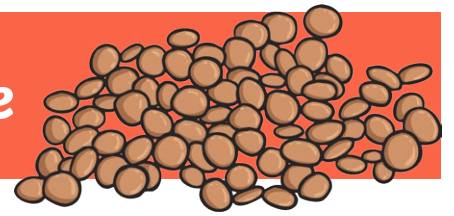


## Method

1. Preheat the oven to 190°C/170°C Fan/Gas 5.
2. Carefully using a sharp knife, chop and prepare all the ingredients. Make sure you have an adult to supervise you.
3. Heat the oil in a large flameproof casserole or saucepan; gently fry the onion and leeks for 10-15 mins until well-softened, stirring occasionally.
4. Add the garlic and cook for 2 mins more, stirring occasionally.
5. Stir in the ground coriander, cumin, chilli and cinnamon. Cook for a further 2 mins,



# Moroccan Vegetable Tagine Recipe



stirring occasionally.

6. Season with plenty of ground black pepper.
7. Add the remaining ingredients, saving half the nuts to serve.
8. Cover and transfer to the oven for 15 minutes. At this point, if you have a tagine, move the contents of your saucepan into it.
9. Add water and stir well before re-covering and returning to the oven for up to 30 minutes more, when the tagine is thick and the potatoes are soft but not breaking apart.
10. Remove the pan from the oven carefully (with adult supervision), ladle the tagine into bowls and scatter with coriander and the remaining nuts; top with yogurt, if using.
11. You could also serve this dish with freshly cooked couscous to add to the authenticity.



This dish is suitable for freezing; in fact, freezing will intensify the spicy flavours. To freeze, allow to cool completely before ladling into a freezer-proof container. It will keep in the freezer for up to 2 months. To use, thaw overnight in the fridge before heating in the microwave or oven in a suitable container, until hot throughout.

# Questions

1. There are two popular spice mixes which are...? Tick **two**.

- Berber
- Harissa
- Moorish
- Ras el Hanout

2. Which of the following does **not** describe the Moroccan vegetable tagine? Tick one

- gluten-free
- healthy
- unhealthy
- traditional

3. Find two nouns in the second paragraph which are synonyms of each other and could be used as verbs?

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4. Name and describe two of the main healthy ingredients in the dish.

- \_\_\_\_\_
- \_\_\_\_\_

5. Find and copy a phrase from the recipe which shows that it is important to ask for help from a grown-up.

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# Questions

6. Why do you think that many spices are imported from other countries? Give two reasons.

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7. Summarise the information about mint tea in 30 words or less.

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8. Why is it important to carry out step 2 **carefully**?

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9. Why do you think that Morocco has links with so many other cultures throughout their history?

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10. Would your family enjoy this meal if you cooked it for them? Explain your answer.

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# Answers

1. There are two popular spice mixes which are...? Tick **two**.

- Berber
- Harissa**
- Moorish
- Ras el Hanout**

2. Which of the following does **not** describe the Moroccan vegetable tagine? Tick one

- gluten-free
- healthy
- unhealthy**
- traditional

3. Find two nouns in the second paragraph which are synonyms of each other and could be used as verbs?

**mix; blend**

4. Name and describe two of the main healthy ingredients in the dish.

**iron-rich lentils; fibre-full chickpeas**

5. Find and copy a phrase from the recipe which shows that it is important to ask for help from a grown-up.

**with adult supervision**

6. Why do you think that many spices are imported from other countries? Give two reasons.

**Pupils' own responses, such as: Not all spices will grow in Morocco and, due to their history,**



# Answers

**they want a wide variety of spices for their cooking so they buy them from the countries where they grow.**

7. Summarise the information about mint tea in 30 words or less.

**Pupils' own responses, such as: Sugary mint tea, shared at the end of meals, is important; the art of pouring it (from high up to create a frothy crown in the tea glass) is as important as the flavour of the spearmint-infused gunpowder tea.**

8. Why is it important to carry out step 2 **carefully**?

**Pupils' own responses, such as: When using sharp knives, we need to be careful to avoid cutting ourselves.**

9. Why do you think that Morocco has links with so many other cultures throughout their history?

**Pupils' own responses, such as: Morocco is in Northern Africa so is accessible to many other countries, including Spain, other North African countries and some Middle Eastern countries; these countries might have invaded Morocco or come to trade so brought their foods with them.**

10. Would your family enjoy this meal if you cooked it for them? Explain your answer.

**Pupils' own responses, such as: My parents would enjoy this meal because they like spicy food and trying foods from other cultures; my younger sister might not like it because she is not keen on chickpeas and lentils – she would eat the couscous though!**