

Easy Tagine Delicious Recipes For Moroccan One Pot Cooking

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The Tagine Deck - Joyce Goldstein 2010-07-01
Get ready to experience a tantalizing side of slow cooking with this one-stop guide to the delicious world of tagines. Named for the traditional Moroccan cooking vessel, these mouthwatering meals are simmered to perfection, ensuring every bite is infused with the maximum amount of flavor. Including traditional recipes such as Chicken with Pomegranate and Walnuts and Fish with Chickpeas and Peppers, this deck also features modern classics that show the versatility of the tagine—such as Catalan Beef Ragout and Ossobuco alla Milanese. And with professional tips and tricks throughout, this deck makes it easy for anyone to master the fine art of tagine cooking.

Daniel Boulud's Cafe Boulud Cookbook - Daniel Boulud 1999-11-03

Presents a selection of recipes that includes classic French dishes, seasonal specialties, ethnic foods, and vegetarian dishes

[SIMPLE](#) - Diana Henry 2016-09-08

No-one is better than Diana Henry at turning the everyday into something special. Here is a superb collection of recipes that you can rustle up with absolutely no fuss, but which will knock your socks off with their flavor. Peppered throughout the book are ingenious ideas such as no-hassle starters and sauces that will lift any dish. From Turkish Pasta with Caramelized Onions, Yoghurt and Dill and Paprika-baked Pork Chops with Beetroot, Caraway and Sour Cream to Parmesan-roasted Cauliflower with Garlic and

Thyme, Diana takes the kind of ingredients we are most likely to find in our cupboard and fridge - or be able to pick up on the way home from work - and provides recipes that will become your friends for life.

Morocco - 2012-05-16

Presents an introduction to the food of Morocco, with eighty recipes for appetizers, tangine, coucous dishes, and stuffed pastries, along with a discussion of the country's history and diverse culinary culture.

150 Best Tagine Recipes - Pat Crocker 2011
Authentic yet easy-to-prepare recipes that take their inspiration from Morocco.

The Modern Proper - Holly Erickson
2022-04-05

"The creators of the popular website The Modern Proper show home cooks how to reinvent what proper means and be smarter with their time in the kitchen to create dinner that everyone will love."--Provided by publisher.

Vegetarian Tagines & Couscous - Ghillie Basan
2013

Features vegetarian Moroccan recipes, including chunky tomato soup with vermicelli and ras el hanout, baked vegetable tagine with preserved lemon, and harissa couscous with pine nuts and fried eggs.

Good Food Eat Well: Healthy Slow Cooker Recipes - Good Food Guides 2017-10-05

For those of us with busy lifestyles and little time to spare, slow cookers are a priceless helping hand in the kitchen - with as little as 10 minutes spent preparing a dish at the beginning

of the day, you can enjoy delicious food a few hours later without slaving away at a hot stove. It isn't just high calorie, high fat recipes that you can make though - this essential guide from the experts at Good Food will show you to make delicious, healthy and balanced recipes in your slow cooker. From curries, chillis, soups and guilt-free puddings, through to fresh ideas for stews, and vegetarian meals, there is a slow-cooked meal for everyone. Accompanied throughout with full-colour photographs and a nutritional breakdown of every recipe, this collection of Good Food's favourite triple-tested slow cooker recipes will work first time, every time.

7 Ways - Jamie Oliver 2020-12-01

7 Ways to reinvent your favorite ingredients with more than 120 new, exciting and tasty recipes. Naked Chef television personality Jamie Oliver has looked at the top ingredients we buy week in, week out. We're talking about those meal staples we pick up without thinking - chicken breasts, salmon fillets, ground beef, eggs, potatoes, broccoli, mushrooms, to name but a few. We're all busy, but that shouldn't stop us from having a tasty, nutritious meal after a long day at work or looking after the kids. So, rather than trying to change what we buy, Jamie wants to give everyone new inspiration for their favorite supermarket ingredients. Jamie will share 7 achievable, exciting and tasty ways to cook 18 of our favorite ingredients, and each recipe will include no more than 8 ingredients. Across the book, at least 70% of the recipes will be everyday options from both an ease and nutritional point of view, meaning you're covered for every day of the week. With everything from fakeaways and traybakes to family and freezer favorites, you'll find bags of inspiration to help you mix things up in the kitchen. Step up, 7 Ways, the most reader-focused cookbook Jamie has ever written.

The Levantine Table - Ryland Peters & Small 2022-07-12

A collection of recipes inspired by the vibrant and diverse culture of the Levant, the region of the Middle East that stretches along the shores of the eastern Mediterranean. The Levant is a place with a wide palate of tastes embracing numerous cultures in the southeast corner of the Mediterranean, the 'fertile crescent' that was

the cradle of civilisation. When it comes to the food of the region chickpeas, tahini, feta, halloumi, aubergine, peppers, courgette, olives, pomegranates, mint, lemon and yogurt are among the staple ingredients. Dishes also call on nuts and seeds, as well as beans and pulses, plus the magic of fresh herbs and spices. Some of these spices are familiar — cumin, cinnamon, turmeric, caraway, nutmeg and cardamom. Others are unique to the Levant, such as baharat, an Arabic mixed spice, or the lemony tang of sumac. Small plates to relish (relish being the original meaning of the Persian word maza from which the term mezze derives) include popular dips, salads and small bites - hummus, baba ganoush, tabbouleh and falafel - as well as less familiar recipes. Freshly grilled fish and seafood, served with yogurt dips flavoured with spicy harissa paste, or a simple coupling of mint and cucumber, are just the start of an ocean odyssey of tastes. For carnivores, chicken dishes are enhanced by all manner of spicy marinades, such as paprika and lemon-infused taouk; or how about grilled skewers of beef with a tahini-based tarator sauce; or one of the greats of Levantine feasting, a slow-roasted lamb shoulder steeped in spices and served with a pomegranate, yogurt and pistachio sauce. You'll want to return to these delicious dishes time and again.

The Messy Baker - Charmian Christie 2014-08-26

Since when did every cookie on the plate have to be just like the next? Or each layer of cake exactly the same height? Each piecrust an impeccable work of art and encircled by stunningly perfect pastry leaves? To the uninitiated, all that fastidious, spotless baking is intimidating, not to mention exhausting. The Messy Baker celebrates baking as it happens in the real world--sweet, messy, fun, not always gorgeous, but a way to show love. Which doesn't make it any less delicious; to the contrary, Charmian Christie's flavor combinations rise far above the ordinary. Why have a raspberry galette when you can enjoy a raspberry-rhubarb galette with drippy, unctuous walnut frangipane? Or how about a Brie and walnut whiskey tart? It's all yours without the rigid perfectionism or complicated instructions of other gourmet cookbooks. Christie's warm,

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irreverent voice brings the fun back into baking at a time when home cooks--pulled from pillar to post by jobs and errands--need to have fun. The Messy Baker is a full-service book that not only guides the reader through simple, delicious recipes but is also there to help out when things go wrong. For anyone who gave in frustration when that cake collapsed or the frosting smeared, Christie's practical advice is here to rescue even the worst disaster and inspire the baker to try the next recipe.

Mouthwatering Vegan - Miriam Sorrell
2013-06-18

From the author of the successful blog, mouthwateringvegan.com, comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts.

Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

The Food of Morocco - Paula Wolfert
2012-01-01

Paula Wolfert's name is synonymous with revealing the riches of authentic Mediterranean cooking, especially the cuisine of Morocco. In *The Food of Morocco*, she brings to bear more than forty years of experience of, love of, and original research on the traditional food of that country. The result is the definitive book on Moroccan cuisine, from tender Berber skillet bread to spiced harira (the classic soup made with lentils and chickpeas), from chicken with tangy preserved lemon and olives to steamed sweet and savoury breast of lamb stuffed with couscous and dates. The recipes are clear and inviting, and infused with the author's unparalleled knowledge of this delicious food. Essays illuminate the essential elements of Moroccan flavour and emphasise the accessibility of once hard-to-find ingredients such as saffron, argan oil and Moroccan cumin seed.

The Moroccan Tajine - Barbara DAVID
2019-01-03

Tagine means both the container, the typical terracotta dish, and its contents. The TAJINE was born in North Africa, Morocco. All the dishes prepared in the TAJINE are called TAJINE (for example: chicken tagine and lemon, TAJINE with small weights and artichokes, TAJINE fish ...). The sealed lid allows the ingredients to steam. The lid ball makes it easy to lift to check cooking or add ingredients. Once the TAJINE is ready, place it on the table and remove the lid in front of the guests. By its shape, the base facilitates the service of the dish. In Morocco, traditional TAJINE is cooked (or rather cooked) in a (KANOUN). This small stove (kind of barbecue), round terracotta, which is filled with charcoal is used to support the TAJINE. The embers of hot coals give a low and regular temperature, essential element to the sweet and long cooking tagine. On this book you will enjoy many of tagine recipes that prepared with meat, chicken or fish.

Tagines & Couscous - Ghillie Basan 2015-03-07
Tagines are the rich and aromatic casseroles that form the basis of traditional Moroccan cooking. These hearty one-pot meals, flavored with fragrant spices, are cooked and served from an elegant, specially designed cooking vessel, also called a tagine. In Ghillie Basan's collection of deliciously authentic recipes you will find

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some of the best-loved classics of the Moroccan kitchen, such as the sumptuous Lamb Tagine with Dates, Almonds, and Pistachios, and the tangy Chicken Tagine with Preserved Lemon, Green Olives, and Thyme. Also included are less traditional but equally delicious recipes for beef and fish—try Beef Tagine with Sweet Potatoes, Peas, and Ginger or a tagine of Monkfish, Potatoes, Tomatoes, and Black Olives.

Substantial vegetable tagines include Baby Eggplant with Cilantro and Mint, and Butternut Squash, Shallots, Golden Raisins, and Almonds. Recipes for variations on couscous, the classic accompaniment to tagines, are also given, plus plenty of ideas for fresh-tasting salads and vegetable sides to serve alongside and complete your Moroccan-style feast.

Tagine Cookbook - Abdul Aziz 2021-06-10

Are you interested in Moroccan food? Do you need more recipes, or just want to dive deeper into these healthy and delicious cuisines? Do you not even know where to start? If this sounds like you - then keep reading! Moroccan Tagine is one of many highly-accepted dishes among native people and foreign visitors - it is varied, and easy to mold to your own preferences or diets, creating something that can be changed and adjusted to everyone's needs is bound to be popular. You can avoid certain ingredients, substitute others, make it vegetarian or not. It can be healthy and delicious, it can incorporate fruits. In this book, you'll learn the following: What exactly is Tagine, and how does it work? How to use a Tagine, in a way that even the absolute novice won't be scared off. What beginner chefs need to appreciate concerning cooking with a tagine Top healthy and delicious Moroccan tagine recipes, with suggestions and adjustments to help you create the exact dish you want or need. AND SO MUCH MORE! It doesn't matter if you've just been wanting to diversify your menu, or have been interested Moroccan food in particular. You don't need to be a master chef to make these delicious ethnic dishes - from beginner to intermediate, it breaks down all of the recipes into something everyone could do, with delicious photos to keep you hungry. No questioning what you're doing, what the food contains. Moroccans have a high taste of food; they add special spices typically prepared for tagine, whether with meat or

vegetables. Would you like to try this? If you're ready to try something new and really dive into these dishes - then look no further! This book was made for you. Don't waste another minute - scroll up and hit "BUY NOW" to get started today!

24 Easy Moroccan Tagine Recipes -

Moroccan Food Publishing 2020-01-13

24 Easy To Follow Tagine Recipes Brought to You Straight From The Moroccan Kitchen Recipes: Tajin of lamb with Pruneau tagine of lamb with apricot Traditional tagine (Morocco) Lamb tagine with prunes and almonds Tunisian tajine Argan oil tagine with chicken olives and candied lemons Tagine with candied lemons and chicken M'chermel Tagine of zucchini, sweet potatoes and raisins Minced meat and eggs tagine Monkfish tagine tagine OF Vegetables Couscous-style tagine Chicken tagineand More

Ultimate Veg - Jamie Oliver 2020-01-07

This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food - pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also leave you feeling full, satisfied and happy - and not missing meat from your plate.

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"It's all about celebrating really good, tasty food that just happens to be meat-free." Jamie Oliver
Feast - Anissa Helou 2018-05-29

WINNER OF THE JAMES BEARD FOUNDATION INTERNATIONAL COOKBOOK AWARD NAMED A MOST ANTICIPATED COOKBOOK OF SPRING 2018 BY BON APPETIT, FOOD & WINE, EPICURIUS, TASTING TABLE, ESQUIRE, GLOBE & MAIL, and PUBLISHERS WEEKLY "[Helou's] range of knowledge and unparalleled authority make her just the kind of cook you want by your side when baking a Moroccan flatbread, preparing an Indonesian satay and anything else along the way."— Yotam

Ottolenghi A richly colorful and exceptionally varied cookbook of timeless recipes from across the Islamic world In *Feast*, award-winning chef Anissa Helou—an authority on the cooking of North Africa, the Mediterranean, and the Middle East—shares her extraordinary range of beloved, time-tested recipes and stories from cuisines throughout the Muslim world. Helou has lived and traveled widely in this region, from Egypt to Syria, Iran to Indonesia, gathering some of its finest and most flavorful recipes for bread, rice, meats, fish, spices, and sweets. With sweeping knowledge and vision, Helou delves into the enormous variety of dishes associated with Arab, Persian, Mughal (or South Asian), and North African cooking, collecting favorites like biryani or Turkish kebabs along with lesser known specialties such as Zanzibari grilled fish in coconut sauce or Tunisian chickpea soup. Suffused with history, brought to life with stunning photographs, and inflected by Helou's humor, charm, and sophistication, *Feast* is an indispensable addition to the culinary canon featuring some of the world's most inventive cultures and peoples.

Casablanca - Nargisse Benkabbou 2018-05-03
OBSERVER RISING STAR IN FOOD 2018 'a book that is infused with the flavours of Morocco and is as accessible as it is inspiring' - Nigella Lawson 'It practically sings with aromatic spices and ingredients' - Delicious. 'Breathes new life into Moroccan food' - BBC Good Food Morocco is one of the top destinations in the world. This beautiful North African country lies on the border of Europe and the rest of the Arab world, drawing people in with its colourful souks, vibrant landscapes, cheerful hospitality and,

most importantly, the food. Casablanca is the exciting debut from Moroccan chef Nargisse Benkabbou. This book features recipes for simple and satisfying dishes such as Artichoke, baby potato & preserved lemon tagine, Sticky ras el hanout & peach short ribs and Buttermilk chicken kebabs. Also featured are tasty western classics with a unique Moroccan twist: try your hand at Orange blossom, beetroot & goats' cheese galette, Roasted almond & rainbow couscous stuffed poussin and Moroccan mint tea infused chocolate pots. Nargisse breathes new life into Moroccan cuisine, blending that authentic Moroccan spirit and the contemporary to create accessible recipes for the everyday.
[The Moroccan Cookbook](#) - Irene Frances Day 1999-09

"Demystifying the rituals behind the recipes." -- Publishers Weekly "A welcome addition to a subject that suffers from a paucity of published information; it's fascinating reading . . . a tantalizing sample of Moroccan cooking." -- Cuisine "Besides the recipes, the cookbook offers information on the culture and methods of cooking." --Los Angeles Times "Makes Moroccan cooking fascinating as well as easy." --Vicksburg Post For people with inquisitive palates, for adventurous cooks wishing to expand their culinary repertoires, and for the thousands of tourists who visit Morocco and return with delicious memories, this definitive work serves up Moroccan cuisine and does not disappoint. Amateur and expert chefs alike will relish in these simple, clear recipes. All the classic Moroccan specialties are included, and no special equipment is required to create the wide variety of dishes ranging from couscous, frackh (baked beans), hareera (a rich, thick soup), and ulk'tban (shish kebob). Two charming portraits—one of the land and people of Morocco and one of its master chefs—round out this authentic collection of recipes.

Do You Tagine? - Bruno Barbieri 2010

[Flavors of Morocco](#) - Ghillie Basan 2016-08-11
Start your culinary journey by discovering Kemia & Salads. Kemia are small bites eaten at the start of a meal. Try recipes for Mini Fish Kefta with Saffron or a Carrot and Cumin Salad with Orange Flower Water. Next enjoy Soups, Breads & Savoury Pastries. Try Rustic Tomato and

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Vegetable Soup with Ras-el-Hanout or Creamy Pumpkin Soup with Aniseed and Saffron, served with Moroccan Country Bread. Bake the Classic Chicken Pie with Cinnamon (Bâ€™ Stilla); or little Pastries Filled with Spicy Minced Meat. A chapter on Tagines, Kâ€™ dras & Couscous features the popular Lamb Tagine with Almonds, Prunes and Apricots; Chicken Tagine with Preserved Lemons, Green Olives and Thyme; Kâ€™ dras (stews), such as Chicken Kâ€™ dras with Chickpeas, Raisins and Red Peppers, all served with buttery couscous. Grills, Pan-fries & Roasts include Souk Kebabs with Roasted Cumin and Paprika; Baked Trout Stuffed with Dates; and Roast Duck with Honey, Pears and Figs. Delicious Vegetables, Side Dishes & Preserves include Casablancon Stuffed Tomatoes and Honey-glazed Pumpkin with Spices. Finally, Sweet Snacks, Desserts & Drinks brings treats such as Fresh Figs with Walnuts and Honey and Rose-flavoured Milk Pudding â€” all perfect served with Mint Tea. Throughout the book are essays on key aspects of Moroccan culinary culture, from The Olive and the Argan to The Souks, Spices and Sensual Flavours, that help to bring the food of this vibrant and exotic land to life.

Modern Moroccan - Ghillie Basan 2002

This beautiful book uses the ingredients and techniques of Moroccan cooking to introduce dishes that are as much fun to make and serve as they are to eat.

Easy Tagine - Ghillie Basan 2018-09-11

Step inside Easy Tagine with simple-to-follow recipes and gorgeous photography, and immerse yourself in the fabulous scents, tastes and colours that are rife in Moroccan cuisine. Step inside Easy Tagine with simple-to-follow recipes and gorgeous photography, and immerse yourself in the fabulous scents, tastes and colours that are rife in Moroccan cuisine. In this collection of aromatic tagines, salads, side dishes, and sweet things, you'll be sure to find best-loved classics from the Moroccan kitchen. Using all sorts of fabulous herbs and spices—including cinnamon, ginger, turmeric, mint, cumin and coriander (to name only a few!)—this compilation of incredible North African recipes will soon have your kitchen smelling delicious. Learn how to make traditional lamb tagines and all of their amazing

variations in the section dedicated to the famous dish. Then discover how to make options such as a Chorizo Tagine with Lentils and Fenugreek, or a Duck Tagine with Pears and Cinnamon. The mixture of sweet and spice is essential to sumptuous Moroccan food, and with this book, you'll learn how to master it all. Explore the myriad of varieties with beef tagines, seafood tagines, vegetable tagines, a section on couscous, a chapter on sweet treats and drinks, and so much more! You'll never need to step out of your home for a taste of Morocco again!

Tagines 101 - Tifa Adray 2020-08-12

Not your Typical Tagine Cookbook! This book doesn't offer Tagine recipes, those can be found anywhere on the internet. Instead, This book offers you something special & exclusive that other books don't: The savoir-faire. p>Let me explain, Have you ever: Bought a recipe book and tried to follow the steps and failed? Felt like your Tagines taste totally different than what Authentic Moroccan Tagines would? Felt like there's a secret ingredient to why Moroccan Tagines taste way better by the hands of Moroccan cooks? Break your Tagine the first time you used it and swore to never buy one or to never follow a random recipe on the internet? We all know the struggle, and that was the foundation on which I wrote this little booklet. Starting from people's bad experiences with Tagines and mediocre cookbooks and all the common issues that come along with those, and following my Moroccan cuisine heritage, I brought you: The Authentic Moroccan Tagine Full Experience packed in one little 28 pages booklet. My name is Tifa Adray, a Moroccan cook, specialized in Traditional Moroccan and North African cuisine. I want to share this knowledge with you now because I know for a fact that it can free so many people from the tiresome and tedious trial and error of day to day Tagine cooking. When you buy this book you'll learn how to: Differentiate between the various types of Tagines that the market offers. What criteria to consider when buying a Tagine. Tricks that Moroccan cooks use to make great Tagines regardless of the recipe. How to make your Tagine last for as long as possible. And a lot more... This is the manual everyone needs in order to safely and correctly use a Tagine. You won't find this level of information anywhere

else... Because with this book in your hands, you can save yourself time and energy by following all of the tips, tricks, and advice you'll find within. Gain meaningful knowledge in the step-by-step, easy-to-follow chapters by using this book as a reference for any of the obstacles you might find yourself facing along the way. Get your copy now!

The Modern Tagine Cookbook: Delicious recipes for Moroccan one-pot meals - Ghillie Basan 2019-08-13

These hearty one-pot meals, flavoured with fragrant spices, are cooked and served from an elegant, specially designed cooking vessel, also called a tagine. In Ghillie Basan's collection of deliciously authentic recipes you will find some of the best-loved classics of the Moroccan kitchen.

Easy Tagine - Chef Ghita 2021-06-11

Step inside, Easy Tagine with simple-to-follow recipes and gorgeous photography, and immerse yourself in the fabulous scents, tastes and colours that are rife in Moroccan cuisine. In this collection of aromatic tagines, salads, side dishes, and sweet things, you'll be sure to find best-loved classics from the Moroccan kitchen. Using all sorts of fabulous herbs and spices—including cinnamon, ginger, turmeric, mint, cumin and coriander

Mourad: New Moroccan - Mourad Lahlou 2016-06-28

A soulful chef creates his first masterpiece What Mourad Lahlou has developed over the last decade and a half at his Michelin-starred San Francisco restaurant is nothing less than a new, modern Moroccan cuisine, inspired by memories, steeped in colorful stories, and informed by the tireless exploration of his curious mind. His book is anything but a dutifully "authentic" documentation of Moroccan home cooking. Yes, the great classics are all here—the basteeya, the couscous, the preserved lemons, and much more. But Mourad adapts them in stunningly creative ways that take a Moroccan idea to a whole new place. The 100-plus recipes, lavishly illustrated with food and location photography, and terrifically engaging text offer a rare blend of heat, heart, and palate.

Ainsley's Mediterranean Cookbook - Ainsley Harriott 2020-03-26

Travel the Med without leaving your kitchen.

Join national treasure Ainsley Harriott on his culinary journey through the Mediterranean discovering the very best recipes to cook back home. Ainsley's Mediterranean Cookbook includes all the recipes from his major 10-part ITV1 series. Journeying through Spain, Sardinia, Morocco, Corsica and Jordan, Ainsley shows how easy and enjoyable it can be to make fresh, healthy, delicious meals. From simple salads and dips to everyday favourites like pasta and risottos, satisfying meats, flavoursome vegetarian mains and light fish dishes, Ainsley's recipes are perfect for a relaxed gathering of family and friends or hassle-free midweek meal. Recipes include: Corsican mint omelette Moroccan vegetable and sesame seed parcels Courgette, lemon and pecorino spaghetti Butternut squash and sweet potato tagine Nutty pearl couscous with feta and dates Aromatic fish pilaf Pasta shells with sausage, tomato and fennel sauce Hazelnut and chocolate cake Orange and cinnamon hot chocolate

The Abundance Diet - Somer McCowan 2015-06-09

This groundbreaking cookbook and diet plan is for anyone who wants to take control of their weight and health through whole plant-based foods. Somer's 28-Day Diet Plan includes a foreword by Neal Barnard, M.D. and a (optional) bonus juice feast to kick start your weight loss and health journey. The plan includes over 100 delicious recipes (all gluten-free) and is customizable to suit individual tastes. Among the delicious, nutrient-packed recipes are:• Cheesy-Smoky-Spicy Black Bean Soup• Tropical Colada Green Smoothie• Grilled Eggplant and Zucchini Lasagna• Bananas Foster Pancakes• Blueberry Peach Tart with Apricot Crumble• Many more...Somer, herself, reversed severe Ulcerative Colitis through a plant-based diet, and many who have tried her plan lost weight quickly and safely, while feeling full and eating an abundance of whole plant-based foods. Part of what makes this plan so unique is that the author has simplified the method so readers don't have to count calories. With The Abundance Diet, readers can dramatically change their overall health, reduce their cholesterol, take control of their blood pressure, and shrink their waistline. In addition to the 28-Day Diet Plan and bonus juice feast, an entire chapter is

devoted to fitness, helping the reader to incorporate exercise regardless of fitness ability. Color photos. References. Index. Note: Four Meal Plan Menu charts were inadvertently omitted from the first printing of *The Abundance Diet*. You can download them from the author's and publisher's websites.

What's Gaby Cooking: Eat What You Want - Gaby Dalkin 2020-04-28

Finally! A cookbook for people who have had enough with rules and restrictions and are ready for delicious food that makes them feel good. In her follow-up to her breakout success *What's Gaby Cooking*, Gaby Dalkin reveals the secret to a happy life: balance. *Eat What You Want* reïects how Gaby eats in real life, and for her, balancing moderation and indulgence is everything. No deprivation, no "bad foods" list. The only rule? Enjoy your food. Whether you are looking for lighter dishes filled with tons of fresh fruits and veggies (like a Cauliflower Shawarma Bowl or lemony Tahini Broccolini), or soul-soothing dishes like (Ham and Cheese Croissant Bread or Strawberry Crispy Cobblers), Gaby has you covered. All told, *Eat What You Want* is an invitation/permission slip/pep rally for you to let go of all the noise around what you choose to eat. Choose joy! Choose fun! Choose no apologies or excuses. But most of all, choose whatever makes you happy.

Minimalist Baker's Everyday Cooking - Dana Shultz 2016-04-26

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential

plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

[The Easy Moroccan Recipes](#) - Sou Sou 2020-05-11

Moroccan kitchen is influenced by Morocco's interactions and exchanges with other cultures and nations over the centuries. Moroccan kitchen is typically a mix of Berber, Arab, Andalusí, and Mediterranean cuisines, with slight European and sub-Saharan influences.

Morocco produces a large range of Mediterranean fruits, vegetables and even some tropical ones. Common meats include beef, goat, mutton and lamb, chicken and seafood, which serve as a base for the kitchen. Few meals are more satisfying than a hearty tagine—the rich, fragrant Moroccan stew that is served from its own elegant cooking vessel, also called a tagine.

Meat, poultry, fish, or vegetables are simmered gently in the steam of the pot's conical lid, and the food, deliciously flavored with spices and fruit, remains tender and moist. In Ghillie

Basan's collection of aromatic tagines you will find some of the best-loved classics of the Moroccan kitchen, such as Lamb Tagine with Prunes, Apricots, and Almonds, and the tangy Chicken Tagine with Green Olives and Lemon. Also included are less traditional but equally delectable recipes for beef and meatball tagines.

Substantial vegetable tagines include Baby Eggplant with Cilantro and Mint, and Butternut Squash, Shallots, Golden Raisins, and Almonds. Recipes for variations on couscous, the classic accompaniment to tagines, are also given, plus plenty of ideas for fresh-tasting salads and vegetable sides to serve alongside and complete your Moroccan-style feast. In this cookbook, you will find: Tagine recipes like:

MOROCCAN TAGINE OF SHRIMP
MOROCCAN CHICKEN TAGINE
MOROCCAN LAMB TAGINE
MOROCCAN CHICKEN AND APRICOT TAGINE
MOROCCAN FISH TAGINE
MOROCCAN KEFTA TAGINE
Couscous with Seven Vegetables
Couscous with vegetables
Couscous with Caramelized Onions

Tagine - Ghillie Basan 2014-02-21

Few meals are more satisfying than a hearty

tagine--the rich, fragrant Moroccan stew that is served from its own elegant cooking vessel, also called a tagine. Meat, poultry, fish, or vegetables are simmered gently in the steam of the pot's conical lid, and the food, deliciously flavored with spices and fruit, remains tender and moist. In Ghillie Basan's collection of aromatic tagines you will find some of the best-loved classics of the Moroccan kitchen, such as Lamb Tagine with Prunes, Apricots, and Almonds, and the tangy Chicken Tagine with Green Olives and Lemon. Also included are less traditional but equally delectable recipes for beef and meatball tagines. If you enjoy a succulent fish dish, you can try Monkfish Tagine with Potatoes, Cherry Tomatoes, and Olives, or Red Mullet with Lemon and Mint. For vegetarians there is a varied choice, from a sweet, syrupy tagine of Yams, Carrots, and Prunes to a summery dish of Artichoke Hearts with Peas and Saffron. Every recipe includes suggestions for accompaniments and side dishes. The perfect introduction to the distinctive tastes of Morocco. Ghillie Basan has worked in different parts of the world as a cookery writer, restaurant critic and journalist. She is Cordon Bleu trained and has a degree in Social Anthropology. She has written a number of highly acclaimed books on classic cuisines of the Middle East and South-east Asia, and her food and travel articles have appeared in the Sunday Herald, Scotland on Sunday and BBC Good Food Magazine.

Mezze - Ghillie Basan 2018-02-13

A mouth-watering collection of dips, bites, salads, and other small plates to share from the Mediterranean and Middle East, to enjoy as appetizers or light meals. Mezze features a mouth-watering collection of Mediterranean and Middle Eastern dips, bites, salads, and other small plates to share, to enjoy as appetizers or light meals. At its simplest, mezze can be represented by a bowl of gleaming olives marinated in lemon juice and crushed coriander seeds, or a mixture of roasted nuts and seeds tossed in salt and dried thyme. At its most elaborate, it can be presented as an entire feast comprising a myriad of little colorful dishes, each the bearer of something savory or sweet but always delicious. In this edition you'll discover such exciting recipes as Orange and Date Salad with Chiles and Preserved Lemon;

Hot Hummus with Pine Nuts and Chili Butter; Baby Saffron Squid stuffed with Bulgur and Zahtar; and Stuffed Dates in Clementine Syrup—nothing beats the magic of mezze.

Cravings - Chrissy Teigen 2016-02-23

Maybe she's on a photo shoot in Zanzibar. Maybe she's making people laugh on TV. But all Chrissy Teigen really wants to do is talk about dinner. Or breakfast. Lunch gets some love, too. For years, she's been collecting, cooking, and Instagramming her favorite recipes, and here they are: from breakfast all day to John's famous fried chicken with spicy honey butter to her mom's Thai classics. Salty, spicy, saucy, and fun as sin (that's the food, but that's Chrissy, too), these dishes are for family, for date night at home, for party time, and for a few life-sucks moments (salads). You'll learn the importance of chili peppers, the secret to cheesy-cheeseless eggs, and life tips like how to use bacon as a home fragrance, the single best way to wake up in the morning, and how not to overthink men or Brussels sprouts. Because for Chrissy Teigen, cooking, eating, life, and love are one and the same.

Vegetarian Tagines and Couscous - GHILLIE. BASAN 2020-08-11

Experience the true taste of Morocco with these delicious aromatic vegetarian and vegan casseroles. Named after the earthenware pot in which they are traditionally prepared, tagines are fragrantly spiced and comforting, easy to make and sure to satisfy at every occasion. And prepared without meat (and often without dairy, too) they are not only economical, but also one of the best ways to enjoy seasonal produce. In this collection of authentic Moroccan recipes, you will find some of the best-loved tagines, from Lighter Tagines, such as Roasted Cherry Tomato Tagine with Feta and Preserved Lemon or Roasted Pear, Fig and Walnut Tagine with Fennel, to Hearty Tagines including Roasted Sweet Potato Tagine with Ginger, Cinnamon and Honey or Spicy Carrot Tagine with Chickpeas, Turmeric and Coriander. Along with the tagines, you will find recipes for its traditional accompaniment, couscous, prepared in a variety of exciting ways, as well as recipes for appetizers and other dishes to serve alongside. Create your own aromatic feast, worthy of any Moroccan kitchen.

The Slim Palate Paleo Cookbook - Joshua Weissman 2014-03-11

Teenage foodie Joshua Weissman lost over 100 pounds just by turning from trendy diets to real food. Now he shares how he developed a sensible, yet still indulgent, philosophy of eating for health and happiness, along with some of his favorite recipes. For decades, the food industry has misconstrued valid viewpoints about healthful ways of eating, sometimes leading the public even further from good health. For this and many other reasons, we have become increasingly disconnected from the food we eat. In *The Slim Palate Paleo Cookbook*, teenage food blogger Joshua Weissman, who lost more than 100 pounds by eating real food, shares some of his favorite recipes, along with his philosophy on food. This book focuses on the use of whole foods and on eating for happiness and health. Whether you're trying to lose weight, you want to be healthier, or you just love food, *The Slim Palate Paleo Cookbook* brings it all to the table with more than 100 recipes that will appeal to inexperienced and advanced home cooks alike. *The Slim Palate Paleo Cookbook* includes recipes that everyone can enjoy making and eating that are free of grain, gluten, and refined sugar—ingredients that are all too common in

our Western diet but can be real roadblocks on the path to wellness. Healthful food does not inherently taste bland or bad; Joshua proves just that with recipes such as an irresistible Rolled Pork Loin lined with fresh and fragrant herbs, a hearty Shepherd's Pie topped with a creamy cauliflower mash, and a flavorful Steak and Brussels Sprouts Stir-Fry. Vegetable dishes such as Braised Leeks and Artichoke Hearts and Grilled Eggplant and Tomato Stacks will show you new ways to cook and enjoy your favorite veggies, and maybe even find a new favorite.

Rebel Recipes - Niki Webster 2019-12-26
Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots. While a number of vegan and plant-based books focus on health, *Rebel Recipes* is unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.