

Tagine

Tagines are flavorful stews from Morocco loaded with cooked vegetables and signature spices like cumin, coriander and ginger. Serve over couscous.

- 2 Tbs. olive oil
 - 4 shallots, chopped
 - 2 cloves garlic, minced
 - 1 1-inch piece peeled fresh gingerroot, minced
 - 1 stalk celery, chopped
 - 1 3-inch cinnamon stick
 - 1 ½ tsp. ground coriander
 - 1 ½ tsp. ground cumin
 - 1 ½ tsp. paprika
 - 1 tsp. salt
 - 1 tsp. freshly ground black pepper
 - ⅛ tsp. cayenne pepper or to taste
 - 1 32-oz. can crushed or diced tomatoes
 - 1 large carrot, peeled and cut into chunks (1 cup)
 - ½ lb sliced okra
 - 1 cup chopped eggplant
 - 1 small butternut squash or sweet potato, peeled and cut into chunks (3 ½ cups)
 - ½ head cauliflower, cut into florets (3 cups)
 - ½ fennel bulb, trimmed and cut into chunks (2 cups)
 - Vegetable broth or water
 - ¼ tsp. crushed saffron
 - 1 cup cooked or canned chickpeas (rinsed if canned)
 - ½ cup halved pitted prunes
 - 3 Tbs. chopped fresh parsley
1. Preheat oven to 350 degrees. In large oven dish, heat oil over medium heat. Add shallots, garlic, ginger, celery and cinnamon stick and cook, stirring often, until shallots and celery begin to soften, about 5 minutes. Add coriander, cumin, paprika, salt, pepper and cayenne. Cook, stirring constantly, until spices are fragrant, about 1 minute. Stir in tomatoes, carrot, green beans, squash or sweet potato, cauliflower and fennel. Add enough vegetable stock or water to cover vegetables. Stir in saffron.
 2. Cover and bake until vegetables are tender, 40 to 45 minutes. About 5 minutes before stew is done, stir in chickpeas, and prunes. Stir in parsley just before serving.
 3. Note: Type of tomatoes used will determine amount of stock or water needed to cook vegetables. Crushed tomatoes will require adding about 1 cup water to cook. Diced tomatoes may not require as much water. Stovetop cooking may require slightly more water. The finished stew should be somewhat dry, not soupy, and vegetables should be tender and shapely, not soggy.