

Boston University
Presents



Morocco

With Ana Sortun
From Oleana Restaurant in Cambridge

MENU

CARROT SALAD WITH HARISSA & GINGER

CHICKEN PASTILLA WITH ALMONDS & CINNAMON

M'HENCHA; SWEET PISTACHIO SERPENTINE

MORROCAN MINT TEA

LESSON

Music

Language, Religion

2 Major Cities; Marakesh and Casablanca

Markets and Ingredients

Olives, Preserved Lemons, Harissa, Cumin, Ginger, Saffron

Show Spices

Discuss Orange Blossom Water

RECIPES

CARROT SALAD WITH HARISSA & GINGER

Makes about 4 cups

1 pound carrots, cut into 2-inch lengths
3 T extra-virgin olive oil, plus more for serving
1 T white wine vinegar
2 teaspoons harissa
½ teaspoon ground cumin
¼ teaspoon ground ginger
Hand torn chunks of crispy French baguette to serve with

In a large saucepan, cover the carrots with water and bring to a boil. Reduce the heat to moderate and simmer until tender, about 20-30 minutes. Drain the carrots and return them to the saucepan. Cook for 30 seconds over medium heat to dry thoroughly.

Remove from the heat and coarsely mash the carrots with a fork or a whisk.

Stir in the 6 tablespoons of the olive oil, vinegar, harissa, ground cumin and ginger.

Season with salt and pepper.

Serve with a bowl of extra virgin olive oil and chunks of torn crispy baguette.

CHICKEN PASTILLA WITH ALMONDS & CINNAMON

Makes 1 large pie to serve 6 or 8

1 whole chicken

12 feuilles de brik or phyllo dough
8 eggs
¼ pound of butter
4 T extra virgin olive oil
2 large onions, chopped
2 T chopped parsley
½ teaspoon of saffron
1 teaspoon of black pepper
2 teaspoons of ground ginger
2 cups of blanched almonds
2/3 cup of powdered sugar
1 T ground cinnamon
1 lemon, cut into wedges for serving

Cut the chicken into 4 pieces. In a large soup pot, Melt 1 tablespoon of butter and add 1 T olive oil. When the butter begins to brown, add the chicken pieces and brown on both sides, about 8 minutes each. Add the onions, saffron, pepper and ground ginger and add water to cover the chicken. Simmer for about 20 minutes until chicken is cooked. Remove chicken from the broth and continue to cook the broth until reduced by one-third.

Break eggs into a mixing bowl and mix until combined. Slowly add to the simmering reduced broth, little by little. When set, remove from the heat and season with salt and pepper to taste. Add chopped parsley.

Remove chicken meat from the bone. Melt remaining butter with olive oil in small skillet.

In a large pie dish or casserole, arrange phyllo or brik pastry around the sides, overlapping and draping over the sides of the dish with a hole in the center. Brush with butter and add a sheet in the middle to cover the hole. Brush again with butter.

Pre-heat oven to 350 degrees and lightly toast the almonds for about 8 minutes until golden brown. When cool, grind in a food processor or chop by hand and then stir in the cinnamon and sugar. Place half of the nut mixture on the bottom of the pie and cover with egg mixture. Then add the chicken meat and sprinkle the remaining almonds on top. Fold brik pastry over and brush again with melted butter.
Bake for 35-45 minutes until golden brown.

Dust with additional powdered sugar and serve with lemon wedges.

M'HENCHA: Sweet Pistachio Serpentine Pastry

Makes 4 pastries

¾ pound pistachios
4 dried figs
1 ¼ cup sugar
1 ½ tsp ground cinnamon
2 T orange blossom water

8 sheets or so of phyllo dough
¼ cup butter, melted
1 egg yolk mixed with 1 T heavy cream
1 T Powdered sugar for sprinkling on top

In a food processor, grind pistachios with sugar and cinnamon until it's finely ground and starts to stick together. Add orange blossom water and figs then process to a paste.
Pre-heat oven to 350.

Place a layer of phyllo dough on worktable so that it runs long sideways, not up and down. Brush with butter. Place another layer of phyllo on top and brush again with butter. Divide the pistachio paste into 4. Roll each quarter into a long thin snake and place one on the bottom third of the phyllo dough. Roll into a long thin roll. Place onto a heavy baking sheet that is lightly brushed with butter. Gently curve the roll into a snake. Repeat with the remaining phyllo dough and pistachio paste so that you have 4 pastries. Bake 20 minutes until golden brown. Serve warm or cold, sprinkled with powdered sugar.

MOROCCAN MINT TEA

Serves 4

4 green tea bags
1 bunch of fresh mint
5 cups water
½ cup sugar

Bring water to a boil and add sugar. Simmer for 5 minutes until water gets a little syrupy. Add tea bags and steep for 3 minutes. Cut off thick bottom stems of mint and rinse under cold water to clean. Shake as dry as possible and add to the tea. Remove tea bags and stir. Pour into a teapot and then into little glasses. Drink very hot and slurp!