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Vegetarian Tagines & Cous Cous: 60 Delicious Recipes For Moroccan One-pot Cooking



Synopsis

Fragrantly spiced and comforting, tagines are easy to prepare 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 Cilantro. 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.

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Customer Reviews

Ghillie Basan, author of several cookbooks on Turkish and Middle Eastern cuisine including *Classic Turkish Cooking* and *Tagines & Couscous: Delicious Recipes for Moroccan One-pot Cooking*, offers up a vegetarian (mostly vegan) Moroccan feast in "Vegetarian Tagines & Couscous." Although at first glance this would appear to be a slim volume (65 recipes total), "Vegetarian Tagines & Couscous" is a wonderful all-in-one source for Moroccan pantry staples, light mezze and appetizers, creative ways to make the most of seasonal vegetables and produce, and wonderful couscous and fruit salads that are welcome any time of year. The ingredients and instructions are clearly laid out,

and most ingredients should be readily available at your local supermarket. Most of the recipes can be easily made vegan by swapping out agave for honey, using olive oil in place of butter, or by omitting the cheese and eggs (there are relatively few recipes that call for either). Beginning with essential recipes such as preserved lemons, smen, harissa, chermoula, and ras el hanout, the book offers a diverse selection of light appetizers including cracked green olives and cardamom and harissa, crudité's with red chilli dukkah dip, filo fingers stuffed with feta, olives, and preserved lemon, smoked aubergine and yogurt dip with harissa, and strained yogurt and cucumber dip with rose petals.

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