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# CULINARY ARGAN OIL RECIPES & AN INTRODUCTION TO MOROCCAN COOKING

*An introduction to Moroccan cuisine & recipe ideas  
for cooking with culinary argan oil*



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# *the secrets of Moroccan cooking*

**Moroccan cuisine is like a fusion of Berber, Arab, Andalusian, and Mediterranean cuisines. A fusion of flavours and ingredients from across these regions.**

Moroccan cuisine is really accessible because it uses so many familiar, easy to source

Ingredients. Moroccan main courses use meats such as beef, lamb, fish, and chicken and vegetables such as carrot, potato, tomato, onion. So you probably have most of the ingredients in your cupboard already.

The Moroccan way of cooking is great for vegetarians because these flavour-rich dishes can be prepared with or without meat.

**Moroccan cuisine is perhaps most famous for the way it includes ingredients like dried fruits nuts, beans, pulses, olives & the use of spices, honey, lemons & fresh herbs.**

The foundation of most main dishes is a richly flavoured sauce prepared from onions, garlic, tomato and spices.

The way the flavours from the sauces infuse the meat & vegetables is what makes Moroccan food so delicious.

In the first edition of my guide to Moroccan cooking, I am going to concentrate the method for making a Tagine.

**With these techniques you'll soon be able to create your own delicious recipes with your favourite ingredients.**



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# *some essential ingredients*

Here is a list of the most essential ingredients to keep in stock for making Moroccan food.

Absolute Basics:

Olive Oil - not an expensive bottle just good extra virgin oil

Rock Salt and Black Peppercorns

Meats

Beef, lamb, fish or chicken are most commonly used.

Chicken: Use whole chicken cut into portions or buy prepared breast fillets.

Lamb & Beef. On-the-bone pieces of leg are good. Shoulder of lamb or beef "brisket" are also good because they have extra more fat and so make richer sauce.

Vegetables: Absolute essentials: tomato, onion and garlic.

Other Veg: Potato, carrots, Bell pepper, peas, Fava beans, Olives (green cooking olives), Lemon

Other Ingredients: Almonds, Prunes / Apricots / Raisins /Sultanas, Pears

Powdered Spices: Cumin, Coriander, Ginger, Paprika, Cayenne, Turmeric, Cinnamon

Fresh Spices: Coriander (Cilantro) is widely used for garnish or flavouring.



# *how to cook with a tagine*

**In the Berber community probably the most popular way to cook is with a Tagine.**

A Tagine is a clay cooking pot with a conical lid that locks in the steam as the food cooks. It is a type of slow-cooking technique.

If you don't have a Tagine they are quite easy to find and not too expensive. If you can not find one locally then they are usually available on eBay for around £15 / €17 / \$19 / A\$29.

**Alternatively, you could prepare Tagine recipes using another method.**

## **Alternative to a Tagine 1: A Dutch / French Oven**

These are a type of thick-walled pan with a tight-fitting lid made of seasoned cast iron or enamelled metal.

## **Alternative 2: Crock Pot / Slow Cooker**

A slow cooker or "crock-pot" is usually a stand-alone electric pot designed to cook a meal slowly over many hours. But it is a similar way of cooking is to a Tagine.

If you are using a Slow-Cooker or "Dutch Oven" the fried ingredients, onions, meats, spice can be prepared in a frying pan. Then the sauce and meat transferred to the slow-cooker and the other vegetables or ingredients added.

The slow-cooker may require a little extra water to be added if the sauce starts to dry-out.





how to cook with a tagine continued...

### 3 More Great Things about Cooking with a Tagine

#### 1: Just 3 simple steps:

- 1 Fry sauce ingredients, meats and spices
- 2 Add Vegetables and other ingredients
- 3 Cook on medium-low heat – typically for 30 mins to 1 hour

#### 2: One-Dish to Wash:

In Morocco, a Tagine is always eaten with bread. Everyone eats from the same Tagine so you are left with just one dish to wash up :)

You can make a Tagine then transfer it to a plate and have it with something like rice or couscous. Although it is really supposed to be eaten with bread.

I have put a link to my step-by-step video showing you exactly how we make bread in Morocco. It's not too difficult. So, its well worth learning how to make real bread now.

[Video Link. How to Make Berber Bread >>>](#)

#### 3: A Relaxed Way of Cooking

A Tagine cooks at a medium to low temperature. Because all the flavours and juices are trapped inside the Tagine it may simmer for 30 minutes or even an hour and still be great.

You can turn the heat down or off and then back up when you are ready to eat... no problem and a very relaxed way to work if you are cooking for guests.

#### Tagine Etiquette

A tagine is a communal dish. 2 or more people eat from the same Tagine. Eat the section in front of you using pieces of bread. Start from the edge reducing the sauce and eating the vegetables. Then after a while you eat the meat.

Of course, unless you are eating in Morocco then you don't need to worry about those rules.



# *How to make berber bread*

**Preparation: 5 minutes - Raising time: 1/2 hour - Cooking time 1/2 Hour**

**Makes a loaf for 2 to 4 people**

## **The Ingredients**

- 350g / 12.3 oz Strong bread flour
- 5g / 0.18 oz dried yeast or 17g / 0.6 oz fresh yeast
- Teaspoon of salt
- 150ml / 5.1 fl oz very warm water

**Freshly made bread is a central part of almost every Moroccan meal.**

It is even more important when it comes to eating a Tagine as it plays a central part in the meal.

The bread is cut up and then broken into smaller pieces, maybe 4 or 5 cm square & used to pick up the food and eat.

**With a little practice it should be possible to make your own bread. - and is useful life-skill to have.**

So here is the basic ingredients list. How to make the bread is shown step-by-step, in real time, in a video on our website.

[This is the link to the video >>>](#)

<https://arganoildirect.com/culinary-argan-oil-recipes#bread>



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TRADITIONAL SKIN  
CARE & HAIR CARE

ORGANIC TOASTED ARGAN OIL FOR EATING

# Culinary ARGAN OIL

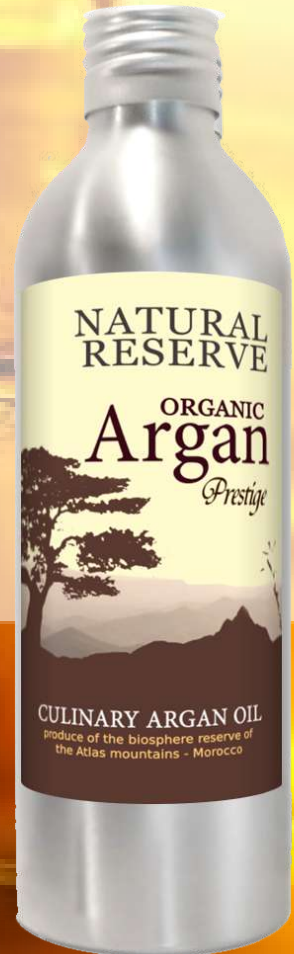


Our Organic Culinary Argan Oil is an extra-virgin oil, single source oil, produced in the Atlas Mountains of Morocco.

To make a Culinary Argan Oil the Argan the nut kernels are toasted before pressing. This is what gives the oil its unique nutty flavour and a golden colour.

We work directly with the best of the Moroccan co-operatives to source our Cactus Seed and Argan Oils.

In addition, to ensure the freshest possible quality of oil, we make fresh pressings every three months.



FAST & FREE DELIVERY

200ml - 7fl oz

400ml - 14 fl oz



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*cooking with culinary argan oil*

# SOUPS & STARTERS



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# *Red Lentil & Coriander soup*

Serves 6

## The Ingredients

- 1 ½ tablespoons Culinary Argan Oil
- 1-2 tablespoons Culinary Argan Oil to serve
- 40g butter
- 2 small onions, peeled and chopped
- 740g carrots, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ½ teaspoon chilli powder
- 165g red lentils
- 1.5 litres of chicken stock
- juice ½ lemon
- 1 x 20g pack fresh coriander, chopped
- salt and ground black pepper to season
- ¼ cup chopped fresh cilantro

## The Method

- Heat the oil and butter in a pan
- Add the onions and carrots
- Cover & cook over a low heat until soft.
- Add garlic and cook for a minute
- Stir in the spices for a minute.
- Add the lentils, stir, then add the stock
- Bring to the boil then simmer partially covered 25-30 mins, until lentils are soft
- Cool a little, then liquidize.
- Season the soup, with lemon juice to taste, return to the pan and reheat.
- Stir in fresh coriander - keep some to garnish.
- Drizzle Argan Oil on soup before serving.



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# *BISSARA – DRIED PEA SOUP WITH CUMIN*

## The Ingredients

- ½ tablespoon Culinary Argan Oil mixed with – ½ tablespoon olive oil
- 300 g split dried green peas or dried shelled fava beans, rinsed
- 1¾ litres cold water
- 4 tablespoon(s) olive oil
- ½ large onion, chopped
- 4 garlic cloves, chopped
- 2 teaspoons pan toasted cumin seeds, roughly ground
- ¼-½ teaspoon crumbled dried red chilli
- 2 tablespoon(s) chopped fresh coriander
- Sea salt and black pepper

## The Method

- Bring the peas or fava beans to the boil.
- Skim off any scum that appears.
- Simmer for 40 minutes to 1 hour.
- In a large pan, heat olive oil medium heat.
- Add onion, pinch of salt, cook about 15 mins, stir occasionally, until golden.
- Add garlic, cumin & fry for 2 min until brown.
- Remove from the heat and add the dried chilli. The beans should be soft.
- Mix in onion & simmer for another 5 mins.
- For very smooth-textured use a blender.
- Season with salt, pepper & fresh coriander.
- If soup is too thick, add some water
- Place into bowls & drizzle on Argan Oil.



# PUMPKIN, LEEK & CARROT SOUP

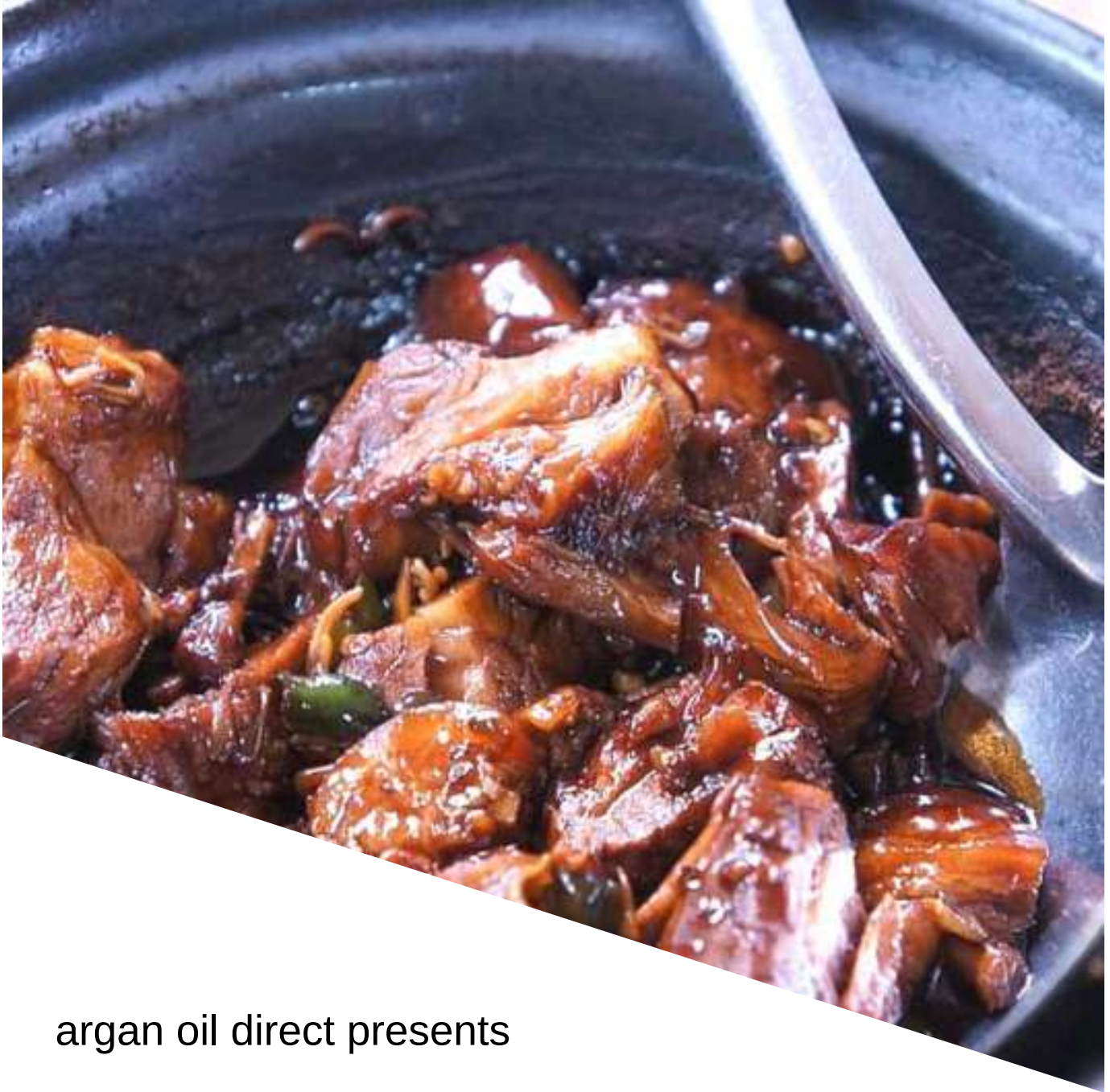
## The Ingredients

- 3 tablespoons Culinary Argan Oil
- 2 cups of pumpkin purée
- 1 head of garlic
- 2 leeks & 1 carrot & 1 small onion (chopped)
- 2 cups of chicken broth
- ½ cup of milk & ½ teaspoon cayenne pepper
- 1 tablespoon of dill
- 2 tablespoons of toasted pumpkin seeds
- 3 tablespoons of olive oil

## The Method

- Heat olive oil and add leeks, onion, carrot and garlic, and sauté until they start to brown. Reduce heat to medium low.
- Add pumpkin purée and stir for 30 seconds and add 1 cup of chicken broth.
- Mix with a blender until smooth.
- Gradually add the rest of the broth and the milk until you reach a consistency you like.
- Season with cayenne pepper & salt. Drizzle Culinary Argan Oil & garnish with crispy dill and toasted pumpkin seeds.





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# MAIN COURSES



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# *Chicken tagine with honey glazed pear*

Preparation 25 mins - Cooking 45 to 60 mins - Serves 2

## The Ingredients

### Pears

- 2 Tinned Pears Cut to Halves or Quarters
- Olive Oil - 3 to 4 tablespoons
- Some Water

### Spices for the Pears

- Spice measures approx. ½ to 1 teaspoon
- 1 teaspoon Cinnamon
- 2 tablespoons Honey
- 2 tablespoons Culinary Argan Oil

### Tagine

- About 200g per person - 400g / 13oz Chicken – Breast "Chunks" about 6 cm / 2.5" or whole cuts, leg
- 1 Medium Onion
- 2 Cloves Garlic
- 2 Medium Tomatoes

### Spices For the Tagine

- spices approx. ½ to 1 teaspoon
- ½ to 1 teaspoon(s) Coriander
- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- ½ to 1 teaspoon(s) Cumin
- Salt , Ground Black Pepper



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## The Method

### Pears

**Using tinned pears makes this dish easier. Add them later in the cooking to make sure they don't soften too much or simmer fresh pears in water and spices first**

- Add the Culinary Argan Oil to a saucepan and warm it
- Next add the Cinnamon & Honey and allow them dissolve using as low a heat as possible
- Stir until the honey, cinnamon and Argan Oil combine
- Add the pears and turn them to cover them on all sides
- Keep spooning the Argan/Honey Spice mixture over the pears for a few minutes
- Leave to one side to add to the later



### The Tagine

- Slice your onion medium-thin, Chop or slice garlic, Slice tomatoes medium-thin
- Pour Olive Oil into your tagine/casserole dish Add a big pinch salt
- Add the onions & garlic and fry on a medium to high heat until soft & starting to brown.
- The onion/garlic mix should remain slightly oily and not be too dry for the spices.
- Add the spices & stir quickly for a minute or two until fried spices evenly coat the onions
  
- Add the chicken pieces & brown them. Turn until covered with spices.
- Spread the onion/garlic blend evenly - space the tomatoes evenly around the tagine.
- Move the pieces of chicken in the centre of the tagine and cover
- Simmer on a low heat. The tagine should "bubble" rather than sound like it is frying as it cooks. Don't let the steam escape. If it is drying out quickly – turn down the heat
  
- Check every 20 minutes or so to make sure sauce has not dried out. Add a little water if too dry – You're aiming for a rich sauce with onions/tomatoes partly melted not a watery soup
- Turn the meat if it looks like it is cooking too much on one side. If it goes a bit "crispy" on one side that's not a problem – but turn down the heat
  
- When the chicken looks about ready lean the pears against the chicken. Pour over any remaining honey/spice mixture. Leave to cook on low heat for another 15 minutes
- Finally, turn up the heat for last 10-15 mins and cook so the dish is served piping hot.



# Lemon Chicken With Green Olives

Preparation 25 mins - Cooking 45 to 60 mins - Serves 2

## The Ingredients

### Tagine

- About 200g per person - Chicken – Breast "Chunks" about 6 cm / 2.5" or whole cuts, leg
- 1 Medium Onion
- 2 Cloves Garlic
- 2 Medium Tomatoes
- Lemon – about 6 thin slices
- A few handfuls of Green Cooking Olives
- Olive Oil – about 4 Tablespoons
- "some" potatoes thin cut chips (fries)

### Spices - measures ½ to 1 teaspoon

- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- 1 teaspoon(s) Coriander
- 1 teaspoon(s) Cumin
- 1/4 to 1/2 teaspoon(s) Ginger
- Salt, Ground Black Pepper
- Handful fresh coriander(cilantro) for garnish

## The Method

- Slice your onion medium-thin
- Roughly chop or slice garlic
- Slice tomatoes medium-thin
- Cut about 4-6 medium-thin slices of lemon
- Pour Olive oil into your tagine/casserole dish
- Add a big pinch of salt



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# *Lemon Chicken Tagine With Green Olives*

continued .....

## Method Continued (2)

- Add Onions and garlic and fry on a medium to high heat until soft and starting to brown.
- Add the spices & stir in until onions are evenly coated
- Fry the chicken until browned & evenly coated with spices
- Grind some black pepper on top
- Spread onion/garlic evenly around the tagine
- Evenly space tomato around the tagine.
- Place the chicken in the centre of the tagine
- Arrange the slices of lemon on top
- Cover, & simmer on a medium-low heat
- Check every 20 minutes or so to make sure sauce has not dried out. Add a little water if dry – Aim for a rich sauce with the onions/tomatoes part melted, not a watery soup
- After about 20 mins add handfuls of green olives to the sauce, around the chicken
- After 35 to 55 mins or when the chicken looks cooked add a little fresh coriander garnish on top and cook on low heat for another 15 minutes
- Fry the chips/fries while tagine finishes cooking
- Finally, turn up the heat and cook for final 10-15mins so the dish is served piping hot.
- Put some chips/fries on top of the finished Tagine after you take it off the heat.
- Keep the rest of the chips / fries to add while eating.



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# Lamb Tagine Toasted Almonds & Prunes

Preparation 25 mins - Cooking 45 to 60 mins - Serves 2

## The Ingredients

### Prunes & Almonds

- 6-8 Large Prunes
- (50g / 2oz) Whole or Flaked Almonds

### Prunes & Almonds Spices

- 1 Teaspoon Cinnamon
- 1 Tablespoon Honey
- 2 Teaspoons Sugar
- 2 Tablespoons
- 1-2 Tablespoons Culinary Argan Oil

### Tagine

- About 400g (11oz) Lamb (Leg with Bone-in or Shoulder).  
Cut to 4 Medium Chunks (about 6 cm / 2.5")
- 1 Large Onion
- 2 Cloves Garlic
- 2 Medium Tomatoes
- Olive Oil – about 3 Tablespoons
- Optional - thin cut chips (fries)

### Tagine Spices

- ½ to 1 teaspoon(s) Coriander
- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- ½ to 1 teaspoon(s) Cumin
- Salt, Ground Black Pepper

### Optional

- 1 chilli per person – Red Cayenne are ideal



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# *Lamb Tagine Toasted Almonds & Prunes*

Continued...

## The Method

- Slice your onion medium-thin
- Roughly chop or slice garlic
- Slice tomatoes medium-thin
- Cut about 4-6 medium-thin slices of lemon
- Pour Olive Oil into your tagine/casserole dish
- Add a big pinch of salt

### Toast the Almonds

- Add a little sunflower oil to a pan on a medium heat.
- Add the Almonds & a few pinches of salt & stir every 30 seconds or so until Almonds are a light-medium brown colour, crunchy & evenly toasted.
- Turn onto "kitchen towel" to absorb excess oil & cool.

### Soften the Prunes

- Put the prunes, sugar & cinnamon into a saucepan. Add just enough water to, hydrate & soften the prunes.
- After 5 - 10 mins, when ready the prunes are soft and will come apart when squeezed.
- Drain the water.
- While hot add about 2 tablespoons of Culinary Argan Oil & the honey & stir in until the prunes evenly coated.
- Leave to stand.

### Prepare Tagine

- Slice onions & Tomatoes medium-thin, Chop garlic
- Pour Olive oil into your tagine/casserole dish
- Add a big pinch of salt
- Fry the Onions & garlic on a medium to high heat until soft and starting to brown.
- Onions should be a bit oily not too dry for the spices.

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# *Lamb Tagine Toasted Almonds & Prunes*

## Continued....

- Add all the spices & stir in quickly for a minute or two until the onions are evenly coated.
- Brown the lamb pieces turning the lamb until all sides are evenly coated with spices.
- Grind some black pepper on top
- Spread the onion/garlic & tomatoes evenly around
- If you want to use chilli add them to the sauce now.
- Place the of lamb in the centre of the tagine.
- Cover the Tagine and let it simmer on a low heat
- Check sauce every 20 minutes & make sure has not dried out. Add a little water if dry. We're aiming for a rich sauce when cooked, the onions/tomatoes part melted, not a watery soup.
- Turn the meat if it looks like it is cooking too much on one side. If it goes a bit "crispy" on one side that's not a problem – but turn down the heat
- When the lamb looks cooked add prunes. Add the remaining honey & Culinary Argan Oil to the sauce.
- Leave to cook on low heat for another 15 minutes
- Finally, turn up the heat and cook for final 10-15 mins so the dish is served piping hot.
- Take Tagine off the heat.
- Put some chips/fries on top if wanted.
- Take off the heat & sprinkle on almonds before serving.



# *Beef with Honey Cinnamon Raisins*

Preparation 25 mins - Cooking 45 to 60 mins - Serves 2

## The Ingredients

### Raisins or Sultanas

- 100g Raisins

### Spices For Raisins

- 1 Teaspoon Cinnamon
- 1 Tablespoon Honey
- 2 Teaspoons Sugar
- 2 Tablespoons Culinary Argan Oil

### Tagine

- 400g (13oz) Beef cuts with some fat are best). Cut into about 4 chunks ( 6cm / 2.5")
- 1 Large Onion
- 2 Cloves Garlic
- 2 Medium Tomatoes
- Olive Oil – about 4 Tablespoons

### Tagine Spices

- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- ½ to 1 teaspoon(s) Cumin
- ¼ to ½ teaspoon(s) Ginger
- Salt, Ground Peppercorns

### Optional

- 1 chilli per person – Cayenne type
- Garnish Fresh Coriander ( cilantro )
- thin cut chips/fries



# *Beef with Honey Cinnamon Raisins*

## The Method

### Raisins

- Put the raisins sugar and cinnamon into a pan.
- Add enough water to hydrate (not boil) the raisins
- Cover the pan & simmer about 5 mins. Stir occasionally.
- Drain the water.
- While warm add Culinary Argan Oil & honey.
- Stir the raisins until coated & put to one side.



### Tagine

- Slice onion & Tomato medium-thin, chop/slice garlic
- Pour Olive Oil into your tagine/casserole dish
- Add a big pinch of salt
- Add onions & garlic, fry on medium/high heat until soft & starting to brown.
- Stir-fry the spices for a minute or so until they evenly coat the onions
- Add the beef pieces and brown them while turning the beef until all sides are coated with spices. Grind a little black pepper on top
- Spread the onion/garlic & tomatoes evenly
- If you want to use chilli add it to the sauce now
- Place the beef in the centre of the tagine
- Cover the Tagine & let it simmer on a medium-low heat
- Check sauce every 20 minutes & make sure has not dried out. Add a little water if dry. We're aiming for a rich sauce when cooked.
- Turn the meat if it looks like it is cooking too much on one side. If it goes a bit "crispy" on one side that's not a problem – but turn down the heat
- When the beef looks ready – probably around 40 mins – add the cooked add prunes and the remaining honey & Argan oil to the sauce.
- Add coriander garnish on top
- Finally, turn up the heat a bit for final 10-15 mins so dish is served piping hot.
- Take off the heat and add the chips/fries on top if you are having them





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# MAIN COURSES

# VEGETARIAN



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# "Cauliflower Couscous" & Argan Oil Vinaigrette

## The Ingredients



### For Dressing

- 15ml Culinary Argan Oil
- 15ml Olive Oil
- Dash Balsamic Vinegar
- ½ Teaspoon Wholegrain Mustard
- Squeeze Lemon Juice

### Salad

- about ½ Cauliflower
- a little Fresh Coriander
- Cumin Seeds
- Salt & Pepper
- Strips of Red Pepper, Carrot, Leek, "Mange Tout", Asparagus Tips (or similar)
- Olive Oil – about 4 Tablespoons



## The Method

- Blitz raw cauliflower floret to a couscous-like consistency
- Boil a pan of water, put cauliflower in a sieve, drop in the water.& cook until slightly soft.
- Turn cauliflower onto a surface to dry. Season with salt, pepper & squeeze of lemon juice
- Finely chop fresh coriander and turn into the cauliflower

### Vegetable

- Slice the carrots, leaks, peppers, mange-tout in to strips
- Put the vegetables in a sieve & drop into boiling water briefly until soft but with a crunch

### Vinaigrette

- Put the Olive Oil & Culinary Argan Oil into a large bowl
- Add a dash of balsamic vinegar, squeeze of lemon half a teaspoon of wholegrain mustard, a teaspoon water & whisk until blended.
- Add vegetables to the vinaigrette & turn to lightly coat them
- Plate the cauliflower couscous, arrange the vegetables on top,
- Pan toast cumin seeds & sprinkle on the toasted cumin seeds



# Chilli Lentil Tagine

Preparation 15 mins - Cooking 35 to 50 mins - Serves 2

## The Ingredients



- 220g (8oz) Green Lentils
- 2+ Tablespoons Culinary Argan Oil
- 2 Large Tomatoes
- 2 Large Onions
- 4 Cloves Garlic
- 1 - 2 chillis per person – Long red Cayenne are ideal

## Spices

- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- ½ to 1 teaspoon(s) Cumin
- ½ to 1 teaspoon(s) Coriander
- ¼ to ½ teaspoon(s) Ginger
- Salt , Ground Peppercorns



## The Method

- Part-cook the dried lentils until a medium soft. For 220g (6oz) use about 450ml (16fl oz).
- Add ¾ teaspoon of salt at the end.
- Add the Culinary Argan Oil to your tagine/pan
- Slice the onions and garlic, add them to the pan, add a big pinch of salt and fry on medium-high heat until soft light brown colour. If mix is a little dry add a little more oil to make it easy to stir in the spices.
- Next, add the spices and stir-fry for about a minute until the onions are covered. Grind in some black pepper.
- Add the tomatoes, lentils & space the chillis around
- Add a little water to cook the lentils. Keep an eye on the water level every 15 minutes or so
- Cover the tagine, turn heat down to simmer for about 45 mins or until the lentils are thoroughly cooked.
- Turn up the heat for 5 minutes so the dish is really hot.





## ***GORGONZOLA & WALNUT PASTA***

### **Ingredients**

- 225g (8oz) Tagliatelle
- 2 Tablespoons Culinary Argan Oil
- 125g (4oz) Walnuts
- 150ml (5fl oz) Single Cream
- 2 Spring Onions
- Olive Oil
- 125g /4 oz Creamy Gorgonzola
- 55g/2oz Butter
- 4 Slices Leek Diced
- Grated Parmesan
- Salt & ground black pepper

### **Method**

- Put the walnuts on a baking tray in an oven 180C /350F about 6 minutes until toasted
- Slice the spring onions and dice the leeks. Then melt some butter in a pan then add the leeks & onions and soften
- Put some olive oil, 1 teaspoon of salt in a pan, add about 1.5 litres water and bring to the boil and cook the pasta
- Meanwhile, melt the 55g butter in a pan in a low heat, add the cheese and cream and stir until a creamy sauce
- Whisk in 2 teaspoons Culinary Argan Oil a bit at a time
- Chop the nuts into small pieces, add them to the sauce, then season with milled black pepper and a little salt.
- When the pasta is ready, drain it, put it back in the saucepan.
- Fold 4 teaspoons of Culinary Argan Oil into the pasta
- Lastly add the sauce to the pasta and toss it thoroughly
- Serve sprinkled with parmesan cheese.



# Fava bean & Vegetable tagine

Preparation 20 mins - Cooking 45 to 60 mins - Serves 2

## The Ingredients



- 2 Large Potatoes
- 2 Large Tomatoes
- 2 medium Onions
- 3 Cloves Garlic
- Fava & Peas (Frozen will work just as well as fresh)
- 2+ Tablespoons Culinary Argan Oil
- Use as much vegetable you like.
- Swap your favourites vegetables if preferred.

## Spices

- ½ to 1 teaspoon(s) Turmeric
- ½ to 1 teaspoon(s) Paprika
- ½ to 1 teaspoon(s) Cumin
- ¼ to ½ teaspoon(s) Ginger
- Salt, Ground Peppercorns



## The Method

- Add about 2 Tablespoons culinary Argan oil to the Tagine
- Slice the onions & garlic, add to the pan, add a big pinch of salt & fry until light brown. Mix should be slightly oily.
- Add the spices and stir in to cover the onions
- Reduce heat to a simmer.
- Add the tomatoes, Fava beans to the sauce
- Cut potatoes into (¼ sized) "segments". Pile in the centre.
- Grind peppercorns onto potatoes.
- Cover the tagine and leave to simmer for about 45 mins or until the potatoes/beans are soft enough.
- After about 25 mins cooking add the peas
- Check every 15-20 mins or so add a little water if necessary.
- Turn up heat for final 10 mins to ensure dish is really hot.

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# MAIN COURSES

## FISH



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# *Grilled Sardines with Rosemary, Thyme*

## The Ingredients

- 50ml Culinary Argan Oil
- 4 whole sardines, gutted & cleaned
- 100g natural breadcrumbs
- juice of 1 lemon
- a few sprigs of rosemary
- a few sprigs of thyme
- salt & pepper

## The Method

- Preheat grill to medium-hot
- Rub the sardines with the oil, then roll in the breadcrumbs.
- Season well and place on the grilling tray
- Place sprigs of rosemary and thyme on the fish.
- Grill for 5-7 minutes, turning once and breadcrumbs are golden and crunchy.
- Season with the lemon juice and serve immediately.

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# *Cod Fillet in Spicy Tomato Sauce*

SERVES 2 - PREPARATION: 25MINS – COOKING: 20 TO 30MINS

## The Ingredients

- 2 Medium-Size Cod Fillets
- 2 Garlic Cloves
- Little grated Ginger
- ½ teaspoon sugar
- 1 Red Cayenne Chilli Pepper
- 2 tablespoons Argan Oil
- 1 kg /2lbs Chopped tin Plum Tomatoes
- Salt & Pepper
- 2 teaspoon paprika
- Fresh Parsley
- Lemon



## The Method

- Preheat your oven to 200C/400F
- Put the Culinary Argan Oil into a pan
- Finely chop the chilli & garlic & grate a little fresh ginger – or ¼ teaspoon if no fresh available
- Put this in the oil and fry on low heat until brown
- Add 2 teaspoons Paprika & stir-fry
- Mash the tomatoes then stir into the sauce
- Add a squeeze of lemon & ½ teaspoon of sugar
- Pour half the sauce into an oven baking dish.
- Season the fish fillets with salt and ground pepper
- Place fish in a baking dish & cover with sauce.
- Bake for 20 – 30 minutes.
- Serve with rice

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# Moroccan Fish Stew

SERVES 2 - PREPARATION: 20 MINS – COOKING: 25 TO 35 MINS

## The Ingredients

- 700g / 1.5 lb White Fish Fillets
- 50ml Culinary Argan Oil
- Handful Fresh Parsley
- 1 Large Red Onions
- 3 cloves of garlic
- 1 large tomato
- Tomato Purée
- ½ Red pepper
- 2 medium potatoes
- 2 medium carrots
- ¼ teaspoon turmeric
- ¼ teaspoon cumin
- ½ tablespoon paprika
- Juice of ½ lemon
- Salt and pepper



## The Method

- Pre-heat oven to 190C / 375F
- Cut the fish into the fish into about 4 pieces
- Put the parsley on the bottom of a wide baking dish.
- Add just enough water to wet the bottom of the dish. The juice for the soup will come from the vegetables.
- Coarsely chop the vegetables & place into the dish.
- Add a squirt of tomato purée.
- Place the fish pieces on the vegetables
- Sprinkle vegetable and fish with the spice.
- Add a generous seasoning of salt & ground pepper
- Pour the Culinary Argan Oil over the fish
- Cover dish with lid or foil & place in the centre of an oven
- When the fish is covered in liquid the dish should be ready
- Serve with basmati rice with a squeeze of lemon juice

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# MAIN COURSES

# SALADS



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# Honey Glazed Grilled Goats Cheese salad with Toasted Almonds

Preparation 20 mins - Cooking 15 mins - Serves 2

## The Ingredients

- Lettuce & Rocket Salad
- 6 Goat Cheese Rounds 4x1 cm
- 6 1 cm thick rounds of baguette
- 150ml-200ml Balsamic Vinegar
- Red Onion
- 6 Cherry Tomatoes
- Honey – 6 teaspoons
- Toasted Flaked Almonds
- Culinary Argan Oil 30ml-50ml

## The Method

### Salad

- Create a green salad with lettuce, rocket salad leaves + finely sliced Red Onion and a few cherry tomatoes.
- Cut 6 slices of baguette 1 to 2 cm thick circles.
- Lightly toast the bread on both sides.
- Pour a little Argan Oil on each slice
- Place one cheese slice on each slice.
- Grill the cheese 190C/370F.until cheese slightly dry edges going brown



### Dressing

- Mix 1 teaspoon Argan Oil & 1 Honey per cheese
- Add 6 teaspoons of lightly toasted almonds flakes and mix.

### Balsamic Reduction

- Pour about 100ml of Balsamic Vinegar into a pan.
- Bring to the boil then reduce heat and simmer.
- Add sugar to thicken and sweeten the sauce.
- The vinegar will reduce to half the original volume.
- Test a reduction by putting a little on a cold saucer. It should be like honey, not runny. Add too much sugar or over cook & the dressing will be like jam – so start again!

### Final Steps

- When the cheese has been lightly grilled, just going brown around the edges not melted, remove it from the oven.
- Put 1 teaspoon of topping over each goat cheese.
- Put back under the grill for about 5 minutes until the honey has melted and thickened slightly. Don't burn it!
- Spoon the balsamic reduction in lines over the salad.
- Place the toasted bread/ goat cheese slices on top.



# *Asparagus Salad With a Culinary Argan Oil Dressing*

## The Ingredients

- 340g Fresh Asparagus
- 1 Large Egg
- 4 Tablespoons Culinary Argan Oil
- 1 Tablespoon Balsamic Vinegar
- 4 Cherry Tomatoes
- Salt and Pepper
- Fresh Basil
- 1 Teaspoon Mustard



## The Method

- Place Asparagus spears into boiling water.
- Boil egg until hard.
- Cut egg into small pieces.
- Pan roast cherry tomatoes until soft.
- Mix Argan Oil, Balsamic Vinegar, mustard, salt & pepper.
- Add 2 tablespoons of asparagus juice – water.
- Arrange asparagus and tomatoes on plate.
- Pour vinaigrette on asparagus.
- Finish with egg pieces, fresh basil and seasoning.
- Serve Warm

# *Greek Feta, Rocket Salad & Pine Nuts*

## The Ingredients

- 50ml Culinary Argan Oil
- Rocket (Arugula) Salad
- Greek Feta Cheese
- Kaimata (or similar) Olives
- Lemon Juice
- Pine Nuts
- Peppercorns



## The Method

- Dice the Feta into 1 cm Cubes and place in a bowl.
- Pour about half the Argan Oil onto the diced cheese.
- Leave to marinate for 20 minutes stirring occasionally
- Place 2 or 3 handfuls of Rocket Salad and chopped Olives in a bowl, add a squeeze of lemon juice and turn.
- Add the Argan Oil marinated Feta to the salad & turn the salad to distribute the pieces.
- Place the rocket and Feta on a plate.
- Optionally sprinkle the salad with toasted Pine Nuts.
- Drizzle the remaining Culinary Argan Oil over the salad.
- Grind a little fresh black & red peppercorns and serve.



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# *Asparagus, Pear, Walnut & Goat cheese salad*

## The Ingredients

- 350g fresh asparagus
- 1 Ripe Pear or tinned
- 70g toasted, chopped walnuts
- 350g fresh asparagus
- 4 tablespoon Culinary Argan Oil
- Salt & pepper to taste
- 1 tablespoon balsamic vinegar
- Fresh basil, chopped
- 1 teaspoon wholegrain mustard
- 2 teapoons of honey



## The Method

- Cook the asparagus spears in boiling water for 6-10 mins with butter and salt.
- If the pear is fresh boil in a little water until soft through. OR use a firm tinned pear
- Put the pear in a frying pan, add a teaspoon or two of honey and caramelize
- Prepare vinaigrette by mixing Culinary Argan Oil, vinegar, mustard, salt and ground pepper in a bowl.
- Stir in two tablespoons of water from boiled asparagus.
- Arrange whole spears, pear and optional goat cheese crumbled into 1 cm size pieces on plates.
- Pour vinaigrette over asparagus.
- Finish by sprinkling crushed walnuts and basil over asparagus and serving lukewarm.



# Mozzarella & Tomato Salad

SERVES 2

## The Ingredients

- 2 Ripe Tomatoes
- 2 Mozzarella Balls
- 3 Anchovies with Oil
- A few Fresh Basil Leaves
- 2 Dessert spoons of Culinary Argan Oil
- Salt and ground black pepper



## The Method

- Cut the tomatoes and the mozzarella into slices.
- Lay out anchovies & their oil on top of the salad.
- Season.
- Dress with the Culinary Argan Oil.
- Garnish with some fresh basil leaves
- Serve immediately.

# *Chicken Salad, Almonds & Mango*

SERVES 4

## The Ingredients

- 4 Chicken Breasts on Bone
- 2 tablespoons plus Argan Oil
- 20ml light olive oil
- tablespoon red wine vinegar
- cucumber cut into 1 cm cubes
- 1 large mango, peeled & cut into 1 cm cubes
- 3 tablespoons chopped tarragon
- fine sea salt
- 100g sliced almonds
- 1 finely chopped shallot
- ground black pepper
- 8 cups of rocket salad
- Leaves of 2 Endives
- tablespoon lemon juice
- 100g sliced almonds

## The Method

- Cover the chicken with water,
- Add around 2 teaspoons of salt,
- Bring to a boil, reduce & simmer for 15 minutes.
- Remove from heat and when cool drain.
- Shred the meat & put it in a large mixing bowl.



## The Method

- Heat 1 tablespoon of Argan Oil in a small pan.
- Add the flaked Almonds & toast over a medium-high stirring until golden brown in colour.
- Remove Almonds and season with ¼ teaspoon of salt
- Put Almonds in small jar & cover with 30ml Argan Oil.



- Combine the 30ml Olive Oil, vinegar, lemon juice, shallots, and season with a little salt and pepper.
- Place the chicken, cucumber, mango, tarragon, and rocket into a bowl and toss
- Arrange the sliced endive leaves on the plates then add the chicken and salad mixture.
- Add the toasted Almonds to the top of the salad. Any remaining Argan left over can be poured on as additional dressing.
- Serve immediately.



# Essaouira Orange & Black Olive Salad

SERVES 6

*A famous Jewish Moroccan salad best made with slightly sour or bitter oranges - though sweet ones will do. Argan oil, which the Jews of Essaouira traditionally use, gives the oranges a distinctive taste.*

## The Ingredients

- 50ml of Oil - Culinary Argan or a 25+25 Argan Olive Oil mix
- 1 small garlic clove, minced
- ½ teaspoon ground cumin
- 1 cup oil black olives, pitted and coarsely chopped
- ¼ teaspoon red pepper flakes
- 2 tablespoons lime juice
- 1 tablespoon of honey
- ¼ teaspoon paprika
- ½ teaspoon salt
- 6 oranges
- Chopped parsley garnish
- Some plain black olives



## The Method

- Whisk the Argan Oil, Olive Oil, lime juice, honey, garlic, cumin, paprika, red pepper flakes and salt. Set aside.
- Slice away the peel of the orange and slice.
- Arrange the orange on a plate.
- Scatter the olives and parsley over the top.
- Drizzle the Argan dressing over the salad.
- Serve immediately.



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# Hummus & Toasted Culinary Argan Oil

PREPARATION 30 MINS - COOKING 10 MINS - SERVES 3

*Shortcut Humus can be difficult to get right. For a one off it is simpler to buy your favourite shop-bought Humus and use the Culinary Argan Oil as a garnish/dressing!*

## The Ingredients

- 200g (6oz) canned chickpeas
- 2+ tablespoons lemon juice
- tablespoons virgin olive oil
- 1 tablespoons Culinary Argan Oil
- 2 garlic cloves, crushed
- 1 teaspoon ground cumin
- Pinch salt
- 4 tablespoons water
- 1 teaspoon paprika
- Few spoons of Culinary Argan Oil To Serve
- Bread



## The Method

- Empty the chickpeas into a sieve and rinse.
- "Blitz" lemon juice, garlic, cumin, salt, chickpeas in a short burst in a food processor then add a teaspoon of Olive and Culinary Argan Oil
- Repeat with extra teaspoons of oils
- Taste, then add a little lemon juice & seasoning if needed.
- Use some water and blend to the desired texture - slightly crunchy or smooth texture as preferred.
- Drizzle some Culinary Argan Oil & sprinkle with paprika
- Serve with some bread

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# *Simple Nut, Herb & Culinary Argan Oil Salsa*

PREPARATION 30 MINS - COOKING 10 MINS - SERVES 3

## The Ingredients

- 60 ml Culinary Argan Oil
- 100 g toasted almonds
- 100 g toasted hazelnuts
- 2 handfuls of chopped mint
- 2 sprigs of tarragon, chopped
- 2 tablespoon(s) white balsamic vinegar
- Sea Salt



## The Method

- Place the nuts in a food processor and chop until they are the size of large breadcrumbs.
- Next stir in all other ingredients & season to taste.





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# SWEETS & DESSERTS

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# *Almond & Toasted Nutty Butter*

## The Ingredients

- Culinary Argan Oil – about 100ml
- Almonds – 240 grams
- Honey
- Teaspoon of Salt



## The Method

- Put the Almonds into a frying pan or oven and toast until golden brown – stir occasionally to prevent burning.
- Grind the nuts, with a teaspoon of salt, to a fine textured paste with a pestle and mortar or food processor.
- Add the Argan Oil a spoon at a time work to a rich paste.
- Finally, stir in the Honey spoon by spoon.
- Use as a spread or topping, on desserts, cakes & sauces.

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# AMALOU

*Amlou is a delicious Moroccan dip made from Culinary Argan Oil, toasted almonds/walnuts & honey or sugar. The oil is ground together with toasted nuts & honey or sugar to be used as a dip eating with strong bread. Serve Amlou on a small plate and eat with bread. You can make with sunflower / argan oil 50/50 mix or even use peanuts.*

## The Ingredients

- ¾ cup (180 ml) Culinary Argan Oil
- 6 oz (220 g) Almonds - or Almonds/ Walnuts mix
- Honey - add to taste
- ¼ Teaspoon of Salt
- 2 Tablespoons sugar



## The Method

- Preheat oven to 375° F (190° C).
- Toast the almonds/nuts on a baking tray for 10 minutes.
- Remove when lightly browned & crunchy - not burnt.
- Allow the almonds to cool then grind them to a very fine texture with a pestle or food processor.
- Slowly stir the Culinary Argan Oil in with the almonds.
- Gradually add warm honey, sugar, salt & blend.
- Amlou is liquid not like butter. If it is dry add more oil
- If stored the oil may separate out. Just stir it before use.

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# *CULINARY ARGAN OIL, CHOCOLATE & TOASTED NUT ICE CREAM TOPPING*

## The Ingredients

(per person)

- Culinary Argan Oil – 1 Desert Spoon
- 2 Scoops Ice Cream
- 40g Chocolate
- Toasted Flakes Almonds
- Small Pinch of Cayenne Pepper (optional)



## The Method

- Place chocolate in a bowl and melt.
- When liquid blend in some culinary Argan Oil.
- Optionally add a very small pinch of cayenne pepper.
- Before cool pour onto your dessert – ice cream, bananas, fruit and cakes.
- Toast the flaked almonds and sprinkle on top.

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# SELLOU D'ARGAN

**Time: 100 mins - Makes 1.5kg / 3 lb approx**

*Sellou is a very special Moroccan sweet dish served with mint tea or coffee. It has a unique flavour of toasted nuts and spices. It is a super high energy food. Sellou should not be dry. It will have a slightly dark/wet look, be easy to eat by spoon and not form clumps. It should not be sticky. So add final butter and oil in stages.*

## Method

### Step 1 - Brown the Ingredients

To ensure that the ingredients cook evenly and do not burn it may be necessary to split each ingredient into batches.

- **Flour: Approx. 30 mins Cooking Time:** Spread the **flour** out evenly on a baking tray then put in an oven at 200 C / 400 F. Turn the flour regularly every 5 minutes or so to ensure it cooks evenly and does not burn. **The flour should be an even light-brown colour when ready** leave to cool.
- **Sesame Seeds: Approx. 15 mins Cooking Time:** Spread the seeds out evenly on a baking tray then put in an oven at 200 C / 400 F. Turn the seeds regularly every 5 minutes or so to ensure it cooks evenly and does not burn. **The sesame seeds should be dry, crunchy and a medium-brown colour when ready.** Put aside and leave to cool.

## Ingredients

*50-100ml Culinary Argan Oil*

*500g/17oz Almonds*

*500g/17oz Sesame Seeds*

*120g / 4oz of Icing Sugar*

*About 4 Big Pinches of Salt*

*15g / 1/2oz Cinnamon Powder*

*7g / 1/4oz Anise Powder*

*220g / 8oz Butter (Ideally Unsalted)*



### Method Continued...

**Almonds:** *Almonds generally come with a brown skin. I just leave this on but you can remove it if preferred.*

- Put a shallow layer, 1 cm or so of oil into your frying pan. Shallow fry the Almonds until brown. Be careful not to burn them or the flavour will be too bitter. Remove the almonds and place on paper / kitchen towel to absorb excess oil.



### Prepare the Sellou Mix

- Put the **Almonds** into a processor and chop until very fine almost like a paste/powder
- Do the same for the sesame seeds.
- **Note:** Optionally. Keep a few handfuls of almonds and sesame seeds back and chop these less, so they are quite rough. These can be added at the end or used for decoration





### Putting it All Together

- Use a large bowl. Pass the browned flour, salt, sugar and spices through a sieve. Add the sesame/almond powder and fold in.

### Butter

- **Melt the butter in a pan.** You can skim off the solids that separate out to leave a clear "clarified" butter but it is not really essential.
- Gradually add the liquid better than Culinary Argan Oil in stages and knead/blend them into the powdered mix by hand.
- Eventually the mix will **darken and start to stick together a little. It should not be oily and form stick clumps. If this happens you may need to add more dry-mix.**

*Sellou will keep for a long time. Just put it in an air-tight container. Serve on a large plate decorated with the roughly chopped nuts or, as I prefer, in small individual portions of about 4 oz (151g) each.*



Thoroughly Blended Sellou Mix



# Seffa Medfouna – Vermicelli, Almonds & Cinnamon

*wonderful Berber sweet desert served as an accompaniment to a mint tea or coffee. Tip: Use a quality cinnamon spice which has a good smell.*

## The Ingredients

250g/9oz Vermicelli / ( Angel Hair Pasta)

¼ Teaspoon of Salt

60g / 2oz of butter

50g / 1 ¾ oz flaked Almonds

80g / 3oz icing (powder ) sugar

1 tablespoon cinnamon powder



## The Method

- Boil water and cook the Vermicelli by steaming until soft.
- Lightly toast Almonds in a pan (no oil) until light brown.
- Leave the almonds to cool & crush into fine flakes.
- Drain the pasta.
- Add butter and tablespoons of Argan Oil to flavour.
- Place the vermicelli on a plate in a dome.
- Cross the vermicelli with a generous amount of Cinnamon power, icing sugar and the crushed Almonds.
- Keep plenty of spare crushed Almond, icing sugar and cinnamon. Add these to the pasta as needed.

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# Chocolate & Cream Toasted Argan Oil Truffles

TIME: 45MINS - MAKES ABOUT 25 TRUFFLES

## The Ingredients

- 180g 60%+ Dark Chocolate [or White Chocolate]
- 100ml Whipping/ Double Cream
- 30ml Culinary Argan Oil
- 10g Unsalted Butter
- Cocoa Powder
- "Hundreds & Thousands" Optional [ for Dark Truffle]
- Cayenne Pepper
- Cognac/ Grand Mariner [ for white truffle ]
- Lemon Flavour/Grated Zest



## The Method

- Break up chocolate into small pieces & put in a bowl.
- Place the bowl into a saucepan of very hot water just hot enough to warm/melt the chocolate.
- Stir the butter, then Culinary Argan Oil into the melted chocolate until thoroughly blended
- Warm the cream in a separate bowl/pan
- Add the warm cream to the chocolate and stir in until the mixture is smooth.
- At this point add the desired flavourings, pinches of chilli/cayenne, a little liqueur or zest.
- Allow cooling until stiff enough to shape into balls
- Finally, roll in any coatings you wish to use

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# Halwa

TIME: 1HR - MAKES ABOUT 40 BISCUITS

Quick & inexpensive to make. Divide the dough to make different flavours. Finish by dipping into chocolate or dessicated coconut.

## The Ingredients

### Biscuit Base

- 30ml Culinary Argan Oil
- 20ml Sunflower Oil
- 1 large egg
- 45 g Caster Sugar
- Pinch of salt
- 150g Cake Flour

### Flavourings

- ½ Teaspoon Vanilla Essence
- ½ - 1 Lemon Zest Grated
- Fresh Oranges

### Optional for Finishing

- 100g chocolate
- Dessicated Coconut



## The Method

- Break up chocolate into small pieces & put in a bowl.
- Place the bowl into a saucepan of very hot water just hot enough to warm/melt the chocolate.
- Stir the butter & Culinary Argan Oil until blended
- Warm the cream in a separate bowl/pan
- Add warm cream to the chocolate & stir until smooth.
- Divide & add flavourings
- Allow cooling until stiff enough to shape into balls
- Finally, roll in any coatings you wish to use

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ORGANIC TOASTED ARGAN OIL FOR EATING

# Culinary ARGAN OIL

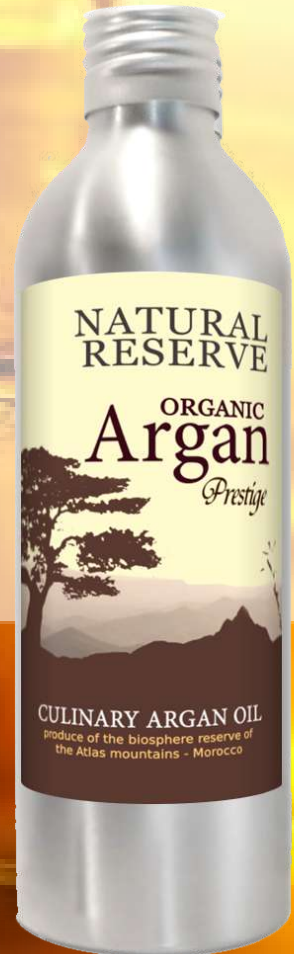


Our Organic Culinary Argan Oil is an extra-virgin oil, single source oil, produced in the Atlas Mountains of Morocco.

To make a Culinary Argan Oil the Argan the nut kernels are toasted before pressing. This is what gives the oil its unique nutty flavour and a golden colour.

We work directly with the best of the Moroccan co-operatives to source our Cactus Seed and Argan Oils.

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200ml - 7fl oz

400ml - 14 fl oz



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We recommend unscented oil for anti-ageing skin care & hair treatment.

Single filtered Argan retains the natural nut scent & is ideal for blotchy complexions & inflamed skin

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