

MYERBERG CENTER – COOKING WITH CHEF ALBA ENCHANTING RECIPES OF CASABLANCA, APRIL 27, 2021

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HUMMUS - Makes 3 cups

- 1 (28-ounce) can chickpeas, drained, reserve 1 tablespoon chickpeas for garnish
- 2-3 cloves garlic, roughly chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup tahini
- Zest and juice of 1 lemon
- 1/4 cup extra virgin olive oil, plus more for drizzling
- 1/2 cup warm water
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon chopped fresh Italian parsley leaves for garnish

In a food processor, combine the chickpeas, garlic, cumin, coriander, tahini, lemon zest and juice, and 1/4 cup olive oil. Pulse until it becomes a rustic paste. If it is too thick, add a little warm water, a few tablespoons at a time, to get it to the consistency you like. Add salt and pepper a little at a time, tasting after each addition.

Spoon the mixture onto a serving dish and spread flat. Run a fork in a circle around the hummus to create a design. Drizzle a few drops of olive oil on top. Scatter remaining 1 tablespoon whole chickpeas and the parsley on top. Serve with toasted pita bread or vegetables.

Note: for additional flavor, sprinkle some ground cumin, coriander, and even paprika on top of the hummus before serving. Or make a well in the center and fill it with chopped olives.

COUSCOUS FOR FESTIVE OCCASIONS (SEFFA) - Serves 4 to 6

3 cups couscous
1 ½ tablespoons extra virgin olive oil
1 teaspoon kosher salt
Freshly ground black pepper
3 cups boiling water
1-2 teaspoons rosewater
4 tablespoons (1/2 stick) unsalted butter, melted and still warm
3/4 cup golden raisins
1/2 cup dried apricots, pitted and sliced
1/2 cup dates, pitted and sliced
1/2 cup slivered almonds, lightly toasted
2 teaspoons ground cinnamon
Brown sugar to serve

Place the dry couscous in a large bowl and drizzle the oil on top. Rub the couscous between your hands to coat the couscous with oil. You will know that the couscous is well coated if some pellets stick to your hands. Add the salt, and season with pepper. Run your hands through it one more time to mix well. Pour in the boiling water and the rosewater; quickly stir with a wooden spoon. Cover the couscous, and let it sit, undisturbed, for at least 10 minutes. Once the couscous is ready, remove the lid, and use a fork to break up and loosen the couscous.

Add the melted butter and stir with a wooden spoon until well blended. Gently fold in the raisins, apricots, and dates. Transfer the couscous to a festive platter and create a mound in the shape of a pyramid. Scatter the toasted almonds around the base of the mound. Sprinkle cinnamon around the mound creating either a stripe or dot pattern.

Serve at room temperature with a small bowl of light brown sugar on the side for your guests to sprinkle on top. You can also use additional dried fruit to decorate the Seffa.

Moroccan Style Salmon with Spices - Serves 4

4 (3 ounces) salmon fillets, remove any bones and skin, pat dry
1 1/2 teaspoons freshly ground cumin seeds
1 1/2 teaspoons freshly ground coriander seeds
1 1/2 teaspoons paprika
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon salt
1 tablespoon extra-virgin olive oil

Mix and grind the cumin, coriander, paprika, pepper flakes, and salt in a small mortar and pestle. Rub the spices over both sides of the salmon fillets.

Heat the olive oil in a pan until it is hot, but not smoking. Turn the heat to medium and add the salmon. Cook for 3 – 5 minutes, or until the pan side of the salmon is lightly browned. Turn over and cook for 1 - 3 minutes, or until the salmon is done to your taste. The exact cooking time depends on the fillets' thickness; keep in mind that salmon tastes better slightly underdone than it does when it's overdone.

MOROCCAN MINT TEA

4 cups water
½ cup sugar, optional
1 cup firmly pack fresh mint or ½ cup dried mint
1 teaspoon rose water
Toasted pine nuts, optional

Bring to Boil 4-cups of water in your teapot and add 1/2 cup sugar, 1 cup firmly packed fresh mint or ½ cup of dried mint. Allow the tea to steep for 5 minutes. Add 1 tablespoon of rose water in the tea pot right before serving. Serves 4, add 2 toasted pine nuts to each tea glass.