Dinari Delicious

Flavours from the kitchen of

Villa Dinari

He who eats when he is full,

digs his grave with his teeth

(Moroccan saying)



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**STARTERS**

**Vegetable Briouat**

**Ingredients**

6 sheets of filo pastry

1 finely chopped onion

5 cloves of garlic

½ teaspoon ginger

1 teaspoon fresh finely chopped parsley and coriander

1 pinch cumin

½ teaspoon paprika

salt and pepper

½ teaspoon ginger

1 carrot

1 potato,

½ aubergine

½ red bell pepper

cup of green beans

cup of peas

olive oil

1 egg, beaten

**Preparation**:

Finely chop all vegetables (except the peas)

Preheat oven to 180C/350F/Gas 4.

Heat the oil in a pan.

Cook the vegetables for about 10 mins until softened.

Stir in the spice blend, and season.

**To create pastry packets**:

Cut the pastry sheets into three lengthways and then each strip in half crossways.

Place a heaped teaspoon of vegetables in the bottom corner the strip.

Fold over to make a triangle and then continue folding so you end up with what looks like a little samosa.

Seal the packet with a little beaten egg

Brush with oil and put on a baking sheet.

Bake for about 15 minutes until golden.

Preparation time: 45 minutes

Cooking: 15 minutes

**Chicken Pastilla**

**Ingredients**

8 sheet of filo pastry (trimmed to size)

1 chicken

1 onion

5 cloves of garlic

1/2 kg of almonds

10 Eggs

2 tbsp coriander & parsley

1 tsp freshly ground black pepper

1 tsp salt

1 tsp ground ginger

1 tsp turmeric

1 tsp freshly ground black pepper

1 tsp Cinnamon

1 cup olive oil

Butter

**Preparation**:

Preheat the oven gas mark 6 (180 ° C).

Finely slice the onions. Cut chicken into small strips. Chop the parsley and coriander.

In a skillet, sauté the onions in a little olive oil. Add chicken, salt and pepper. Add spices and cook, stirring often for about 10 minutes, until the meat is cooked.

Peel and chop the almonds and roast them in a pan for 5 minutes on low heat.

Spread a sheet of pastry on work surface, brush with melted butter. Arrange the 2 tablespoons of stuffing and a tablespoon of crushed almonds in the centre.

Fold the ends of the sheet to the centre.

Place the pastry on a baking sheet (lined with parchment paper) the folded side down.

Brush with melted butter and bake pastillas about 15 minutes.

Remove from oven and decorate with a dusting of icing sugar, cinnamon and the rest of crushed almonds.

Serve hot or warm.

Preparation time: 45 minutes

Cooking: 1 hour

**Courgette salad**

**Serves 4-5**

**Ingredients**

1/2 kg courgette (diced)

2 cloves of garlic

parsley + coriander (small bunch mixed and chopped)

1 tsp pepper

1 tsp cumin

1tsp paprika

Salt to taste

2 tablespoons of sunflower oil

1 tablespoon of olive oil

**Preparation**

Heat cooking oil and then add the courgette, spices, salt, parsley, coriander, minced garlic, mix well and cook on low heat with the lid off, for 15 minutes

Add olive oil, 5 minutes after turning off and serve warm or cold with thick chunks of bread.

Preparation time: 15 minutes

Cooking: 15 minutes

**Carrot and Raisin Salad**

**Serves 6**

**Ingredients**

1/2 kg of carrot

1 clove garlic

1 large onion.

Cinnamon powder: 1/2 teaspoon

Sugar: 1/2 teaspoon

Pepper: 1/2 teaspoon

Ginger: 1/2 teaspoon

Cumin Pinch

Salt: a pinch

**Preparation**

Sauté garlic, chopped onion with oil in a pan, add the diced carrots, spices and sugar

Stir everything + 1/2 glass of water. Cook for 15 minutes.

Add the raisins, cook for another 5 minutes and serve warm or cold.

Preparation time: 15 minutes

Cooking: 20 minutes

**Moroccan harira**

1 chopped onion

1 bunch fresh coriander, minced

1 small chopped parsley

100g dried chickpeas (soaked overnight in water and skin removed, or canned chickpeas)

½ teaspoon pepper

½ teaspoon ginger

½ teaspoon cumin

salt & pepper to taste

a few stalks of celery, chopped (without leaves)

50g lentils (preferably pink)

50 g of dried beans

1-2 tbsp olive oil

2 liters of water

5 large ripe tomatoes

1 tablespoons of tomato paste

juice of half a lemon (optional)

50 g flour a little at (binder to prepare for soup)

**Preparation**

In a casserole, put the olive oil, onion, parsley with celery. Add lentils, chickpeas, tomatoes with the concentrate and spices

Add water, cover and cook until the chickpeas are tender

Once the chickpeas and lentils are cooked, add the binder \* (flour mixture) slowly while continuing to stir the flour to prevent sticking to the bottom, until you have a velvety soup (the more you add the thicker the harira becomes)

Cook for 2 to 3 minutes over medium heat, stirring continually.

When cooked, add chopped coriander, lemon juice to taste.

Serve warm.

\*Preparation of the binder:

Dilute the flour in water until you have a liquid without lumps (pass through a fine sieve if necessary)

Preparation time: 45 minutes

Cooking: 1 hour

**Moroccan Spicy Lentils**

Serves 4-5

**Ingredients**

250g brown lentils

1onion, finely chopped

3 ripe tomatoes

1 large tablespoon of tomato puree

4 cloves of garlic

I large bunch of mixed coriander and parsley

3 tablespoon of olive oil

Salt and pepper to taste

2 tsp paprika

2 tsp cumin

Chili powder (a pinch)

**Preparation**

In a pan sauté the onion with 2 tbsp of olive oil, stirring for 5 minutes.

Add the tomatoes, peeled, seeded and cut into small pieces, then reduce for 10 minutes, stirring from time to time.

Add the lentils, tomatoe puree, spices, whole garlic with skin and tied bouquet of parsley and coriander, cover with cold water.

Bring to a boil and then reduce heat and simmer over a low heat for 20-30 minutes

Add the remaining tbsp of olive oil and leave it on the heat for 5 to 10 minutes.

Once the lentils are cooked and soft, remove the garlic cloves, skin them and add the soft skinned garlic back into the mixture and stir well.

Taste to see if extra salt, pepper or chili is needed and sprinkle a little chopped coriander and parsley on top.

Garnish with a sprig of parsley

This dish should be fairly liquid and if it appears dry, then just add a little water during the cooking time.

Serve hot as a hearty winter warmer or cold as a salad with chunks of fresh crusty bread.

**Main Course**

**Tagine of Beef with Artichokes and Peas**

**Ingredients**

1 kg of beef

1 kg of peas

1 kg of artichoke

1 onion

1 tomato

1 bunches Parsley & coriander

1c coffee Salt & pepper

1/2 teaspoon ginger

1/2 teaspoon ground turmeric

Pinch fresh saffron

2 cloves garlic

3 tablespoons olive oil

**Preparation**

Heat the oil in a pan, lightly fry the pieces of meat, add salt, pepper, ginger and saffron. Mix to cover the meat. Cover with water and place lid on. Cook for 15 minutes, checking the meat occasionally, add water if necessary.

Meanwhile, clean the artichokes, leaving only the heart.

After cooking the meat for 15 minutes add the tomato, seeded and cut into four, and the bouquet garni, artichoke hearts and peas. Cover and leave on low heat for half an hour.

Serve hot meat decorated with artichokes and drizzled with sauce.

Preparation time: 45 minutes

Cooking: 1 hour

**Chicken Tagine with preserved lemons, olives and sliced potatoes**

**Serves 4**

**Ingredients**

4 Chicken legs

I onion – finely chopped

1 half of preserved lemon skin – Chopped into small cubes

4 large cloves of garlic – finely chopped

½ tsp of black pepper

½ tsp of powdered ginger

½ tsp of freshly ground cumin

½ tsp of freshly ground coriander

Pinch of salt ( the preserved lemons are already quite salty)

Pinch of real saffron

500grams of potatoes (cut into wedges)

4 tbsp of olive oil

I bunch of fresh coriander and parsley, chopped

250g of pitted green or rose olives

**Preparation**

Wash and pat dry the chicken legs

Finely chop the onion and garlic and chop the preserved lemon into small pieces, also finely chop the coriander and parley and use two thirds of this (keep the rest for decoration at the end)

Mix the above with all of the spices and seasoning and 2tbsp of olive oil and marinate the chicken for at least one hour.

In a tagine or shallow pan with lid, add 2 tbsp of olive oil and heat, then add the chicken mixture and fry for about 10 minutes until slightly browned. Add water to cover the chicken, cover and cook over a low heat for a further 20 to 30 minutes.(until the chicken is cooked.

When chicken is cooked, remove the chicken from the dish and add the potato wedges. Make sure there is enough water but do not drown the flavours by adding too much. Cook potatoes until tender.

Add the chicken pieces and olives at this point and arrange the potatoes around the chicken pieces. Once ready to serve, sprinkle the remaining coriander and parsley over to decorate and add some thin slices of preserved lemon and red pepper for taste and decoration.

Preparation time: 20 minutes

Cooking: 30-40

**Tagine of Lamb Shank, Apricots, Pears and Almonds**

(This can also be prepared with beef shank, cut into small portions)

**Serves 4**

**Ingredients**

4 small lamb shanks

1 medium onion, finely chopped

1 clove garlic

4 tablespoon cooking oil

1/2 teaspoon pepper:

1/2 teaspoon ginger powder

1/2 tsp cinnamon

1/2 tsp sugar

½ tsp icing sugar

A pinch of saffron

1 tsp coriander

2 pears

150 g of dried apricots

Handful of almonds

**Preparation**

Brown the meat, garlic and onion in 2 tbsp of cooking oil

Add spices, sugar and salt and moisten with 4 cups of water

Cook on medium heat for 15 minutes (with lid on) then leave to simmer (about 1 to 1.5 hours, depending on your meat, it should be very tender and easy to pull off the bone) Once the meat is cooked, place in a tagine with the reduced liquid. There should be some sauce and if the sauce is reduced too much, then just add a little water while cooking. Put this aside and prepare the other ingredients.

Cut the pears in quarters, remove the seeds, boil in water with a pinch of salt for 15 minutes or until cooked, remove from water and drain. Put the apricots in a saucepan with 1/2 cup water and cook for 5 minutes, remove from water and drain.

Put a table spoon of oil in a frying pan, brown the pieces of pear on each side, sprinkle with cinnamon and icing sugar, remove from the pan and add the boiled apricots to the same pan for a couple of minutes to brown slightly.

Fry in oil or dry fry a handful of peeled almonds and put aside until serving the tagine.

Now build your tagine by heating the meat through and carefully placing the pears and apricots around the meat. Add the tagine lid and cook for a couple of minutes

Just before serving, add the almonds, this is so they remain crunchy.

Sprinkle with a little chopped coriander then serve with some delicious French bread or couscous/rice.

If you don’t have a tagine, you can prepare this in a large saucepan and serve on a pretty serving dish.

Preparation time: 45 minutes

Cooking: 1 hour

**Kefta with Eggs**

**Serves 4**

**Ingredients**

400g minced meat

4 eggs

1 medium onion

2 tomatoes

1 clove garlic

1 tbls tomato puree

1 tsp pepper

1 tsp salt

1 tsp paprika

1 tsp cumin

Ras el hanout: a pinch

Pinch parsley and coriander

One tbsp olive oil

**Preparation**

Roll the meat into small balls (about 20)

Saute onion and minced garlic in olive oil for 5 minutes, add the peeled and diced tomatoes, then add the spices, 1/2 cup water and tomato paste

Cook for ten minutes, add the meatballs,

Simmer 5-7 minutes and add the whole raw eggs. Before presenting the dish, add the parsley.

Preparation time: 20 minutes

Cooking: 10-15 minutes

**Tangia**

**Serves 4**

**Ingredients**

25g of butter and 1tbls of olive oil

2 kilos of beef shin (you need the marrow bone)

2 onions - chopped

1 tomato (cut in 4 and leave the skin on if you like)

8 cloves of garlic –peel and leave whole

1 tsp cumin

1tsp coriander powder

Several strands of saffron

½ a preserved lemon (remove pips and inner flesh)

Salt and pepper to taste

Enough water to cover meat.

**Preparation**

Have the butcher chop the meat into steaks with the bone at least 5cm thick

Put all ingredients into a large saucepan or pressure cooker. Mix well and then simply cook until the meat is beautifully tender. In a pressure cooker this should take approx 1.5 hours or slow cook for several hours. If the meat is tender and the sauce is a little watery, then just remove the meat and reduce the sauce a little.

Serve on a large sharing dish and decorate with thin slices of preserved lemon and a sprinkling of fresh coriander. Serve with great hunks of fresh bread and a vegetable of your choice or rice or couscous.

Preparation time: 15 minutes

Cooking: 1.40 hours depending on pan

**Chicken Makful**

**Serves four**

**Ingredients**

1 boneless chicken leg per person

3 onions sliced into rounds about 0.5 cm thick

1 onion chopped finely

3 tomatoes cut across into rounds of the same thickness

Spices

1tsp ground ginger

1tsp paprika

1 pinch of real saffron (use colouring in small quantities if you don’t have this)

2 cinnamon sticks

1tsp of Cinnamon

2tsp of sugar

Salt and pepper to taste

Chopped parsley to garnish

Sunflower oil

**Method**

Mix the spices (not the cinnamon powder or sugar) and chopped onion and 2 tbs of oil together and marinate the lamb in this mixture for 2 hours.

Heat 2 tbs oil in a tagine or large flat pan with a lid. Place the chicken with spices and lightly fry over a low heat for about 5 minutes, turning occasionally.

Cover the meat with 1½ cups water and leave to cook until tender about 30 minutes depending on the size of the chicken

Uncover the dish and transfer to the tagine , there should be just a little sauce at this point.

Cover the chicken with whole sliced rounds of onions and then with the rounds of tomatoes.

Add the cinnamon and the sugar at this point, sprinkling over the whole of the tagine.

Place the lid on the tagine and cook for a further 20 to 25 minutes, checking that the bottom does not burn and then garnish with parsley to serve.

We always serve this with rice and homemade bread.

Preparation time: 15 minutes plus 2 hours marinade

Cooking: 1-1.30

**Sautéd Calamari with Garlic, Parsley, Tomato and Courgettes**

**Serves: 4**

**Ingredients**

3 courgettes

50ml (2fl oz) olive oil

750g (1½ lb) prepared squid cut into thin rings

2 garlic cloves, finely chopped

1 red chilli, seeded and finely chopped

3 plum tomatoes, skinned, seeded and chopped

2 tablespoons chopped fresh parsley

Salt & freshly ground black pepper

**Recipe**

Cut the courgette lengthways into quarters and then across into slices 1 cm (1/2 in) thick.

Heat the olive oil in a large frying pan, add the squid and fry over a high heat, stirring, for 2 minutes, until lightly browned. Lower the heat, add the garlic, chilli and courgettes and cook gently for 2 minutes.

Add the tomatoes, parsley and seasoning, toss together and serve with crusty bread.

Prep time: 45 minutes

Cooking time: 15 minutes

**Medfouna**

**Ingredients**

For the dough:

1 sachet dried yeast

175ml / 6fl oz lukewarm water

250g / 9oz plain flour, plus extra for dusting

1/2 tsp salt

1 tsp caraway seeds

olive oil, for brushing

sea salt flakes, for sprinkling

For the filling:

1 onion, finely chopped

1/2 large stick celery, finely chopped

2 tbsp thyme, leaves picked and chopped

4 tbsp flatleaf parsley, chopped

1 tsp ground coriander

500g / 1lb 2oz fillet steak, finely chopped

**Preparation**

Preheat the oven to 180C/350F/Gas 4.

For the dough, add the yeast to the warm water and mix to dissolve.

Mix the flour, salt and caraway seeds in a bowl. Add the yeast and water mixture to the flour and mix to form a dough.

On a floured work surface, knead the dough for ten minutes.

Divide the dough into two equal pieces and place in bowls.

Cover the bowls with a tea towel or cling film and leave to rise in a warm place for 30 minutes, or until the dough has doubled in size.

Meanwhile, for the filling, place the onion, celery, thyme, parsley, coriander and meat into a bowl. Season with salt and freshly ground black pepper and mix well.

To make the medfouna, once the dough has risen, roll out both portions into large rounds the size of a dinner plate.

Place one of the dough rounds on a baking tray. Place the filling on top and spread evenly, leaving a 2cm/1in edge.

Brush the edge with a little water. Place the second dough round on top and press the edges gently together to seal the bread.

Brush the top with some olive oil and sprinkle lightly with sea salt flakes, taking care not to oversalt the bread.

Transfer to the oven and bake for 20-25 minutes, or until golden-brown.

Serve.

Preparation time: 45 minutes

Cooking: 1 hour

**Dessert**

**Cinnamon Orange**

**Serves: individual servings**

**Ingredients**

1 large juicy orange per person

1 tbsp caster sugar

1 tsp ground cinnamon

Orange blossom water (if available)

**Preparation**

Peel the oranges, cut into fairly thin slices but not too thin

Place them in a dish (individual dishes look nicer)

Dribble with orange blossom water

Sprinkle with cinnamon and sugar

Chill in refrigerator

Serve decorated with mint leaves for extra freshness

Preparation time: 20 minutes

**Olive bread**

**Makes … small loaves**

**Ingredients**

1 kg of wheat flour

250g of flour

1 tablespoon fresh yeast

150g pitted black olives

1 teaspoon salt

1 litre of warm water

**Preparation**

Mix the yeast with a little warm water. In a bowl pour grain flour, wheat flour and salt and gradually mix the yeast with your fingers until the dough comes away from the bowl. Knead for 5 minutes, then let stand 15 minutes.

Meanwhile chop the olives and then incorporate them into the dough knead 10 minutes by hand and let it double in volume. Cover and leave in a warm place at room temperature for one and half hours.

Heat the pan, spread the dough on the table and form a long or round bread, brush with olive oil. Let stand 20 minutes and cook in the frying pan.

Cool on a wire rack.

**Mint Tea**

Le premier verre est aussi doux que la vie,

le deuxième est aussi fort que l'amour,

le troisième est aussi amer que la mort.

(The first glass is as gentle as life,

the second glass is as strong as love,

the third glass is as bitter as death.)

**Serves six**

**Ingredients**

1 large handful fresh mint leaves

4 teaspoons loose gunpowder green tea

75 cl of boiling water

3-4 teaspoons of sugar, depending on taste

Warm the teapot with a small amount of boiling water. Discard the water.

Add the tea and about one-third of the water. Chat for a couple of minutes while the tea steeps then swirl the pot to rinse the tea. Pour water out and discard.

Add the rest of the water, mint and sugar to the pot. Leave for at least five minutes, or if you are doing it with a traditional metal tea pot, return to the heat and bring to a low simmer before removing and letting it sit for a few minutes.

Pour a glass of tea, then return it to the pot. Do this at least twice more.

Begin pouring the tea, and as you do so raise the pot so the cascading liquid creates a thin foam on the top of the tea.



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