



COOKING CLASSES
AT SUR LA TABLE

**MEDITERRANEAN MEETS
MOROCCAN**

WITH SUR LA TABLE CHEF



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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- ☐ 1 pound large prawns, shelled and deveined

Produce

- ☐ 1 pound carrots
- ☐ 1 bunch cilantro
- ☐ 2 bunches flat-leaf parsley
- ☐ 1 large package fresh mint
- ☐ 6 lemons
- ☐ 9 cloves garlic
- ☐ 1 pint cherry tomatoes
- ☐ 1 bunch green onions
- ☐ 1 English cucumber (or hothouse)
- ☐ 1 pound assorted citrus such as grapefruit, blood oranges, oranges

Dairy/Refrigerated

- ☐ 1 cup whole milk plain Greek yogurt

Pantry Items

- ☐ Extra-virgin olive oil
- ☐ Honey
- ☐ Kosher salt
- ☐ Black pepper
- ☐ Granulated sugar

Dry/Canned Goods

- ☐ ¼ tsp ground cinnamon
- ☐ 1 tsp sweet paprika
- ☐ 2 tsp cumin seeds (or ground cumin)
- ☐ 2 preserved lemons
- ☐ 1 TBSP harissa (dried or paste)
- ☐ 1 cup quinoa (any color)
- ☐ ½ cup raisins (golden or regular)
- ☐ 1 tsp saffron threads
- ☐ 1 tsp smoked paprika (substitute with sweet paprika)
- ☐ 1 tsp red pepper flakes
- ☐ 2 cinnamon sticks
- ☐ ¼ tsp rose water
- ☐ ½ cup pistachios



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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef knife
- ☐ Paring knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Mixing bowls, various sizes
- ☐ Microplane
- ☐ Citrus press or reamer
- ☐ Box grater
- ☐ Spice grinder or mortar and pestle (if using whole cumin seeds)
- ☐ Silicone spatulas
- ☐ Whisk
- ☐ Serving spoon
- ☐ Fine mesh strainer

Cookware

- ☐ Medium saucepan with lid
- ☐ Grill pan or large skillet
- ☐ Small or medium saucepan

Appliances

- ☐ Food processor or blender

Tabletop

- ☐ Serving bowls and plates

Other

- ☐ Paper towels



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Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All recipes

1. Wash and dry all produce



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MOROCCAN CARROT SALAD

Yield: 4 servings

Preserved lemons are widely used in Moroccan cooking and essential if your dishes are to taste authentic, unfortunately, they cannot be replaced with ordinary lemons or limes.

Moroccan preserved lemons are pickled in brine and have a salty, exotic taste. The peel loses its bitterness and adds a very distinctive flavor to a wide variety of dishes. You should only use the peel, it contains the lemon's essential oils and flavor, discard the flesh as it is too salty.

1 pound carrots, peeled and grated
1/4 cup cilantro, finely chopped
1/4 cup flat-leaf parsley, finely chopped
1/2 cup mint, finely chopped
1/4 teaspoon ground cinnamon
1 teaspoon sweet paprika
1 teaspoon cumin seeds, toasted and ground
1/4 cup extra-virgin olive oil
1/4 cup fresh lemon juice
1 tablespoon lemon zest
3 cloves garlic, minced
1 tablespoon honey
1 preserved lemon (peel finely diced, flesh discarded)
1 tablespoon harissa
Kosher salt and freshly ground black pepper to taste

1. ***To prepare salad:*** To a large bowl add all ingredients and mix to combine. Taste and adjust seasoning with salt and pepper. Serve chilled or at room temperature.



GRILLED PRAWNS WITH CHERMOULA

Yield: 4 servings

Chermoula is a traditional sauce for seafood in Moroccan recipes, whether fried, cooked with vegetables in a tagine, or baked. It consists of coriander, garlic, sweet and hot peppers, cumin, and coarse salt mixed with lemon juice and olive oil.

Chermoula:

1 preserved lemon, flesh removed, skin roughly chopped
4 garlic cloves, minced
1 cup flat-leaf parsley, chopped
1 cup cilantro, chopped
1 teaspoon saffron threads, soaked in 2 tablespoons hot water
1 teaspoon smoked paprika
1 teaspoon crushed red pepper flakes
1 teaspoon cumin seeds, toasted
4 tablespoons olive oil
4 tablespoons lemon juice
Kosher salt and freshly ground black pepper

Prawns:

1 pound large prawns, shelled and deveined
Olive oil for brushing grill pan
Kosher salt and freshly ground black pepper

1. **To prepare chermoula:** To the bowl of a food processor fitted with a metal blade, add all sauce ingredients and process until smooth. Taste and adjust seasoning with salt and pepper.

2. **To grill prawns:** Using paper towels, pat prawns dry. Season prawns liberally with salt and pepper. To a preheated grill pan set over medium-high heat, brush with oil. Using tongs, grill prawns until cooked through, about 2 to 3 minutes. Transfer prawns to a medium bowl with chermoula, toss to coat. Taste and adjust seasoning with salt and pepper.



QUINOA TABBOULEH SALAD

Yield: 4 servings

Quinoa is the world's most beloved superfood. Quinoa is a complete protein containing all nine essential amino acids. Quinoa bought in the bulk section can have a bitter residue on it, so make sure to rinse it well in a fine-mesh strainer.

2 cups water
1 cup quinoa, well rinsed
1-pint cherry tomatoes, halved
1/2 cup mint, finely chopped
1 cup flat-leaf parsley, finely chopped
1/4 cup green onions, finely chopped
1/2 cup raisins
1 cup English cucumber, medium diced
1/2 cup fresh lemon juice
1 tablespoon lemon zest
1/4 cup extra-virgin olive oil
2 cloves of garlic, finely minced
Kosher salt and fresh ground black pepper

1. ***To prepare quinoa:*** To a medium saucepan set over medium-high heat, add water and quinoa and bring to a boil. Cover, reduce heat to low, simmer 20 minutes or until liquid is absorbed. Remove from heat, fluff with a fork, and transfer to a mixing bowl.

2. ***To assemble salad:*** To a medium mixing bowl add the cooked quinoa, tomatoes, herbs, onion, raisins, and cucumber. To a small bowl, add lemon juice, zest, olive oil, and garlic, whisk to combine. Add lemon dressing to quinoa salad, stir to combine. Taste and adjust seasoning with salt and pepper. Cover, and let stand 1 hour at room temperature.



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CITRUS IN ROSE-SCENTED SYRUP WITH YOGURT AND PISTACHIOS

Yield: 4 servings

Oranges and rose water are a traditional combination in Morocco. Rosewater is used in a variety of Greek pastries and Middle Eastern dishes. Use with a light hand as the flavor can overwhelm the dish, a little can add just a hint of something exotic.

1 1/2 cups water
1 cup granulated sugar
2 cinnamon sticks, broken in half
1/4 teaspoon rose water
1 pound assorted fresh citrus (pink grapefruit, blood oranges, oranges)
1 cup whole milk plain Greek yogurt
1/2 cup pistachios, toasted and chopped

1. **To make syrup:** To a heavy bottom saucepan, set over medium heat, add the water and sugar, stir until dissolved. Increase heat to medium-high, add cinnamon, and boil until syrup is reduced to 1 cup, about 10 minutes. Add rose water, whisk to combine, allow to cool.
2. **To prepare citrus:** Using a paring knife cut off peel and white pith from the citrus. Working over large bowl, cut between membranes to release segments into bowl.
3. **To assemble:** To a platter spread the Greek yogurt. Top with citrus and drizzle with a generous amount of syrup. Garnish with pistachios.



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