

6 figs, halved lengthways  
2 tbsp lemon juice  
3 tbsp honey

#### PRALINE LABNA

1½ cups/420g/15oz natural yoghurt  
¼ cup/20g/¾oz flaked almonds, lightly  
toasted  
½ cup/75g/2½oz caster (superfine) sugar  
2 tbsp water

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## honey-roasted figs with praline labna

SERVES 4

Rob and I really enjoyed meeting Hassan, the shepherd near the Imilchil lakes, and we couldn't refuse his invitation for tea the next morning. So we headed to the market and bought some local delicacies to take with us - dates, figs and honey. The combination of figs, lemon and honey with the praline labna is simply too good to be true.

For the praline labna, set a fine mesh sieve over a large bowl, then line the sieve with a piece of damp muslin. Spoon the yoghurt into the muslin-lined sieve, draw the muslin together over the yoghurt and twist to seal. Cover with a piece of plastic film and refrigerate for 12–24 hours or until all of the liquid has drained away from the yoghurt and the yoghurt becomes very thick. Keep the labna chilled.

Line a large baking tray with non-stick baking paper and sprinkle the almonds in a thin layer. Place the sugar and water in a small heavy-based saucepan over a medium heat. Cook, stirring, until the sugar dissolves then boil until the mixture turns a golden caramel colour around the edges of the pan. Carefully pour the hot caramel over the almonds, tilting the tray to spread the caramel as thinly as possible. Set aside at room temperature until set firm. Once set, break the praline into pieces and process in a food processor until fine crumbs form. Stir three-quarters of the praline crumbs through the labna and reserve the remaining praline crumbs for serving.

Preheat an oven to 200°C/400°F/Gas 6. Place the figs, cut side up, in an ovenproof dish. Drizzle with the juice and honey and bake for 12–15 minutes or until the figs are just soft but not collapsed.

Spoon the warm figs and cooking juices onto serving plates, top with the praline labna and sprinkle with the reserved praline crumbs. Serve immediately.







1 large fennel bulb, halved lengthways,  
core removed and thinly sliced  
3 radishes, thinly sliced  
3 blood oranges, rind and white pith  
removed, sliced into rounds  
1 large avocado, quartered and sliced  
½ medium pomegranate, seeds removed  
2 tbsp dill tips

#### BLOOD ORANGE DRESSING

2 tbsp fresh blood orange juice  
3 tbsp extra virgin olive oil  
1 tsp dijon mustard  
Sea salt flakes and black pepper, to season

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## fennel & blood orange salad

SERVES 4

The weekend farmers' markets have become very popular in many large modern cities. It's a way for people to buy produce they feel is grown the way it was meant to be and not mass produced. While Morocco obviously has its fair share of supermarkets, every single city still has local markets selling fresh food just as it was meant to be. This salad is a simple combination of the fantastic fresh ingredients you'll find in any one of these markets.

To make the blood orange dressing, whisk all of the ingredients together in a small bowl until well combined. Season with salt and pepper.

Place all of the salad ingredients together in a large serving bowl and gently toss to combine. Pour over the blood orange dressing and gently toss together to coat. Serve immediately.

1 tsp cumin seeds  
½ cup/125ml/4fl oz extra virgin olive oil  
1 cup/160g/5½oz black olives  
1 cup/120g/4¼oz green olives  
2 cloves garlic, finely sliced  
1 long red chilli, seeded and finely chopped  
½ tsp harissa  
1 small preserved lemon, pulp discarded,  
rind rinsed and finely chopped  
2 tbsp lemon juice

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## marinated olives

MAKES 3 CUPS/750ML/26FL OZ

Zitoune is the Arabic word for olive. Moroccans love olives but none more than my sister Dinah, known to the family as Madame Zitoune.

Heat a non-stick frying pan over a medium heat. Add the cumin seeds and cook, stirring, for 1–2 minutes or until fragrant. Remove pan from the heat and cool seeds to room temperature.

Place the oil in a medium saucepan over a low heat. Once the oil is warmed, stir in the olives, garlic, chilli, harissa and preserved lemon until well combined. Cook gently together for 1–2 minutes for the flavours to infuse. Do not allow the garlic to brown.

Remove the pan from the heat, stir in the juice and toasted cumin seeds. Immediately pour the warm olive mixture into a hot, sterilised 3 cup/750ml/26fl +oz capacity jar. Seal tightly and stand at room temperature until cooled. Once cooled, refrigerate the olives without opening for at least 1 week to allow the flavours to develop.

Allow the olives to come to room temperature before serving.





2 tbsp olive oil  
1 red onion, finely chopped  
1 large red capsicum (pepper), cut into thin strips  
2 tsp harissa  
2 x 400g/14oz tins chopped tomatoes  
4 large eggs  
½ cup/100g/3½oz marinated goat's feta, crumbled  
2 tsp dukkah  
Fresh flat bread, to serve

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## moroccan eggs

SERVES 4

Communal bread ovens are part of the Moroccan culture. We spent some time talking with Hamid, the bread maker, and discovered that he actually cooks his favourite recipe, Moroccan eggs, for lunch in the same oven. A few torn pieces of Hamid's crusty bread are the perfect additions to this deliciously simple dish.

Heat the oil in a large non-stick frying pan over a medium heat. Add the onion and capsicum and cook, stirring, for 10 minutes or until softened. Stir in the harissa and cook for 1 minute or until fragrant. Add the tomatoes and cook, stirring occasionally, for 10 minutes or until the sauce reduces slightly and thickens.

Preheat an oven to 190°C/375°F/Gas 5. Divide the tomato mixture among 4 x 1 cup capacity shallow ovenproof dishes and place the dishes on a large baking tray. Make a well in the centre of the tomato mixture in each dish and carefully crack an egg into each indentation, being careful not to break the yolk.

Bake in the oven for 15 minutes or until the egg whites are just set and yolks are still runny. Remove from oven and sprinkle the eggs with the feta and dukkah. Serve immediately with the flat bread.





1.8kg/4lb whole chicken, cut into 8 pieces  
2 chicken livers  
8 cloves garlic, peeled  
1 tsp ground ginger  
Pinch sea salt flakes  
½ tsp ground black pepper  
1 preserved lemon, pulp removed and reserved, peel rinsed and finely chopped  
2 tbsp olive oil  
Pinch saffron threads  
2 brown onions, finely chopped  
2 grains of arabic gum

6 sprigs coriander (cilantro), tied together with kitchen twine  
¼ cups/60ml/2fl oz water  
1½ cups/200g/7oz green olives

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## chicken tagine with preserved lemon & olives

SERVES 4

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This is one of the great flavour combinations in Moroccan cookery. There are many ways to prepare this dish, for instance my cousin Maryem serves it with rice whereas my sister and I prefer to add potatoes and carrots to the mix. When cooking with preserved lemon only use a little to begin with and then add more later in the cooking process if you think it needs it. Preserved lemon has a strong flavour and it's important to make sure you don't overdo it.

Place the chicken pieces, livers and half the garlic in a single layer in a glass or ceramic flat dish. Set aside.

Using a mortar and pestle, pound together the remaining garlic, ginger, salt, pepper, preserved lemon pulp and oil into a sauce. Rub the sauce into the chicken and livers. Cover and refrigerate for at least 8 hours to marinate.

Transfer the chicken, livers and marinade to a tagine. Add the saffron, onion, arabic gum, coriander and water. Place the tagine over a medium heat and stir until mixture comes to a simmer. Reduce heat to low. Simmer gently and partially covered for 30 minutes, turning and basting the chicken often.

Preheat an oven to 200°C/400°F/Gas 6. Transfer the chicken pieces to a baking tray and bake for 12–15 minutes or until skin becomes crisp and golden.

Remove livers and mash together, then return to the sauce. Increase the heat to high and cook the sauce, crushing the onions, for 3–5 minutes or until slightly reduced and thickened. Remove and discard the coriander. Return the chicken pieces to the tagine, turning to coat in the sauce. Serve sprinkled with the reserved preserved lemon peel and olives.

