

SCANPAN®

DENMARK

TAGINE RECIPES



Welcome to a world
of exhilarating and
colourful cooking with
your SCANPAN Tagine


SCANPAN



For the love of good food



Tagine cooking allows you to prepare fresh and flavoursome foods and serve exciting and exotic dishes. The Tagine is ideally cooked on the stovetop, in an oven at 160°C or on a gas cooker such as the gas burner on the side of a BBQ. We have prepared a few easy recipes to get you started.

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Tagines are cooking vessels commonly used in hot North African countries like Morocco, Tunisia and Algeria, which consist of a plate-like cooking base with a conical shaped lid. The base of the Tagine also serves as a serving dish as it will retain the heat within the food. The conical shaped lid allows the richness to mix and retain the flavours of the cooking within the dish. Cooking with the Tagine produces unique, rich and full of flavour dishes.

For modern cooking your Tagine means low heat and slow cooking with very little fat or liquid compared with methods we are used to. The traditional North African dishes that form the basis of Tagine cuisine feature an abundance of warm spices such as cinnamon, cumin, coriander, the sweet taste of onions, freshness of lemons and garlic, along with the exciting cooking fruits of the hot countries such as figs, dates and prunes.



Discover
Tagine Cooking
with SCANPAN



Impact Tagine
24/28/32cm



Classic Tagine
28cm


SCANPAN[®]
DENMARK



CHERMOULA SPICE

- 1 small red onion, finely chopped
- ¼ cup finely chopped coriander
- ¼ cup finely chopped flat-leaf parsley
- 2 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp mild smoked paprika
- 1 tsp ground turmeric
- 1 tsp sea salt flakes
- ½ tsp cayenne pepper
- ½ tsp finely ground black pepper
- 80ml (1/3 cup) olive oil

RAS EL HANOUT

- 1 tsp fennel
- 1 tsp cumin
- 1 tsp coriander seeds toasted and ground
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 2 tsp sweet paprika
- 2 tsp ginger
- ½ tsp cayenne
- ½ tsp ground nutmeg
- ½ tsp cloves
- ½ tsp all spice
- ½ tsp cardamon
- ½ tsp salt and pepper

SOME BASIC TAGINE FLAVOURINGS

Chermoula – Pound all ingredients together in a mortar & pestle or food processor to form a rough textured paste.

Ras el hanout – a dry complex multiple spices blend. Of all the spice blends in the world ras el hanout is possibly the most complicated and highly regarded. Meaning the “head of the shop”, ras el hanout is an exotic blend of numerous spices that when mixed is commonly added to many warming dishes. Combine all spices.

Preserved lemons – lemons preserved in brine can be purchased from Middle Eastern delicatessens or can easily be made at home.



INGREDIENTS

700g baby squid hoods cleaned & cut into 1.5cm thick rings
2Tbs olive oil
2Tbs tomato paste
2 x 400ml cans diced tomatoes
110g (2/3 cup) seeded kalamata olives halved
700g piece boneless kingfish* skinned & cut into 2cm pieces
¼ cup flat-leaf parsley leaves
1 lemon zested into strips
White bean, date and mint salad, to serve
Chermoula mix (see prior page) "basic tagine flavourings"

HINTS & TIPS

- Alternatively, preheat oven to 160°C at step 3. Bring the diced tomatoes to a simmer, cover with lid and cook in oven for 1 hour or until squid is tender. Return to medium heat and stir in kingfish and cook, covered for a further 6 minutes or until cooked through.
- Ask your local fishmonger or seafood market in advance if baby squid is available. If unavailable, substitute with cleaned calamari or cuttlefish hoods.
- Ask your fishmonger to clean your squid for you.
- Substitute kingfish with other firm white fish.*

KINGFISH BABY SQUID TAGINE WITH TOMATOES OLIVES

To make chermoula spice place all ingredients into a large bowl, season to taste and stir to combine.

Add squid to chermoula spice and toss well to coat. Cover and refrigerate for 3 hours or overnight.

Heat oil in your SCANPAN Impact Tagine over high heat. Add squid and cook stirring frequently for 15 minutes or until all the moisture from the squid has evaporated. Stir in 250ml (1 cup) water, paste, diced tomatoes and olives. Bring to a simmer then reduce heat to low. Cover with lid and simmer stirring frequently for 1 hour or until squid is tender and sauce has thickened slightly. Add kingfish and stir gently to combine. Cook covered for a further 6 minutes or until kingfish is just cooked through.

Divide kingfish and baby squid Tagine among bowls and top with parsley and lemon zest. Serve with white bean, date and mint salad.



INGREDIENTS

- 2 medium sized kumara (sweet potato)
- 2 large carrots (peeled and cut into good sized chunks)
- 12-15 small onions or shallots, peeled left whole
- 2Tbs olive oil
- 1 small knob of butter
- 1 cup ready to eat pitted prunes
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 tsp ginger
- 2Tbs liquid honey
- 1½ cups vegetable stock
- Juice and zest of 2 oranges

- Topping
- Small bunch of finely chopped coriander and mint
- ½ cup of sliced almonds

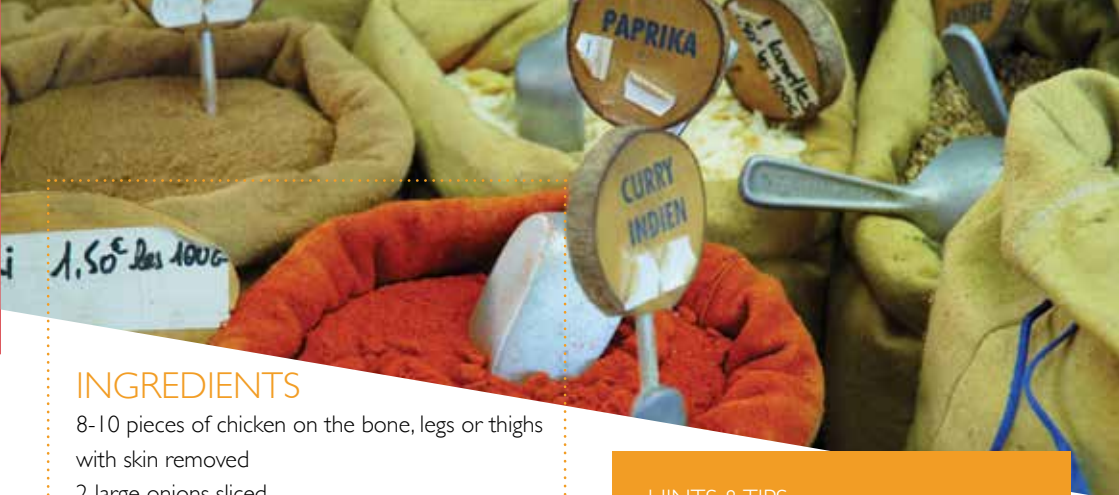
TAGINE OF KUMARA, CARROTS AND PRUNES

Warm the SCANPAN Tagine on a medium heat, add olive oil and butter; allow butter to melt. Stir in the peeled onions allowing a good five minutes cooking and then stir in the honey, cinnamon, ginger and cardamom. Add the kumara and carrots, stir well to coat with the spice mix and honey and cook until lightly brown. Season well with freshly ground salt and pepper, stir in stock and prunes, orange juice and zest. Place on Tagine lid and simmer on low heat for about 35 minutes until vegetables are tender and juice is reduced. Alternatively this dish can be cooked in the oven heated to 160°C. Sprinkle over the topping and serve.

The vegetables in this Tagine should be slightly caramelised. They are at their best served with grilled or barbecued meats, a crisp green salad and crusty bread. This vegetable Tagine compliments well a summer BBQ.

HINTS & TIPS

- If your BBQ has a side gas burner, try using this to cook your vegetable Tagine while you cook the meats on the BBQ.



INGREDIENTS

- 8-10 pieces of chicken on the bone, legs or thighs with skin removed
- 2 large onions sliced
- 4-6 cloves garlic, crushed
- 2 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp turmeric
- 1 tsp ground ginger
- 2 Tbs olive oil
- 1 ½-cup chicken stock
- 4 preserved lemons, rinsed & finely chopped
- 1 cup mixed green & black olives
- 1 bunch of fresh coriander, finely chopped
- 1 bunch of fresh parsley finely chopped
- Season to taste

HINTS & TIPS

- The secret to cooking a perfect Tagine where the meat is divinely tender, with deep colour and flavour is to brown the meat to caramelise the natural sugars, then to slow simmer.
- Timing is not important, the Tagine will come to no harm if cooking is prolonged, in fact the flavours will be enhanced as the ingredients will 'melt' to a velvety texture.

TAGINE OF CHICKEN WITH OLIVES & PRESERVED LEMONS

Warm the SCANPAN Tagine on a medium heat, add chicken pieces and lightly brown both sides, add onions, garlic, cumin, chilli powder, turmeric, ginger and olive oil, cook all until onions softened but not browned. Add chicken stock and cover with Tagine lid, bring to the boil, turn down heat and simmer for 45 minutes turning the chicken pieces once or twice until the chicken is cooked and the liquid is much reduced. Adjust seasoning of sauce with salt and pepper to taste and skim off any excess fat from the surface. Stir through the preserved lemons, olives, coriander and parsley and cook for a further 15 minutes. Serve on a bed of couscous. Alternatively, this dish could be cooked in an oven heated to 160°C.

To cook the couscous, add 1 cup of water to a saucepan with 1-2 Tbs of olive oil, bring to the boil, then remove from heat and stir in 1 cup of couscous. Cover and allow to stand for 5 minutes while it absorbs. Stir with a fork to separate the grains and add half a cup of sliced almonds. This makes a lovely fluffy base upon which to serve your Tagine.



INGREDIENTS

- 125ml (½ cup) olive oil
- ½ cup firmly packed flat-leaf parsley
- ½ cup firmly packed coriander plus extra leaves to serve
- 2 cloves garlic roughly chopped
- 2cm piece ginger roughly chopped
- 3 tsp ground cumin
- 3 tsp ground coriander
- 1 tsp ground fennel
- 3 cinnamon quills
- 1 pinch saffron threads
- 1.5kg chicken thigh fillet trimmed & cut into 3cm pieces
- 1½ Tbs plain flour
- 750ml (3 cups) good-quality beef stock
- 100g (2/3 cup) roughly chopped dried apricots
- 20g (¼ cup) flaked almonds roasted
- Fresh fig and orange couscous to serve

HINTS & TIPS

- Good quality beef stock is available from specialty food shops.
- Substitute chicken with diced lamb or beef. Allow extra cooking time to ensure meat is very tender.
- If fresh figs for your couscous are not in season, substitute with dried figs.
- As an accompaniment serve with natural yoghurt on the side.

SPICED CHICKEN TAGINE WITH APRICOTS & ALMONDS

Process 80ml (1/3 cup) oil, herbs, garlic, ginger, cumin, coriander and fennel until finely chopped. Transfer mixture to a large bowl. Add cinnamon, saffron and chicken. Season to taste and toss well to combine. Cover and refrigerate for 3 hours or overnight.

Heat remaining 2Tbs oil in your SCANPAN Tagine over high heat. Add chicken and scatter over flour. Cook stirring frequently for 4 minutes or until browned. Add stock and apricots. Season to taste and stir to combine. Bring to a simmer then reduce heat to low. Cover with lid and simmer stirring occasionally for 40 minutes or until chicken is tender and sauce has thickened.

Divide spiced chicken Tagine among bowls and scatter with flaked almonds and extra coriander leaves. Serve with fresh fig and orange couscous.



INGREDIENTS

- 2 fillets of thick white fish of a variety suitable for steaming, cut into serving size pieces
- 15-20 small new seasons potatoes, scrubbed
- 1 onion finely chopped
- 2Tbs olive oil
- 1 cup fish stock
- 1 punnet cherry tomatoes
- 400g fresh or frozen whole beans
- Chermoula mix (see page 4) 'basic tagine flavourings'

TAGINE OF FISH WITH CHERMOULA, NEW POTATOES, GREEN BEANS & CHERRY TOMATOES

Make up chermoula mix, spread $\frac{3}{4}$ on top of the fish pieces and leave fish covered in the fridge to marinate. Warm SCANPAN Tagine on medium heat, add olive oil and finely chopped onion. Cook until onion is softened but not brown, add potatoes, the fish stock and the remaining ($\frac{1}{4}$) of the chermoula. Place the lid on and bring to the boil, then simmer for 10 minutes. Remove lid, layer beans, cherry tomatoes and the fish pieces that have marinated in the chermoula, replace lid and cook on a low heat for 15 to 20 minutes until the fish is tender. A very tasty one-pan meal.

HINTS & TIPS

- The fish for this Tagine is marinated in chermoula, which gives it that uniquely Moroccan flavour. It is a delightful dish at any time of the year but lends itself especially well to summer al fresco dining.
- Being quick and easy to prepare, all you need is a fresh, crusty loaf of bread to mop up the tasty juices.



INGREDIENTS

1 kg boneless lamb, trimmed & cubed
3 Tbs olive oil
1 onion - finely chopped
Crushed garlic, 4 cloves
Small piece of fresh ginger, grated
Pinch of saffron threads
3 Tbs liquid honey
1-2 cups beef stock
1 400g can of chickpeas, drained and rinsed
1 cup dried apricots
Salt & pepper seasonings to taste
2 Tbs Ras el hanout mix, (see page 4) 'basic tagine flavourings'
½ cup of freshly chopped mint to serve

HINTS & TIPS

- As with dried figs or prunes, mechmech, small aromatic dried apricots, can enhance any chicken or lamb Tagine with their deliciously unique and subtle flavour.

TAGINE OF LAMB WITH DRIED APRICOTS & MINT

Make up ras el hanout mix as instructed on 'basic tagine flavourings'. Warm the SCANPAN Tagine on a medium heat, add oil and lamb, cook until lamb is browned. Add garlic, onion, ginger, saffron and ras el hanout and cook for 2 minutes. Add half of the beef stock, honey and heat until just simmering, cover with lid and simmer for 45 minutes, check regularly during cooking time and add more stock as required to keep the mix quite moist. Add chickpeas and apricots and simmer for a further 45 minutes or until meat is very tender, again adding extra beef stock as required. Remove the lid, season to taste, simmer gently with the lid off until the sauce is reduced and of a thick consistency. Sprinkle with freshly chopped mint to serve. This dish is ideally served with a crispy green salad spiked with chilli to compliment the sweetness of the dish.



INGREDIENTS

60ml (¼ cup) olive oil
2 red onions thickly sliced
2 cloves garlic thinly sliced
2 tsp ground coriander
1 tsp ground cumin
1 tsp caraway seeds
1 tsp dried chilli flakes (optional)
1 tsp mustard seeds toasted*
700g butternut pumpkin peeled, seeded & cut into 3cm pieces
1 bunch (250g) baby Dutch carrots trimmed and peeled
400g can chickpeas drained, & rinsed
340g jar fire roasted red pepper strips* drained
3 vine-ripened tomatoes
750g ml jar passata sauce
500ml vegetable stock
¼ cup roughly chopped flat-leaf parsley
¼ cup roughly chopped basil
70g (1/3 cup) preserved lemon seeded & cut into strips
Crusty bread to serve

PISTACHIO GOAT'S CHEESE

2 x 110g soft goats cheese crumbled
70g (½ cup) roughly chopped pistachios
2Tbs roughly chopped mint
2Tbs roughly chopped coriander
2Tbs extra virgin olive oil

HINTS & TIPS

- Place mustard seeds in a small heavy-based saucepan over medium heat. Cook tossing for 1 minute or until seeds are fragrant. *
- In this recipe we used "Always Fresh" Fire Roasted Red Pepper Strips. They are available from super markets. *
- Substitute baby Dutch carrots with baby Heirloom carrots, if in season.
- Substitute goat's cheese with Persian feta.

PUMPKIN, CHICKPEA & BABY CARROT TAGINE

To make pistachio goat's cheese, place all ingredients into a small bowl and toss gently to combine. Season to taste.

Preheat oven to 180°C. Heat oil in your SCANPAN Tagine over high heat. Add onion, garlic and spices; cook stirring occasionally for 4 minutes or until onion has softened and spices are fragrant. Stir in pumpkin, carrots, chickpeas, peppers, tomatoes, sauce and stock. Bring to a simmer and cover with lid, cook in oven for 35 minutes or until vegetables are tender. Season to taste.

To serve, place SCANPAN Tagine on a wooden board in the middle of your table. Scatter over pistachio goats cheese and preserved lemon. Serve with crusty bread on the side.



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We hope that you enjoy your
experience of North African Tagine cooking
with SCANPAN®

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