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presents

The Cookable Tagine

instructions & recipes

In Arabic, the word **tagine** (or tajine) is used to describe the meal as well as the vessel in which it is prepared. The term “tagine” is also used to describe both the decorative serving tagine as well as the cookable version. North Africans use cookable tagines to prepare a wide variety of savory dishes and stews that involve slow cooking, an art that dates back centuries. In the earliest days, tagine dishes were prepped and then slow cooked over charcoal. Tagine recipes have developed over time to include many exciting culinary delights while still being easy to use.

Our cookable tagine is intended for use as a slow cooker on the stovetop at **low temperatures**, or in the oven up to 350 degrees. It is also a perfect vessel for many recipes apart from tagines since cooking in clay greatly enhances the flavor and safeguards much of the nutritional value of cooked foods. Additionally, you can avoid the health risks associated with cooking in aluminum by cooking and baking in our clay tagine.

Please follow these instructions to season your tagine and ensure it's longevity and strength.

1. Soak the base and lid in cold water for 12 to 24 hours.
2. Allow to air dry for a few hours.
3. Rub the inside of the base and the inside of the lid with olive oil.
4. Place the tagine in a cold oven and bring up to 300 F for 2 hours.
5. Allow to air cool and then your tagine is seasoned and ready.

Additional instructions:

1. Use only on **low** temperature on the stovetop (gas or electric).
2. We do recommend using a diffuser.
3. Hand-wash only (no dishwasher) with any soap.
4. Discoloration with use is natural and part of continued seasoning.
5. Take care to always allow a hot tagine to cool slowly (no water shock).
6. From the stove, place hot tagine on wood or cloth, not a cold surface.
7. If tagine is not used for over two months, repeat seasoning.

Tagine Of Lamb With Preserved Lemons And Olives

Ingredients:

1 lb. lamb stew meat *	¼ tsp ground cumin
¼ cup olive oil	½ cup grated onion
½ tsp. saffron or turmeric	¼ cup chopped parsley
1 tsp. ground ginger	¼ cup chopped cilantro
1 tsp. paprika	2 cups minced onion
½ tsp. black pepper	1 cup green or black olives
1½ tsp salt	2 preserved lemons, julienned

Toss the lamb with spices, salt and grated onion. Slowly heat olive oil in tagine, then add lamb and cook lightly on low heat. Add 1 cup of water and bring to boil. Cover and simmer on low heat for one hour, adding more water if necessary. After one hour, add onions and cook until meat is tender and the sauce is thick. Meanwhile slice and pit the olives and remove pulp from the preserved lemons and rinse thoroughly. Add lemons and olives ten minutes before serving.

* Cuts of lamb that work well in stews are lamb shoulder, leg of lamb (both cut into 1.5 inch cubes), lamb knuckle or lamb shanks on the bone.

Squab Tagine With Dates And Ginger

Ingredients:

3 squab, bone removed from breasts and thighs	2 medium onions
1 tsp. black pepper	2 garlic cloves
½ tsp. salt	¼ tsp. crushed saffron
1½ cups squab or chicken stock	2 tsp. ground cinnamon
2 tbsp. butter	4 tsp. chopped ginger
2 tbsp. olive oil	½ lb. dates, halved - remove pits
	¼ cup chopped parsley

Heat olive oil and butter in tagine, add onions and garlic over low heat and cook until soft and translucent. Add pepper, saffron, cinnamon and ginger and stir well. Season the squab with salt and sauté in the mixture for about two minutes or until thoroughly coated. Add stock, cover and simmer for 20 minutes. Add chopped dates and stir in. Cover again and simmer for 30 minutes or until squab is tender. Sprinkle parsley over and adjust seasonings if needed. Serve with couscous or a simple rice pilaf.

Chicken And Fennel Bulb Tagine

Ingredients:

3½ lbs. whole chicken cut into eight pieces	¾ tsp. white pepper
2 tbs. olive oil	2 large fennel bulbs quartered
1 large onion sliced thinly	1½ cups chicken stock
½ tsp turmeric or saffron	¼ cup fennel fronds roughly chopped
1 tbsp. salt	1 tsp. fennel seed
	1 lemon thinly sliced

Toss chicken pieces with spices, oil and salt. Lay fennel on bottom of tagine followed by chicken pieces on top. Scatter onions and fennel fronds over and then lay a lemon slice over each piece of chicken. Add ½ cup of water. Cover and let simmer on low heat for about one hour or until chicken is cooked through and tender.

Tagine With Vegetables And Olives

Ingredients:

1 artichoke - trimmed, cut in eighths	4 tomatoes diced
1 cup olive oil	1½ cups cooked chickpeas
3 carrots, peeled and quartered	1 tbsp. ground cumin
1 red bell pepper, seeded and quartered lengthwise	1 tbsp. coriander
1 onion, peeled and sliced	1 tbsp. kosher salt
2 garlic cloves, sliced thinly	1½ cups vegetable broth
1 zucchini, halved and quartered lengthwise	1½ cups vegetable broth
3 potatoes, peeled and cut into ¼ inch slices	½ lb. green olives, pitted
	Juice of one lemon
	1 bunch chopped cilantro or mint
	1/2 cup golden raisins (optional)

Begin by layering vegetables in tagine; lay down onions, garlic, artichoke, potatoes and chick peas in an even layer, then fan out carrots, bell peppers and zucchini in a pyramid. Sprinkle spices and tomatoes on top and then add vegetable stock. Drizzle olive oil all over. Slowly bring to simmer on low heat, cover and braise for approximately 30 minutes. Add olives and optional raisins pushing them in between the vegetables. Sprinkle with lemon juice, cover and cook for approximately 10 minutes or until vegetables are tender. Sprinkle herbs on top.