

Pulses of Life Cooking Class

MOROCCAN COOKING DELIGHTS



Presented by: Anita Gralak and Steve Slusarski

Mint Tea

INGREDIENTS

- ▶ Boiled water
- ▶ Green Tea
- ▶ Lots of Fresh Mint & Sugar (to taste)



METHOD

1. Boil water and add to tea and mint in tea pot. Let brew for 5 minutes.
2. Fill glasses with sugar and mint sprigs
3. Pour tea into glasses and enjoy

Avocado Date Smoothie

INGREDIENTS

- ▶ Nut or Dairy Milk
- ▶ Avocado, peeled and chopped
- ▶ Chopped Dates

Optional ingredients: Bananas, fresh mint leaves, sweetener (honey, date/agave syrup, etc), ice

METHOD

1. Blend all ingredients in a blender until smooth

Vegetable Tagine with Apricots

INGREDIENTS

- ▶ 2 tsp Olive Oil
- ▶ 1 large Onion, cut into wedges
- ▶ 2 large Carrots, coarsely chopped or sliced
- ▶ 2 Garlic Cloves, chopped
- ▶ 2 tsp fresh Ginger, finely grated
- ▶ 2 tsp Cumin seeds
- ▶ 2 tsp ground Paprika
- ▶ 1 Cinnamon stick
- ▶ 375 ml or water or vegetable stock
- ▶ 650g Butternut Squash, deseeded, peeled and coarsely chopped
- ▶ 250g Green Beans
- ▶ 100g dried Apricots
- ▶ 100g fresh Dates, pitted and halved
- ▶ 1 x 400g can Chickpeas, drained
- ▶ 2 tsp Lemon Rind, finely grated
- ▶ 1/2 cup fresh Coriander leaves
- ▶ Yoghurt (optional)

METHOD

1. Pour the Oil in the bottom of the tagine/pan.
2. Layer the Onions and Garlic in the bottom of the tagine.
3. Next, layer the Chickpeas & Cinnamon stick on top of the onions and garlic.
4. Arrange the Carrots, Squash, Green Beans, Apricot, and Dates into a pyramid.
5. Sprinkle the Ginger, Cumin Seeds, Paprika, and Lemon Rind on top.
6. Gently pour over the water or vegetable stock.
7. Place into 160 C oven and roast for approx. 30 minutes
8. Remove and serve with Coriander leaves and yoghurt

Jewelled Couscous

INGREDIENTS

- ▶ 500 ml Boiling water (or hot Vegetable Stock)
- ▶ 500 g Couscous (amount depends on type of couscous)
- ▶ 6 ripe chopped Apricots (or Apples, Pomegranate seeds, or other fruit)
- ▶ 1/2 cup Raisins or Sultanas (optional)
- ▶ 1/2 cup Nuts and/or Seeds (optional)
- ▶ Fresh Mint, Coriander and Parsley (large handful of each, chopped)
- ▶ Olive Oil
- ▶ Lemon Juice
- ▶ Salt & Pepper
- ▶ 1/2 tsp Chilli Powder (optional)

METHOD

1. Pour hot water (or vegetable stock) over couscous and let sit for 10-15 minutes, according to package instructions
2. Chop apricots and fresh Herbs
3. Mix everything together and add oil, lemon juice, S&P, and chilli to taste



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INGREDIENTS

mix equal parts of:

- Nut Butter (Peanut, Almond, etc)
- Sweet Syrup (such as maple syrup, honey, agave or date syrup)
- Nut Oil (such as Sesame or Argan)

METHOD

1. Mix well by hand or blender, mixer or food processor.
2. Serve with warm flat bread

Upcoming Events:

Cooking Class: 14 June 2017, 7.15pm to 8.45pm

Senior's Club: Thursday 25 June, 2.30pm-4pm

CREATION Health Workshop

Saturday 3 June, 3.15pm to 4.45pm

Topic: Trust

Prayer

**In a world where so many are hungry,
may we eat this food with humble hearts;
in a world where so many are lonely,
May we share this friendship with joyful hearts.**