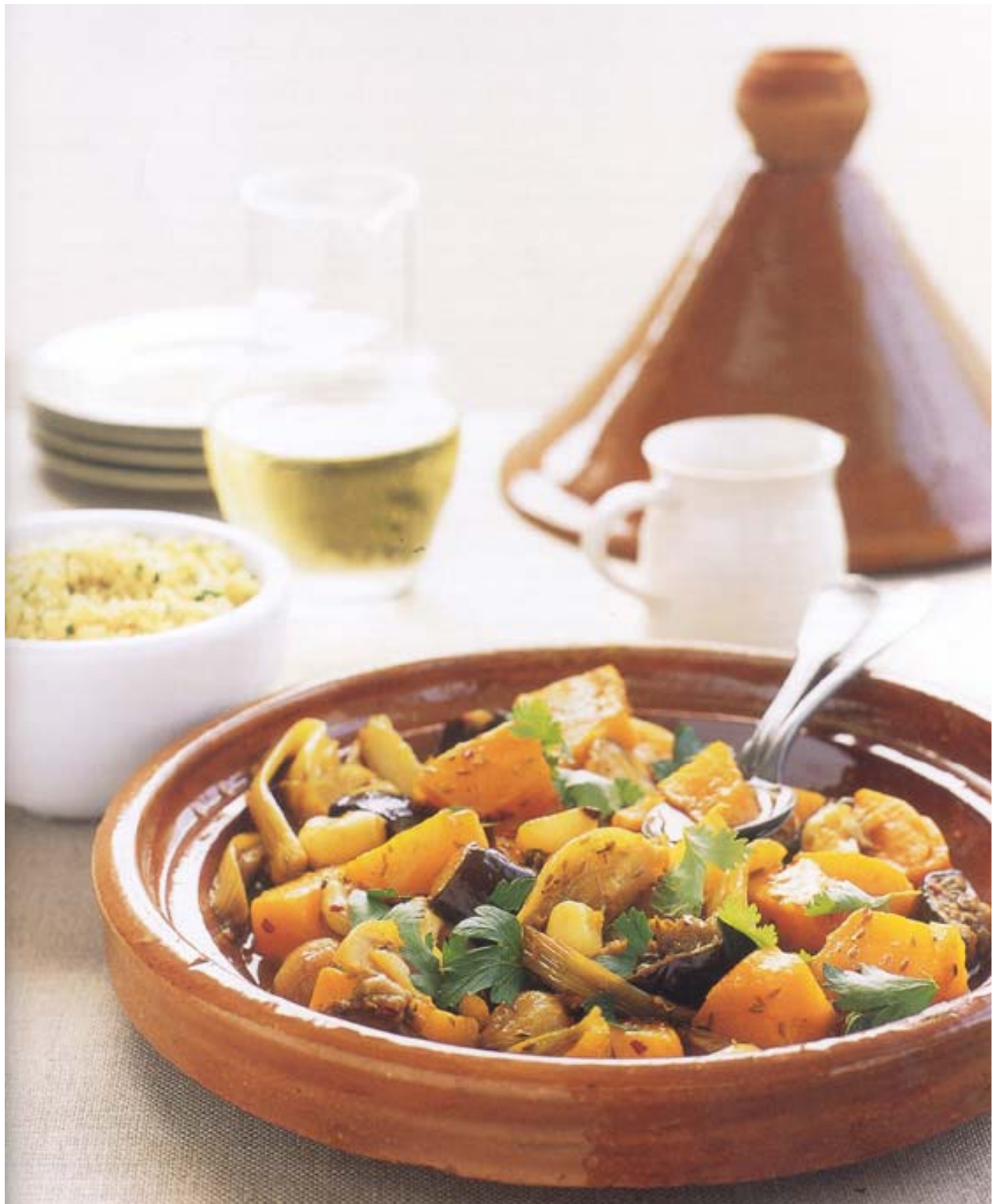


KITCHEN RANGE
the cookshop



COOKSHOP NEWSLETTER

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Moroccan Cooking

North African food is a feast for the senses. No wonder it's becoming more and more popular – with its brilliant blend of spices and unusual combination of ingredients, not only does it taste and smell wonderfully exotic but thanks to a liberal use of colourful components, it also looks especially enticing; it's difficult to imagine a cuisine with a more varied range of colours.

Tagine Essentials

- Preserved Lemons (See Recipe below) – Added to many dishes as a refreshing, tangy ingredient or garnish.
- Harissa – This fiery paste is popular throughout North Africa, served as a condiment, dip or stirred into tagines and couscous to emit a distinct chilli taste.
- Ras-el-Hanout – There one recipe for ras-el-hanout, a lovely pungent spice mix, packed with strong Indian aromas of cinnamon, cloves of ginger combined with local African roots and the delicate, perfumed notes of rosebuds.
- Ghee – is clarified and evaporated butter. To make ghee, simply melt some butter in a heavy based pan and simmer it until all the water has evaporated, leaving a clear fat with a nutty aroma & taste.

Preserved Lemons – Mini Recipe

Few meals are more satisfying than a hearty tagine – the rich, fragrant stew that forms the basis of traditional Moroccan cooking. This heavenly dish is served from its own elegant cooking vessel, which is also called a tagine. Meat, poultryfish or vegetables are simmered gently in the steam of the pot’s conical lid, so that the food remains tender and moist. Dishes are flavoured with spices for pungency and warmth, and can be further enlivened with chillies or tempered with the sweetness of fruit.

Preserved Lemons

Added to many dishes as a refreshing, tangy ingredient or garnish, preserved lemons are essential to the cooking of tagines. You can buy jars of ready-preserved lemons in Middle Eastern and African stores, as well as some supermarkets, but it is better to make your own. Be as liberal as you like, tossing them in salads and scattering them over your favourite tagines.

10 organic, unwaxed lemons

10 tablespoons of sea salt

Freshly squeezed juice of 3-4 lemons

Wash and dry the lemons and slice the ends off each one. Stand each lemon on one end and make two vertical cuts three quarters of the way through it, as cutting it into quarters but keeping the base intact. Stuff 1 tablespoon of salt into each lemon, then pack them into a large jar (which has been sterilized by immersion in boiling water and left to drain). Store in a cool place for 3-4 days to soften the lemon skins.

To complete the process, press the lemons down into the jar, so they are even more tightly packed. Pour the freshly squeezed lemon juice over the salted lemons until they are completely covered. Seal the jar and store it in a cool place for at least 1 month. Rinse the salt off the preserved lemons before using.



Handy Tagine Tools

- Tagines from £22.99
- Nigella Lawson Tagine £84.99
- Le Creuset Tagine £120.00
- Hahn CousCous Steamer £99.99
- Hahn CousCous Steamer insert £25.99
- Joseph Josphe Mezzaluna £17.99
- Olive Wood Pestle & Mortar £18.99
- Preserving Jars from £2.20
- Garlic Zoom £8.50
- Heat Diffusers from £4.99



Make It – Chicken/Duck Tagine

Chicken and Duck Tagines

Preserved lemons and cracked green olives are two of the principal ingredients of traditional Moroccan cooking. You can buy the olives at Middle Eastern and North African store and some delicatessens. The tagine can be made with chicken joints or a whole chicken. Serve with couscous and salad or vegetables such as steamed carrots tossed with spices and mint.

8-10 chicken thighs or 4 whole legs
1 tablespoon olive oil with a knob of butter
2 preserved lemons cut into strips
175g cracked green olives
1-2 teaspoons dried thyme or oregano
For the marinade:
1 onion, grated
3 garlic cloves, crushed
25g fresh ginger, peeled and grated
A pinch of saffron threads
Freshly squeezed juice of 1 lemon
1 teaspoon coarse sea salt
3-4 tablespoons olive oil
Sea salt and freshly ground black pepper

In a bowl, mix together all the ingredients for the marinade. Put the chicken thighs or legs in a shallow dish and coat them in the marinade, rubbing it into the skin. Cover and chill in the refrigerator for 1-2 hours.

Heat the olive oil with the butter in a tagine or heavy based casserole. Remove the chicken pieces from the marinade and brown them in oil. Pour over the marinade that is left in the dish and add enough water to come halfway up the sides of the chicken pieces. Bring the water to the boil, reduce the heat, cover with a lid and simmer for about 45 minutes, turning the chicken from time to time.

Add the preserved lemon, olives and half the thyme to the tagine. Cover again and simmer for a further 15-20 minutes. Check the seasoning and sprinkle the rest of the thyme over the top. Serve immediately from the tagine.

Freshly Made Bread

Nothing smells as good as freshly baked bread still warm from the oven. Baking your own at home is a hugely enjoyable and satisfying process. With basic ingredients and simple equipment it couldn't be easier.

Each country seems to have its own preference to bread making. India, with its flat and spicy Naan Bread. Italy with its airy and floury Ciabatta. Greece has its handy pocket pitta bread. France with long and crisp baguettes and of course, Britain with the good old crusty roll.

Why not start with a basic bread recipe and add your own herbs, fruits or spices to create your own concoction.

We stock a wide selection of bread making equipment from flour sifters to loaf pans in a variety of sizes and materials. Or why not just cheat and use a trusty bread machine that will do all the hard work for you!



The Panasonic Bread maker is widely renowned as the best of the bunch and therefore, it is the only we stock here at The Cookshop. Just £79.99 (or £99.99 with the optional automatic fruit & nut dispenser).

If you are going to be making your loaf by hand, here are some useful tools you may need:

- Silicone Loaf Pan £8.50
- Flour Sifter £6.99
- Digital Scales from £14.99

That's it for now, we'll see you next month.

The Cookshop Team.

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