Try this unusual vegetable stew from Morocco

There's nothing more exotic than the foods of Morocco. North Africa's aromatic seasonings—including saffron, ginger, and cinnamon—blend with colorful, sun-drenched Mediterranean fruits, vegetables and grains to make one of the world's most adventurous cuisines.

And a healthy cuisine it is as well, with an abundance of legumes, herbs, olive oil and fish.

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The core ingredient of Moroccan cooking is couscous, a tiny pellet-like pasts made from semolina wheat and water. It is steamed and served in a variety of ways with lamb, chicken and vegetables.

Boxes of instant couscous can be found in the pasts and rice section of nost supermarkets.

Try it cooked in vegetable broth with chopped dried apricots, dates and raisins, scasoned with saffron, cinnamon and sugar, and sprinkled with toasted, slivered almonds.

The Moroccan pantry includes lots of olives, chickpeas, fava

beans and nuts. Zucchini, egg-plants, bell peppers, cucumbers, tomatoes, onions, garlic, lettuce, artichokes, okra, spinach, beans, leeks and fennel are all widely

artichokes, okrn. spinach, beans, leeks and fennel are all widely used in cooking.

These traditional Mediter-ranean foods are made uniquely Moroccan with the addition of aromatic spices and seasonings such as cumin, cinnamon, cayenne pepper, anise, mint, cardamon, turmeric and saffron.

Fruits flourish in this region—bananas, peaches, oranges, lemons, mangos, figs, watermelon, pomegranates, dates, grapes and apricots are plentiful.

Many fruits are dried and used in sweet and savory dishes. Orange juice is used to flavor soups and sauces; lemon and lime juice is squeezed onto meat, fish and poultry before broiling. Harissa is a distinctive, flery paste used as an ingredient in many recipes and served at most Moroccan meals as a condiment. It can be found in Middle Eastern markets, or you can make it fresh by combining, in a blender,

minced garlic clove, cayenne, ground cumin, dried chili pep-pers and olive oil. It's delicious used as a dip for chunks of warm

Other Moroccan specialties include diej mchermel, a classic chicken dish with preserved lemons and olives; mchou, slow-roasted lamb seasoned with cumin, cayenne and salt; charmoula, a marinade of olive oil, lemon juice, coriander, saffron, garlie, paprika and cayenne (also a delicious sauce for baked fish); and harira, a hearty lemony lamb and lentil soup.

NORTH AFRICAN VEGETABLE STEW

2 teuspoons vegetable oil . medium onion, sliced teaspoon ground corlander teaspoon turmeric teaspoon cinnamon ኔ teaspoon ground girger

1 medium sweet potato, pecied and cut into 1-inch chunks

chunks
4 cup water
2 teblespoon lemon juice
1 8.5-oz. can garbanzo beans,
drained and rinsed
1 small zucchini, cut into 1-

inch chunks ኔ cup parsley, chopped ኔ cup raisins

Hot pepper sauce to taste

Heat oil in large non-stick pot or Dutch oven. Add onion and spices; cook 10 minutes or until onion is limp, stirring frequently. Add tomatoes, sweet polatoes, water and lemon juice. Bring to a boil, reduce heat, cover and simmer until vegetables are tender, about 30 minutes. Add garbanzo beans, zucchini, parsley and ralisins. Cover and simmer 10 more minutes, until zucchini a tender. Sea-son with hot peper saure to taste. Nutrition information: Each of

Nutrition information: Each of the four, 1-cup servings contains 218 calories and four grams of fat.



Stewing: This stew provides new flavors for many American cooks as it utilizes common spices from North Africa.

Quick Cooking

Chicken with piquillos, tomatoes and olives

BY THE ASSOCIATED PRESS
Chicken With Piquillos, Tomatoes and Olives is an easy onepot meal with a Spanish accent
that will take about 30 minutes
to get on the table.
The recipe, for four diners, is
based on quick-cooking chicken
breasts with fresh harvest vegetables. As in the traditional
dish from Spani, color and flavor
are added with piquillos – the
Spanish name for a kind of
sweet-piquant red peppers,
coasted and packed in jars – and
green clives.
The dish may be served over
saffron rice, to complete the
savory combination.

CHICKEN WITH PIOUILLOS. TOMATOES AND OLIVES

ኔ teaspoon salt ኔ teaspoon ground black pep-

per L teaspoon paprika L cup olive oil

4 chicken breast haives, boned and skinned (about

4 chicken would be boned and skinned (about 1½ pounds meat)
2 large sweet green bell peppers, cut in ½inch squares (about 2 cups)
2 large onions, cut in thin wedges (about 2 cups)

wedges (about 2 cups)

1 teaspoon minced garlic
(about 1 large clove)

1 pound plum tomatoes,
chopped (about 25 cups)

1 teaspoon chicken bouilion

½ cup piquillos or regular roasted red peppers, drained, cut in chunks b cup small pitted green olives, sliced

In a cup, combine salt, pepper

and paprika; sprinkle on both sides of chicken. In a large skillet over medium-high heat, heat oil until hot. Add chicken, green pep-pers, onion and garlie to skillet; cook, sitring frequently and turn-ing chicken to brown on both sides, about & mixthesis. about 5 minutes.

about 6 minutes.

Remove chicken from skillet.
Add tomatoes and bouillon granules; cook uncovered, stirring until
tomatoes are softened, about 10
minutes. Return chicken to skillet.
Return to the midium; copes and minutes. Return chicken to skiner. Reduce heat to medium; cover and simmer until chicken is cooked through, 10 to 15 minutes. Stir in piquillo peppers and olives and cook just until heated through, chem? 2 minutes.

Serve over saffron rice, if

Makes four servings. Recipe from: Foods From Spain.

Santa Fe chilled nectarine soup

SANTA FE CHILLED **NECTARINE SOUP**

a teaspoon salt 5 teaspoon red peoper flakes

% cup fresh cliantro leaves

Combine nectarines with juices, salt, pepper flakes and vinegar in electric blender. Whirl until smooth and blended. Add cilantro leaves and whirl in a stop-and-go fashion a few seconde just to chop. Makes five I-cup servings.

Recipe from: California Tree Fruit Agreement.

WATCH

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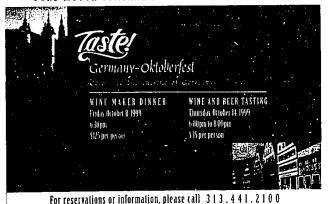
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