

Cultural Feast 2014

MOROCCO

Menu:

Chicken Tagine

Red Pepper Couscous

Moroccan Carrot Salad

Orange Cake

Mint Tea

Condiments include: Harissa sour cream, sour cream, preserved lemons, dates, apricots, parsley, cilantro, green olives.

The school will provide the Chicken Tagine, condiments and mint tea.

Assignments:

JK: Orange Cake (6 cakes)

K: Orange Cake (2 cakes)

First: Carrot Salad

Second: Couscous

Third: Orange Cake

Fourth: Carrot Salad

Fifth: Couscous

Sixth: Orange Cake

Seventh: Carrot Salad

Eighth: Couscous

MOROCCAN ORANGE CAKE

Grades: JK - 6 cakes

K - 2 cakes

3rd and 6th – 8 cakes each

4 eggs

1 ½ cups sugar

½ cup canola oil

2 cups flour

4 teaspoons baking powder

½ teaspoon salt

½ cup fresh orange juice

Zest from 1 large orange

1 teaspoon vanilla

- Preheat the oven to 350 degrees
- Grease and flour a Bundt pan
- Zest the orange then cut the orange in half and juice - you should have ½ cup
- In a food processor combine the eggs and sugar and beat until thick and light in color
- Add the oil and process
- Mix the flour, baking powder and salt and add to the batter and incorporate
- Add the zest, vanilla and orange juice and process just until mixed in
- Pour into the prepared Bundt pan and bake for about 40 minutes or until a cake tester comes out clean
- Let the cake cool for about 10 minutes in the pan then turn out onto a cooling rack to finish cooling and can be kept at room temperature overnight
- Bring the cake uncut to the Peard lunch room at drop off on Thursday, March 13th on a disposable plate

MOROCCO

Cultural Study 2014

Grades: 2nd, 5th and 8th – 8 recipes per grade

Red Pepper Couscous

1 stick unsalted butter

1 ½ cups diced onion

2 red peppers, seeded, cored and diced

6 cups chicken stock

1 teaspoon salt

1 teaspoon cracked black pepper

3 cups dried couscous

1 14.5 can chickpeas, drained and rinsed

- In a large sauté pan melt the butter over medium high heat and add the onions and the red peppers
- Sauté for about 5 minutes until soft and lightly browned season with salt and pepper
- Add the chicken stock and bring to a boil
- Take off the heat and add the couscous and the chick peas, cover and let sit for 15 minutes
- Fluff with a fork and allow to cool. Refrigerate overnight and bring to the Peard lunch room at drop off on Thursday, March 13th in a zip lock bag

MOROCCO

Cultural Study 2014

Grades 1st, 4th and 7th - 8 recipes per grade

Carrot Salad

12 large carrots, peeled and coarsely grated

¼ cup chopped flat leaf parsley

¾ teaspoon ground cumin

¼ teaspoon paprika

2 pinches ground cinnamon

1 tablespoon fresh lemon juice

3 tablespoons olive oil

½ teaspoon salt

- In a food processor with the grating attachment process the carrots (otherwise use a box grater and do them by hand)
- To make the dressing, combine the oil, cumin, paprika, cinnamon, lemon juice and salt and stir
- In a bowl, add the parsley to the carrots, and toss with the dressing
- This should be combined the night before and brought to the Peard lunch room at drop off on Thursday, March 13th in a zip lock bag