

# Sephardic Cooking

Chabad Women's Circle



*Delicate Flavors*



**Moroccan Recipes**

## Menu

- *Marinated Dark Chicken*
- *Meat Stuffed Artichokes*
- *Spicy Meat Cigars*
- *Savory Fruit Couscous*
- *Sweet Moroccan Cigars*
- *Reribiya (Cookies)*

Chabad Women's Circle

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## Marinated Dark Chicken

### Dressing

- 1 tsp salt
- 1 tsp pepper
- 1 tsp turmeric
- 1 tsp cumin
- 1-½ tsp fresh coriander, chopped & squeezed
- 1 tsp fresh garlic, chopped
- 2 tbsp lemon juice
- ½ cup olive oil
- 1 red pepper, sliced
- 1 onion, sautéed

10 chicken thighs, bones and skin removed

### Sauce/Gravy

- Wine to taste
- ½ cup water
- 1 tbsp corn starch

In a bowl, combine all dressing ingredients and mix well. Add chicken and mix again. Cover and refrigerate overnight to marinate. Next day, place in baking pan and bake at 350 covered for 45 minutes. Remove cover and bake another 15 minutes.

Make sauce/gravy: Pour off liquid from chicken into in a frying pan. Add a bit of wine to taste. Dissolve corn starch in water and add to frying pan. Mix all the juices. Bring to a boil and remove from stove. Pour sauce over chicken to keep it moist.



## Reribiya (Cookies)

- 2 cups canola oil (best with butter)
- 1 cup sugar
- 1 tsp cinnamon
- 2 tbsp sesame seeds
- 1 tsp baking powder
- 2 cups flour
- Walnuts (optional)
- Pecans (optional)
- Cloves (optional)
- Sesame seeds (optional)
- Cinnamon (optional)



Combine oil, sugar, cinnamon, sesame seeds and baking powder and mix by hand. Add 1 cup of flour and mix. Keep adding flour until it's the consistency of crumbling dough. (You may not need 2 cups of flour.) Form into balls and place on cookie sheets. Optional: Put a walnut or pecan inside each cookie. Optional: Place a single clove on top of each cookie OR dip part of each cookie in sesame seeds before baking to decorate. Bake at 320 for approx. 30 minutes until golden. (To test them before removing from oven, lift with spatula to see if bottoms are golden.) Don't over bake. Optional: Sprinkle undecorated cookies with cinnamon as soon as they come out of the oven. (You can have 3 different cookie designs: 1 with clove on top, 2 with sesame seeds on top, 3 with cinnamon on top.) They will melt in your mouth!

Jewish Women's Circle  
*Traditional Sephardic Cooking Class!*  
Sephardic style cooking with  
**Chef Fanny Queroub**  
Learn about the background of Sephardic & Ashkenazi food customs



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Tuesday, February 14, 7:00 p.m., at Chabad Romano Centre  
RSVP by February 10. Reserve online [www.ChabadRC.org](http://www.ChabadRC.org)! \$15 per person.

## Sweet Moroccan Cigars

### Filling

3 cups ground almonds  
1 cup sugar  
1 tsp almond extract  
2 egg whites  
1 tsp blossom water  
1 lemon, grated rind

### "Glue" Paste

Flour  
Water

Moroccan cigar skins, cut in 4

Oil for frying

### "Honey" Glaze

3 cups sugar  
1 lemon, sliced  
Water

Combine all filling ingredients. Form into mini logs (the size of a finger). In a small bowl, combine a small amount of flour with water to form "glue" paste.

Place cigar skins on flat surface and fill with "logs" as follows: Brush paste on the corner of the triangle of a cigar skin. Place a log on the wide side of the cigar skin (opposite the paste), roll once, tuck in the two sides and finish rolling so that the "glue" paste seals it shut. Repeat with all the rest of the logs.

Fry in hot oil (test oil before frying to make sure it is hot enough to fry instantly or the cigars will be soggy and insides will be raw). Place on paper towels to remove excess oil.

Prepare "honey" glaze: Place sugar in small pot. Squeeze lemon slices to release juice over the sugar and place the squeezed slices into the pot. Add water to cover. Mix and cook over medium heat until golden and sticky like honey. Dip each cigar in the honey glaze. Serve with lemon slices for décor.



## Meat Stuffed Artichokes

### Meat

½ lb chopped meat  
1 tsp fresh parsley, chopped & squeezed  
1 tsp fresh cilantro, chopped & squeezed  
½ tsp black pepper  
½ tsp turmeric  
1 tsp salt  
1 egg  
2 tbsp matzah meal or bread crumbs

Frozen artichoke bottoms (OR any vegetable can be substituted i.e. peppers, zucchinis, tomatoes, eggplant, etc.)

Flour  
Egg, beaten

Oil for frying

### Cooking Sauce

1 onion or 1 bunch of green onions, sautéed  
1 tsp fresh parsley, chopped & squeezed  
1 tsp fresh cilantro, chopped & squeezed  
½ tsp black pepper  
½ tsp turmeric  
1 tsp salt  
2 bay leaves  
1 cup water

Combine all meat ingredients. Form meat into balls and fit on top of artichokes. Dip the meat (not the artichoke) in flour and then egg to keep meat from falling apart. (For Passover, you can use matzah meal instead of flour. However, reverse the order: first egg, then matzah meal.) (If you have leftover meat, you can form meat into balls and coat them with flour and egg.) Fry stuffed artichoke, meat side down, in hot oil till browned. (You can freeze them at this stage.)

Cook stuffed artichokes: Combine all cooking sauce ingredients in a saucepan. Put on high flame and place all stuffed artichokes in the saucepan. Bring to a boil and cook for half an hour, stirring the saucepan every so often by holding the handles and gently shaking. Do not move artichokes (with mixing utensil) during cooking.





## Spicy Meat Cigars

### Meat Filling

½ lb ground beef  
1 tbsp fresh parsley, chopped & squeezed  
1 tbsp fresh coriander, chopped & squeezed  
1 tsp cumin  
½ tsp chili pepper  
1 onion, diced  
1 head garlic, peeled & crushed

½ cup water  
1 tbsp oil

### "Glue" Paste

Flour  
Water

Moroccan cigar skins, cut in 4

Oil for frying

Combine meat filling ingredients in bowl. Combine water and oil in saucepan and add meat filling. Cook until all liquid is gone. Cool and grind in food processor. Form into mini logs (the size of a finger).

In a small bowl, combine a small amount of flour with water to form "glue" paste.

Place cigar skins on flat surface and fill with meat as follows: Brush paste on the corner of the triangle of a cigar skin. Place a log on the wide side of the cigar skin (opposite the paste), roll once, tuck in the two sides and finish rolling so that the "glue" paste seals it shut. Repeat with all the rest of the logs.

Fry in hot oil (test oil before frying to make sure it is hot enough to fry instantly or the cigars will be soggy and insides will be raw). Place on paper towels to remove excess oil.



## Savory Fruit Couscous

1 pkg. couscous, prepared according to directions on pkg.

### Fruit Sauce

¼ cup oil  
1 onion, sliced  
¼ cup golden raisins  
½ cup dried apricots, sliced in half  
½ cup pitted prunes  
½ tsp turmeric  
½ tsp salt  
½ tsp pepper  
1 tsp cinnamon  
2 tsp sugar (granulated or brown)  
2 bay leaves  
1 cup water

Toasted sliced almonds (optional)

Combine all sauce ingredients in a saucepan. Brown and cook until prunes are soft, adding oil as necessary. To serve: Place couscous on a platter. Surround with fruit sauce. Optional: Sprinkle with toasted sliced almonds.

Optional: You can prepare the couscous with hot chicken soup bouillon (instead of water) to give it a richer flavor. When preparing the soup bouillon, use chicken bones and vegetables (keep peel on zucchinis so they don't fall apart).

Another way to prepare couscous: Place 3-4 cups boiling water or soup bouillon in a bowl. Add 2 tsp oil and ½ tsp salt into bowl. Stir and add pkg. of couscous. Cover with saran wrap and let sit for 5 minutes and stir to fluff.

