

Trio of Moroccan Dips

Zaalouk (Eggplant and Tomato Dip)

Makes: ~2 cups

Prep time: 10 minutes

Cook time: 25-35 minutes

Ingredients

2 large eggplants, halved lengthways

¼ cup olive oil

6 garlic cloves, finely chopped or crushed

2 large tomatoes, roughly chopped

2 tablespoons parsley, finely chopped

2 tablespoons coriander, finely chopped

2 teaspoons paprika

2 teaspoons cumin

Salt, to taste

Whole chilli peppers (*optional*)

Method

LINE a baking tray with tin foil and arrange the eggplant halves skin-side up on the tray.

GRILL the eggplants in the oven for 20-25 minutes, or until skin is charred with sections that are crumbling or cracking like paper when pressed.

HEAT oil in a skillet over medium heat and add garlic. Cook until fragrant (about 1 minute).

ADD the tomatoes, parsley, coriander, spices and chilli (*optional*) and cook, stirring frequently, until tomatoes have broken down into a thick sauce (between 10 to 20 minutes depending on the ripeness of the tomatoes).

SCOOP eggplant flesh out of roasted eggplants (once cool enough to handle) and add to the tomato mixture. Combine well and mash any remaining chunks of eggplant with a fork.

COOK for a further 5 to 10 minutes until desired consistency has been reached. Allow to cool.

GARNISH with a drizzle of olive oil and a sprinkle of chopped herbs.

Creamy Yoghurt and Harissa Dip

Makes: ~1 cup

Prep time: 5 minutes

Cook time: 0 minutes

Ingredients

225g thick and creamy plain yoghurt

1 teaspoon harissa paste* (or to taste)

Small handful coriander, finely chopped

Small handful mint, finely chopped

***Note:** use store-brought harissa, or try the Country Kitchens *homemade harissa* recipe

Method

SPOON the yoghurt into a bowl, then beat in desired amount of harissa.

STIR in the majority of the fresh herbs, leaving a little bit to sprinkle on top as a garnish.

SERVE cold.



Everyday Food

Spiced Carrot Dip

Makes: ~2 cups

Prep time: 10 minutes

Cook time: 20-25 minutes

Ingredients

Carrot seasoning:

2 tablespoons olive oil

¼ brown onion, finely diced

3 large carrots (approx. 450g), roughly chopped

2 garlic cloves, crushed

½ teaspoon sumac

¼ teaspoon cumin

¼ teaspoon cinnamon

1 teaspoon salt

Dip:

Zest of 1 orange

2 tablespoons parsley

¼ cup roasted hazelnuts

⅛ teaspoon cumin

¼ teaspoon cinnamon

¼ teaspoon sumac

½ teaspoon red pepper flakes

1 teaspoon harissa paste*, or to taste (*optional*)

1-2 tablespoons olive oil

1 tablespoon honey

***Note:** use store-brought harissa, or try the Country Kitchens *homemade harissa* recipe

Method

HEAT oil in a large skillet over medium heat. Add the onion and sauté until softened (about 5 minutes).

ADD the chopped carrot, garlic, spices, and a tablespoon of water. Cook covered, stirring frequently, until the carrots are easily pierced with a fork (15-20 minutes). Set aside to cool.

ADD the cooled carrots and all the dip ingredients except the oil and honey to a food processor. Pulse until combined (the mixture will be quite coarse at this point).

SCRAPE down the sides of the processor and add the oil and honey to bind the mixture. Pulse again until combined, but still slightly chunky.

PLATE and garnish with a drizzle of olive oil and your choice of toppings (e.g., chopped parsley, crushed nuts, orange zest).

Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection – Morocco