



MOROCCAN TAGINE

LIVE COOKING CLASS

ZOOM MEETING

EXPERIENCE

IMPORTANT Information

Join the Zoom Meeting on your computer.

We highly recommend that you use a laptop as opposed to a tablet or mobile phone.

How to get the most of this class:

- Read and **familiarize yourself** with the recipes, the mise en place, and the workflow.
- Have all the required **equipment ready**.
- **Measure and organize** the ingredients according to the pictures below, as it will help you stay on top of the live cooking class.
- All the protein should be out of the fridge at least 5 minutes before the class starts, except for the seafood.

MISE EN PLACE

BEFORE CLASS

EQUIPMENT

IMPORTANT POINTS

- For the couscous: **Measure 337ml** of your stock or water and warm it lightly (do not let it boil). Keep in the saucepan until use.



- 1 x Cast iron saucepan (or 1 large heavy bottomed saucepan).
- 1 x Lid to cover the pan
- 1 x Chopping Board
- 1 x Chef's Knife
- 1 x Wooden Spatula
- 1 x Large Serving Spoon
- 1 x Pair of Tongs
- 1 mixing bowl to marinate the chicken
- 1 small bowl to reserve the chicken in once seared



EQUIPMENT



- 1 x saucepan big enough to warm 337ml of the stock
- 1 x rectangular dish (to make the couscous in)
- 1 x Fork
- Glad wrap

COUSCOUS

Please make sure you have **measured** and **prepared** all your **ingredients** as per our mise en place instructions.

This will ensure you can keep up during the class.



- Couscous - 225G
- Butter unsalted - 10G
- Hot Water (or vegetable stock) - 337 ml
- Olive oil - 1 tbsp
- Salt - 2.5g



HARISSA CHICKEN



- 2 Chicken thigh fillets
- 1 tsp Harissa
- 1 tsp Ras El Hanout (or 2 tsp of Moroccan Spice)
- 1 Garlic clove
- 1 tbsp Olive oil

TAGINE



- 1 tbsp Olive oil
- 1 Onion
- 1 Garlic clove
- 1 Cinnamon stick
- 1 tbsp Harissa
- 1 tbsp Ras El Hanout
- 300ml Vegetable stock
- ½ cup Diced canned tomatoes
- 15g Raisins
- ½ Sweet potato
- 3 Sprigs coriander, plus some for garnish
- 30g Baby spinach
- ½ cup Chickpeas
- 1 Zucchini
- 1 Carrot

RUNSHEET

- 6:00 pm** - Introduction
- 6:05 pm** - Marinating the chicken
- 6:15 pm** - Prep vegetables
- 6:35 pm** - Cooking the tagine
- 6:50 pm** - Prep Couscous
- 7:00 pm** - Checking Tagine & finish cooking
- 7:10 pm** - Fluffing couscous & plating
- 7:20 pm** - Q&A session
- 7:30 pm** - Live stream cooking class concludes

If you have any questions,
please contact us via email at
event@vivecookingschool.com.au

