

GROCERY LIST: MOROCCO

1 lb. lamb or beef, cut into 2" to 3" pieces
1 medium onion (plus one more onion, if cooking in an authentic tagine)
3 cloves garlic
1 lb. peas
1 lb. artichoke bottoms
2 tablespoons fresh parsley
2 tablespoons fresh cilantro
4 oranges

2 teaspoons ginger
1 teaspoon turmeric
1/4 teaspoon saffron threads
1/2 teaspoon cinnamon

1/2 cup + 2 Tablespoons olive oil

1 preserved lemon (optional)
4 teaspoons orange flower water (optional)

4 cups high gluten or bread flour
2 teaspoon sugar
1 tablespoon yeast

Please note:

For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)

All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.

It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.