

# Moroccan Beef Tagine

*with Ras el Hanout, Dates & Honey*

The quintessential Moroccan flavor in this stew comes from a special spice combination called Ras el Hanout. Literally translated to “head of the shop”, Ras el Hanout was traditionally a blend of the finest spices a purveyor had to offer. The specific combinations in Ras el Hanout vary, but we’ve selected coriander, cumin, allspice, cardamom, ginger, black pepper, and turmeric to transform the wide-ranging flavor of this North African specialty.



## Ingredients

- 3 Cloves Garlic
- 3-5 Dates
- 3-5 Prunes
- 1 Bunch Cilantro
- 1 Carrot
- 2 Tablespoons Almonds
- 1 Red Onion
- $\frac{3}{4}$  Cup Couscous
- 10 Ounces Ground Beef
- 2 Teaspoons Ras el Hanout Spice Blend (Coriander, Turmeric, Cardamom, Clove, Cinnamon & Nutmeg)
- 1 Cinnamon Stick
- 2 Tablespoons Tomato Paste
- 1.5 Ounces Beef Demi-Glace
- 1 Tablespoon Honey

Makes 2 Servings  
About 675 Calories Per Serving





# Instructions



1

## *Prepare the ingredients:*

Wash and dry the fresh produce. Peel and mince the garlic. Roughly chop the dates, prunes and almonds. Pick the cilantro leaves off the stems. Peel and medium dice the carrot. Peel and dice the onion.



2

## *Cook the couscous:*

Heat **1 cup of water** and a **big pinch of salt** to boiling on high. Once the water is boiling, stir in the **couscous** and turn off the heat. Cover the pot and let stand for 5 to 7 minutes, or until all of the water is absorbed. Fluff the finished couscous with a fork.



3

## *Toast the almonds:*

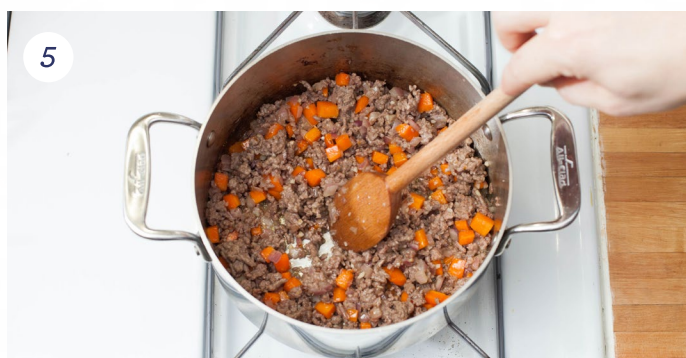
While the couscous is cooking, toast the nuts. Add the **almonds** to a dry pan. Heat the pan on high for 1 to 3 minutes, or until the almonds are fragrant, stirring occasionally. Transfer the toasted almonds to a small bowl.



4

## *Cook the aromatics:*

In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **carrot, onion and garlic**. Cook 4 to 5 minutes, or until the carrots and onion are softened; season with salt and pepper to taste.



5

## *Add the beef:*

Increase the heat to high and add the **ground beef** to the carrot-onion-garlic mixture, seasoning with salt and pepper. Cook 4 to 6 minutes, breaking apart with a spoon until the beef is completely browned.



6

## *Add the seasonings:*

Reduce the heat to medium-high. Add the **ras el hanout spice blend**; cook for 30 seconds to 1 minute, or until toasted. Add the **tomato paste**; cook 30 seconds to 1 minute, or until caramelized. Stir in the **dates, prunes, cinnamon stick, honey, beef demi-glace and 2 cups of water**; season with salt and pepper to taste. Bring the mixture to a boil, then reduce the heat to medium-low. Simmer for 3 to 5 minutes, or until slightly thickened. Remove from heat and discard the cinnamon stick. To plate your dish, divide the couscous between 2 dishes and top with the beef stew. Garnish with the **chopped cilantro and almonds**. Enjoy!