

Dinner and a Movie
May 5, 2013

Last Jews of Libya

Recipes

North African Chicken Stew

Boston Globe, 1/8/2013

Serves 6

- 12 Large bone-in chicken thighs (4½ pounds), skin intact
- Salt and pepper, to taste
- 2 Tablespoons olive oil, or more if necessary
- 2 Onions, chopped
- 3 Carrots, chopped
- 2 Cloves garlic, chopped
- 1 Teaspoon ground cumin
- 1 Teaspoon ground ginger
- 1 Teaspoon paprika
- 1 Teaspoon turmeric
- 2½ Cups chicken stock
- ½ Of a 28-ounce can whole tomatoes, crushed in a bowl
- Grated rind and juice of 1 orange
- ½ Cup chopped fresh parsley

- 1.** Set the oven at 350 degrees.
- 2.** Sprinkle the chicken with salt and pepper.
- 3.** In a large flameproof casserole over medium-high heat, heat the olive oil. Brown the chicken for 5 minutes on a side or until golden. Continue browning chicken, using more oil if necessary, until it is all golden. Transfer to a plate.
- 4.** Spoon off all but 1 tablespoon of oil from the pan. Add the onions and carrots and cook, stirring often, for 8 minutes.

Add the garlic, cumin, ginger, paprika, and turmeric. Cook, stirring, for 1 minute. Add the stock, tomatoes, and orange rind and juice. Return the chicken to the pan. Bring to a boil.

5. Cover and transfer to the oven. Cook for 30 minutes or until the chicken is cooked through. Reserve 4 chicken thighs for the soup. Transfer the remaining chicken to a platter. Sprinkle with parsley. Serve over couscous or rice. *Molly Kravitz*

Spiced Lentils with Mint and Cilantro or Parsley (Morocco)

Serves 4-6 and main dish

** You may substitute parsley for the cilantro

1 Tsp. coriander

1 Tsp. cumin

1 Tsp. cinnamon

1 Small handful of fresh mint

1 small handful of fresh cilantro/parsley

2 Cups black lentils (use black or petite green lentils)

5 Tbl. Olive oil

Sea salt to taste

Combine in a small bowl: coriander, cumin, cinnamon.

Pluck a few mint and cilantro/parsley leaves and nestle them into the spices.

Soak the lentils in water for 30 minutes. Then steam them for 40-50 minutes, until cooked but still firm. You can also boil for 15-20 minutes instead of steaming. Put the lentils in a bowl and toss with olive oil and sea salt.

Sprinkle the spice mixture over the lentils, stirring them in without mashing the lentils. Season to taste with additional sea salt if you like. Chop the remaining mint and cilantro/parsley leaves and sprinkle liberally over the lentils.

Espinacas con Garbanzos **(Spinach with Garbanzo Beans)**

allrecipes.com

Serves 4

1 Tbl. extra-virgin olive oil

4 Cloves garlic, minced

½ Onion, diced

1 (10 oz) box frozen chopped spinach, thawed and well
drained

1 (12 oz) can garbanzo beans, drained

½ Tsp. cumin

½ Tsp. salt

Heat olive oil in skillet over medium-low heat.

Cook the garlic and onion in the oil till translucent, about 5 minutes.

Stir in the spinach, garbanzo beans, cumin and salt.

Allow to cook until thoroughly heated.

Cauliflower with Dorsa Sauce (Algerian)

International Vegetarian Union
Recipes Around the World
www.ivu.org

Serves 4

8 oz. tomatoes, chopped (can use canned)
2 large garlic cloves, finely chopped
4 Tbl. olive oil
1 Tsp. paprika
1 Tsp salt
1 Tsp black pepper
1 Tsp harissa (find at Whole Foods)
1 Cauliflower, medium sized, trimmed and cut into florets

Boil the cauliflower in salted water till cooked but still crisp.
(7-8 min)

In a large fry pan, cook the garlic in the olive oil till starts to turn golden. (about 1 min)

Add tomatoes, salt, pepper, paprika and harissa to pan with the garlic, mix together.

Drain the cauliflower and add it to the sauce, turning it over to heat through. (5 min or more) Reserve some of the cauliflower water for thinning the sauce if necessary.

Serve with boiled rice, sprinkled with a little parsley.

Salatet Kronb / Cabbage Salad

Libyanfood.blogspot.com

½ Cabbage
1 Tsp vinegar
2 Tsp salt (we did not use this much)
Olive oil
Lemon juice as needed

Slice cabbage into thin strips.

Place in a pot with half a cup of water and leave to simmer till cooked but firm. Drain well.

Transfer to a bowl and drizzle a little vinegar and a lot of lemon juice and olive oil.