

Moroccan Dried Fruit Sweet Potato Tagine + Garlicky Couscous Crumbles + Moroccan Spiced Tea



moroccan dried fruit sweet potato tagine

slice + chop + mince

Adults: slice up **2 sweet potatoes** into ½-inch slices (this will make it easier for your kid chefs to chop them). Then have kids chop up the slices into small bits. Chop **1 green bell pepper** and **1 red bell pepper** into small pieces, discarding the stem and seeds. Mince **2 cloves peeled garlic** and slice **2 green onions** into thin pieces.

sauté + simmer

Using a large skillet, sauté minced garlic and sliced onions in **3 T olive oil**. Add chopped veggies and stir. Measure and add **2 tsp ground cumin**, **1 tsp ground coriander**, **1 tsp ground cinnamon**, and **2 tsp brown sugar**. Stir to coat veggies in spices. Then add **1 can diced tomatoes** and **1 can drained chickpeas**. Bring to a simmer, cover, and let cook until vegetables soften. If tagine becomes too dry, add a bit of water to moisten it.

soak + chop + add

Meanwhile, soak **1 C of mixed dried fruit** (try apricots, prunes, purple or golden raisins, or cranberries) in warm water for 3 minutes. Then drain and chop the fruit. Add it to the skillet and stir. Season with **salt** and serve hot over Garlicky Couscous. EAT and ENJOY!

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2020 Sticky Fingers Cooking



garlicky couscous crumbles

measure + add + simmer + zest

Measure **1 C dried couscous** and add to a medium-sized sauce pot with **1 ¼ C water**, **¼ tsp salt**, and **1 clove crushed garlic**. Kids can use their palms to crush the garlic, peel it, and then mince with a kid-safe knife. Stir and bring couscous to a boil. Lower heat to simmer and cook until all the water is absorbed, about 10 minutes.

zest + pour + stir

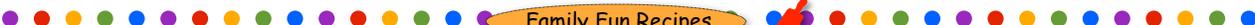
Zest **1 lemon**. Once couscous is cooked, add lemon zest and **1 T olive oil** and stir. Serve garlicky couscous with hot Sweet Potato Tagine! DELICIOUS!

moroccan spiced tea

boil + steep + squeeze + stir

Bring **4 C of water** and **3 T brown sugar** to a boil. Stir the sugar to dissolve it. Steep **2 Moroccan mint tea bags** and **2 cinnamon sticks** in the hot water for 3 minutes. Squeeze the **juice from the zested lemon** and stir, then pour into small cups and CHEERS!

::continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2020 Sticky Fingers Cooking

shopping list!

Moroccan Dried Fruit Sweet Potato Tagine

- 2 orange sweet potatoes
- 2 cloves garlic
- 1 green bell pepper
- 1 red bell pepper
- 1 can diced tomatoes
- 2 green onions
- 1 C mixed dried fruits (try apricots, raisins, cranberries, prunes)
- 1 can chickpeas
- Spices: 2 tsp ground cumin, 1 tsp cinnamon, 1 tsp ground coriander
- 2 tsp brown sugar
- Salt to taste
- 3 T olive oil

Garlicky Couscous Crumbles

- 1 C dried couscous
- 1 clove garlic
- ¼ tsp salt
- Zest of 1 lemon

Moroccan Spiced Tea

- 2 bags Moroccan Mint Tea
- 3 T brown sugar
- 2 cinnamon sticks
- Juice of 1 lemon

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2020 Sticky Fingers Cooking

Slicing, Chopping, Mincing, Mixing, Blending!

KITCHEN TOOLS PhD recipes help us get comfortable using common cooking tools in the kitchen, including our hands!

Kitchen tools help young chefs develop and hone fine motor skills as they prepare savory, delicious recipes.

SLICING: to cut into pieces using a sawing motion with your knife!

CHOPPING: to cut food into rough pieces that are not usually the same size!

MINCING: to cut food into teeny tiny pieces!

MIXING: to stir two or more ingredients together until well-combined.

BLENDING: to combine two or more ingredients together so that they lose their individual characteristics and become smooth and uniform. We can blend spices, smoothies, sauces, and much more!

Fun Facts About Morocco, Tagines, + Couscous!

Tagine refers to a ubiquitous Moroccan stew, and also to the actual cooking vessel in which the traditional stew is cooked. Just as common and essential as a wok in a Chinese kitchen and a molcajete in a Mexican one, so too are ceramic or clay tagines to kitchens in North Africa.

Moroccan food is a blend of influences from several nations and cultures, and the characteristic taste is due to its intriguing and marked inclusion of dried fruits in dishes like tagines. Flavorings like lemon pickle, argan oil, olive oil, and dried apricots are characteristic of food from Morocco.

Couscous looks kind of like rice, and tastes like pasta. It's actually made from semolina flour. Making couscous is extremely labor-intensive! Couscous used to be made by hand, and in some parts of the world, it still is. Most couscous nowadays is made by machinery. Couscous requires two rounds of steaming, then drying. It can take hours to dry fresh couscous in the sun!

Time for a laugh!

Why did the sweet potato cross the road? **He saw a fork up ahead.**

How do you describe an angry sweet potato? **Boiling Mad!**

Couscous: So nice, they named it twice!

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2020 Sticky Fingers Cooking