

ROASTED TOFU TAGINE (SERVES 4)



SHOPPING LIST:

- 14 oz Butternut squash, diagonal cut
- 5 oz Cauliflower, flowerets
- 6 oz Bell peppers, large dice
- 4 oz Red onion, medium dice
- 5 oz Zucchini, large dice
- 15 oz Chickpeas (1 can, including the cooking liquid)
- 14 oz Tofu, firm
- 7 oz Assortment of dried figs, dates, and apricots (Brown apricots taste sweeter than the bright orange sulfured apricots)
- ½ cup Almonds, slivered and toasted

Olive oil to cook and bloom spices

TERRA SPICE INGREDIENTS:

- 3 Tbsp [Terra Spice Moroccan Spice Rub](#)
(bloomed in 3 Tbsp warm olive oil)
- 2 tsp [Terra Spice Turmeric, ground](#)
- 3 Tbsp [Terra Spice Ras el hanout](#)

RAS EL HANOUT WATER

Soak 3 Tbsp of Ras el hanout with 2 cups of cold water. Let sit in the refrigerator for 2 to 3 days in a covered container. This liquid loses a great deal of its aromatic quality when cooked and should be added at the end, right before serving.

ADDITIONAL TIPS & INFORMATION

The Ras el hanout water can also be used in cocktails by combining with a simple syrup or can be made into a non-alcoholic beverage. Ras el hanout water will bring a complex flowery and woody aroma to any dish or beverage. The hibiscus flower in this blend brings acidity which brightens the liquid.

ROASTED TOFU TAGINE PROCEDURES



Preheat oven 350 degrees
Roast the tofu and butternut squash. Roasting the squash will take around 1 hour. The tofu will take 1 ½ hours.

Cut the tofu into thick slices. Place on a hot greased skillet with the butternut squash to roast. Brush a little olive oil on the top of the butternut and tofu to help with browning.



Toast the almond in a pan until lightly brown 5-10 minutes and reserve.

Blooming: Bloom the Moroccan blend. Put the blend in a heat proof dish and mix it with 3 Tbsp of olive oil to make a paste. Place the dish in a pan with a small amount of water. Bring to a boil and simmer heating the oil "hot to touch". The water bath will keep the mixture from going over 210 degree while boiling. The idea is to "activate" the fat-soluble molecules in the blend without altering or burning them.

ROASTED TOFU TAGINE PROCEDURES



Cauliflower: Bring 1 quart of water and 2 teaspoons of salt to a boil. Add 1 or 2 tsp turmeric to color the cauliflower yellow and lightly flavor it.



Dried fruits:

Cut the dried fruits into bit size and place into a small pan with $\frac{1}{2}$ cup of water.

Bring to a simmer, toss the fruit in the hot water, cover with a fitted lid and stop the flame.

Let the fruit rehydrate in the pan covered until needed.



Cut the vegetable into 1 to 1 $\frac{1}{2}$ inches pieces.

It is important to keep the vegetables a bit larger so they remain uncooked (still firm) by the time color appears. The vegetables will lose their water and soften once the pan will be covered while generating liquid for the stew.

ROASTED TOFU TAGINE PROCEDURES



Once the butternut (around 1 hour) and tofu (around 1 ½ hour) are finished roasting, cut the tofu into bite size.



Sauté the vegetables in a hot pan, with a little oil to get some color while keeping the vegetables firm yet undercooked. Browning the vegetables affects the flavor of the stew and should be done with care.



At the end before serving, add the the roasted butternut squash and the cauliflower on top to reheat. Do not mix them into the stew as the vegetables will lose shape and turn into a puree

Top with the toasted almonds and fresh cilantro or scallion.

Finish the dish right before serving with some Terra Spice Ras el Hanout water (1 to 2 Tablespoons)