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# KITCHEN CONNAISSEUR

## *Beef Tagine With Acorn Squash*



In Morocco the word “tagine” refers to a cooking vessel and a “stew”, because the stew is prepared in the cooking vessel. Today there are also many beautifully artistic tagines that are reserved for serving only. In this case, the stew is prepared in a cooking tagine and transferred to a serving tagine. The presentation is like theatre!

If you have a cooking tagine, it is the perfect “cooking vessel” in which to prepare this dish. The pointed top of the lid creates extra space for the steam to build up in the vessel ... which allows the ingredients (especially the meat) to melt to a velvety texture. The meat takes the longest to cook so it goes in first. The vegetables should be layered on top according to the required cooking time. Their juices will seep down and mingle with the meat while they remain on top. The presentation is beautiful and the aroma alluring! If you don't have a tagine, substitute a lidded casserole dish.

Our Moroccan Spice Blend adds the allure to this exotic stew. The flavours meld together to create a delicious combination. When choosing a squash or potato choose a firmer variety such as the small butternut squash, or a small round orange pumpkin (not the Jack'O'Lantern type.) Sweet potatoes also work very well because they are mealy and remain firm. Serve this wonderful stew with our Israeli Toasted Couscous, savoury Moroccan flat bread and Pomegranate Chutney. For dessert, try our recipe for Almond Baklava with Maple Cappuccino Syrup.

Serves: 8 very large servings.

### *ingredients*

<b>3 Tbsp</b>	<b>Moroccan Spice Blend</b>
<b>1/4 cup</b>	Flour- all purpose, sifted
<b>To taste</b>	Salt- preferably fleur de sel
<b>To taste</b>	Black pepper- freshly ground
<b>2 1/2 pounds</b>	Stewing beef- trimmed of fat, cut in 1 inch pieces
<b>1/4 cup</b>	<b>Roasted Garlic Olive Oil</b>
<b>1 500ml jar</b>	<b>Sun Dried Tomato Sauce</b>

<b>1 cup</b>	Water
<b>1 whole</b>	Acorn squash, pumpkin or sweet potatoes- peeled and chopped in 1"- 2" pieces
<b>1 whole</b>	Red onion- chopped in large pieces
<b>1 whole</b>	Red pepper- cut in 1"- 2" pieces
<b>1/4 cup</b>	<b>Roasted Garlic Olive Oil</b>
<b>1 Tbsp</b>	<b>Moroccan Spice Blend</b>
<b>To taste</b>	Salt- preferably fleur de sel
<b>To taste</b>	Black pepper- freshly ground
<b>1 250 ml jar</b>	<b>Pomegranate Chutney</b>

### *instructions*

1. Preheat oven to 325° F.
2. In a bowl, using a spoon blend the flour, Moroccan spices, salt and pepper together. Toss the meat in the spice mixture until the meat is coated.
3. Heat half the oil in a saucepan. On high heat, brown the beef in batches, adding a little more oil as needed. Set aside in an oven-proof baking dish...the base on a tagine would be ideal. Remember the meat should only be seared, not cooked through.
4. Pour the Sun Dried Tomato Sauce and water over the meat. With a spoon, fold the meat and the sauce together. Cover the dish with foil or the lid of the tagine. Place the dish on the lower rack - middle position - of the oven. Allow to bake slowly for 40 minutes.
5. In the meantime, prepare the vegetables. The squash should be put on top of the stew first because it takes the longest to cook. Place the prepared squash in a mixing bowl and add 1/2 of the second portion of Roasted Garlic Olive Oil, Moroccan spice, salt and pepper. Toss until the squash is coated. Remove the stew from the oven and place the squash on top of the meat. Place the dish back in the oven with the lid on. Allow to bake for 20 minutes.
6. Prepare the red onion and red pepper by tossing the remaining Roasted Garlic Olive Oil and spices around the vegetables. Remove the stew (which should now have baked for 60 minutes) from the oven, Place the red pepper and onion over the squash. Place the baking dish back in the oven with the lid on. Allow to bake for 20 minutes or until the vegetables are soft to the touch of a fork.
7. Remove the dish from the oven and preheat the broiler. Remove the lid and place the dish under the broiler for 5 minutes or until the vegetables become golden. Remove the dish from the oven. Serve immediately with our Israeli toasted couscous, pomegranate chutney, and savoury Moroccan flat bread.