Vegetable tagine

Recipe by V-ZUG LTD

Moroccan vegetable stew

Preparation	30 Mins
Cooking time	1 Hrs
Portions	4
Appliance	CombairSteamer V2000 from 2021

Tagine

400 g carrots

200 g Jerusalem artichoke

300 g celeriac

200 g waxy potatoes

50 g dried, pitted dates

Olive oil for sweating

30 g sultanas

400 g skinned, chopped plum tomatoes (tinned)

200 ml vegetable bouillon or water

Some salt

Some pepper

400 g chickpeas (tinned), rinsed, drained

3 tbsp olive oil

2 tbsp ras-el-hanout

6 sprigs of flat-leaved parsley, cut into fine strips

Some lime juice

Garnishing

4 sprigs of mint, leaves plucked

200 g coconut yogurt

Some salt

Some pepper

3 tbsp pomegranate seeds

3 tbsp cashew nuts, roasted, chopped

Tagine

Prepare all the ingredients up to and including the potatoes and cut into about 2 cm pieces. Cut the dates into strips.

Briefly sweat the vegetables and potatoes in plenty of olive oil in the casserole over a medium heat. Add the dates and the rest of the ingredients up to and including the bouillon and season with salt and pepper to taste.

Put the lid on the casserole and cook on a wire shelf in the middle shelf position at 160 °C for 45 minutes using the top/bottom heat humid mode.

Mix the chickpeas, olive oil and ras-el-hanout, add to the vegetables in the casserole and cook for a further 15 minutes.

Take the casserole out of the cooking space, stir in the parsley and drizzle with lime juice.

Garnishing

Set a few mint leaves aside for garnishing the dish. Finely shred the rest of the mint, stir into the coconut yogurt and season with salt and pepper.

Sprinkle pomegranate seeds and cashew nuts over the tagine and serve with the mint yogurt.

Cooking steps

Top/bottom heat damp 160 °C for 45 Mins

Add ingredients. Continue baking.

Top/bottom heat damp 160 °C for 15 Mins

Accessories

Casserole with lid or tagine

Wire shelf

Additional information

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