

# Ice Cream With Culinary Argan Oil, Chocolate & Toasted Nut Topping



This is a very useful Moroccan nutty chocolate topping use in any desert.

Suggested Serving per person

Ingredients

- 2 Scoops Ice Cream
- 1 Argania Butter Culinary Argan Oil
- 40g Chocolate
- Small pinch of Cayenne pepper ( Optional )
- Toasted flaked Almonds

## Preparation

1. -Place chocolate in a bowl and melt.
2. When liquid blend in some culinary Argan Oil.
3. Optionally add a very small pinch of cayenne pepper.
4. Before cool pour onto your desert – ice cream, bananas, fruit and cakes.
5. Toast the flaked almonds and sprinkle on top.

## Seffa Medfouna – Vermicelli, Almonds, Cinnamon & Culinary Argan Oil



4 servings

This is a recipe for a wonderful traditional Berber sweet desert.

Usually made as an accompaniment to a mint tea.

Make sure you have a good quality cinnamon spice powder.

### Ingredients

- 250g/9oz Vermicelli (Angel Hair) pasta
- ¼ teaspoon of salt
- 2-3 Tablespoon of Argania Butter Argan Oil
- 60g(2oz) of butter
- 50g (1 ¾ ) flaked Almonds
- 80g (3oz) icing (powder) sugar
- 1 tablespoon of cinnamon spice powder

### Preparation

1. Put on some boiling water and cook the Vermicelli by steaming until soft.
2. Lightly roast the Almonds in a frying pan (no oil) until light brown.
3. Leave the almonds to cool.
4. Crush almonds into flakes until quite fine.
5. Drain the pasta.
6. add butter and tablespoons of Argan Oil to flavour.
7. Place the vermicelli on a plate in a dome.
8. Cross the vermicelli with a generous amount of cinnamon power, icing sugar and the crushed Almonds.

Keep plenty of spare crushed Almond, Icing sugar and cinnamon.

Add some Argan oil to the pasta to taste.

# Grilled Sardines With Rosemary, Thyme & Culinary Argan Oil:



## Ingredients

- 50ml Argania Butter Culinary Argan Oil
- 4 whole sardines, gutted and cleaned
- 100g natural breadcrumbs
- juice of 1 lemon
- a few sprigs of rosemary
- a few sprigs of thyme
- salt
- pepper

### Preparation:

1. Preheat grill to medium-hot.
  2. Rub the sardines with the oil, then roll in the breadcrumbs.
  3. Season well and place on the grilling tray.
  4. Place the sprigs of rosemary and thyme on top of the fish.
  5. Grill for 5-7 minutes, turning once and breadcrumbs are golden and crunchy.
  6. Season with the lemon juice and serve immediately.
- In Morocco grilled sardines are usually eaten with Moroccan bread.

## Greek Feta And Arugula Salad, Pine Nuts & Culinary Argan Oil:



### Ingredients:

- 50ml Argania Butter Culinary Argan Oil
- Arugula Salad
- Greek Feta Cheese
- Lemon Juice
- Pine Nuts
- Fresh Red – Black -White Ground Pepper

### Preparation:

1. Dice the Feta Cheese into 1 cm Cubes and place in a bowl.
2. Pour about half the Argan Oil onto the diced cheese.
3. Leave to marinate for 20 minutes stirring occasionally to cover evenly.
4. Place 2 or 3 handfuls of Arugula Salad in a bowl.
5. Add a squeeze of lemon juice and turn.
6. Add the Argan Oil marinated Feta to the salad.
7. Turn the salad to distribute the pieces.
8. Place the Salad and Feta on a plate.

Optionally sprinkle the salad with toasted Pine Nuts.

Next drizzle the remaining Culinary Argan Oil over the salad.

Grind a little fresh black & red peppercorns over the salad and serve.

# Grilled Goat Cheese With Culinary Argan Oil & Almond Salad



This Culinary Argan oil recipe is a variation on one of our favorite classic French salads.

Even if you think you don't like goats cheese give this a try I am sure you'll love it!

There are two types of Goats Cheese that can be used. One, which has an outer skin, when grilled, goes translucent and melts. The other is usually whiter, and a little oily and has no crust/skin. This type of goat cheese, sometimes labelled – “fromage chevre doux”, does not melt but grills nicely retaining a crumbly texture and good flavor. Both types of cheese are ok.

Allow about 3 pieces per person.

## Ingredients (Serves 2)

- Lettuce & Rocket Salad
- Red Onion
- Cherry Tomatoes – 6
- Goat Cheese – 6 – 40mm(1.5”) x 10mm thick slices
- Honey – 6 teaspoons
- Toasted Flaked Almonds
- Bread – ideally a baguette – cut to 1cm thick rounds 50mm in diameter – about 3 per person
- 150ml – 200 ml Balsamic Vinegar (optional dressing )
- Argania Butter Culinary Argan Oil – 12 teaspoons ( 2 teaspoons per slice)

## Preparation:

1. **Grilled Goats Cheese with Culinary Argan Oil start by creating a green salad**
2. Add lettuce, rocket salad leaves + finely sliced Red Onion and a few cherry tomatoes.
3. Cut 6 slices of baguette, about 1 to 2 cm thick circles.
4. Lightly toast the bread on both sides.
5. Next pour 1 teaspoon of Culinary Argan Oil on each slice of bread.
6. Place one cheese slice on each slice of bread.
7. Place the bread and cheese slices under a grill at around 190C/370F.
8. Grill for about 5 to 10 minutes.
9. When the goat cheese is just slightly dry on the outside with brown edges remove.
10. **Next prepare the topping**
11. Mix 6 teaspoons of Argan Oil (1 per cheese) with 6 teaspoons of a Honey.

12. Add 6 teaspoons of pine nuts or lightly toasted almonds flakes and mix.
13. **balsamic Dressing for the salad.**
14. Pour 100ml of Balsamic Vinegar into a pan.
15. Bring to the boil then reduce heat and simmer.
16. Add sugar to thicken and sweeten the sauce.
17. The vinegar will reduce to half the original volume.
18. To test the reduction put a teaspoon on a cold saucer. It should be thick but still liquid like honey – not runny like vinegar.
19. NOTE Add too much sugar or over cook and the dressing will solidify into a jam – so start again!
20. **Final Steps**
21. Once the cheese has been lightly grilled, just going brown around the edges, remove it from the oven.
22. Put 1 teaspoon of our topping spread over each goat cheese.
23. Put back under the grill for about 5 minutes until the honey has melted and thickened slightly. Do not let the honey burn!
24. Spoon your balsamic reduction dressing in lines over the salad.
25. Place the toasted bread/ goat cheese slices on top.

# Asparagus Salad With Argan Oil Dressing Recipe



## Ingredients (Serves 2)

- 340g Fresh Asparagus
- 1 Large Egg
- 4 Tablespoons Argania Butter Culinary Argan Oil
- 1 Tablespoon Balsamic Vinegar
- 4 Cherry Tomatoes
- Salt and Pepper
- Fresh Basil

- 1 Teaspoon Mustard

Preparation:

1. Place Asparagus spears into boiling water.
2. Boil egg until hard.
3. Cut egg into small pieces.
4. Pan roast cherry tomatoes until soft.
5. Mix Argan Oil, Balsamic Vinegar, mustard, salt and pepper.
6. Add 2 tablespoons of asparagus jus – water.
7. Arrange asparagus and tomatoes on plate.
8. Pour vinaigrette on asparagus.
9. Finish with egg pieces, fresh basil and seasoning.
10. Server Warm

## Mozzarella And Tomato Salad With An Argan Oil Dressing



### Ingredients (Serves 2)

- 2 Ripe Tomatoes
- 2 Mozzarella Balls
- 3 Anchovies with Oil
- 2 Tea spoons of Argan Oil
- Salt and ground white pepper to season

### Preparation:

1. Cut tomatoes and the mozzarella into slices.
2. Lay out anchovies and their oil on top of the salad.
3. Season.
4. Finally dress with the Argan Oil.
5. Serve immediately.

## Hummus With Toasted Argan Oil



One of my favorite ways to use Argan Oil!  
Ingredients:

- 6 cups chickpeas, fresh or canned.
- 1/2 cup lemon juice.
- 1 Cup tahini
- Pinch of salt and pepper (salt as desired)
- 1 or two whole garlic cloves peeled and roughly chopped.
- Water if needed.
- Few spoons of Culinary Argan Oil.

Preparation:

1. Add first 5 ingredients in a blender and purée to desired smoothness.
2. Adjust any of the seasoning to your own palate.
3. Place the Humus onto a plate with a drizzle of Toasted, Culinary Argan Oil.
4. Eat with pita bread.

# Moroccan Red Lentil Soup With Coriander



Serves 6

## Ingredients

- 1 ½ tablespoons Argan Oil
- 1 – 2 tablespoons Argan Oil to serve
- 40g butter
- 2 small onions, peeled and chopped
- 740g carrots, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ½ teaspoon chili powder
- 165g red lentils
- 1.5 liters of chicken stock
- juice ½ lemon
- 1 x 20g pack fresh coriander, chopped
- salt and freshly ground black pepper to season

## Preparation:

1. Heat the oil and butter in a pan
2. Add the onions and carrots
3. Cover and cook over a low heat until soft.
4. Add garlic and cook for a minute
5. Add the spices, stir for a minute.
6. Add the lentils, stir, then add the stock
7. Bring to the boil then simmer partially covered 25-30 minutes, until the lentils are soft.
8. Cool a little, then return to the pan.
9. Season the soup, with lemon juice to taste and reheat.
10. Stir in the fresh coriander, reserving a little for the garnish.
11. Drizzle the Argan Oil over the soup before serving.

# Moroccan Bissara – Dried Pea Soup With Cumin And Culinary Argan Oil



Serves 4

## Ingredients

- 300 g split dried green peas or dried shelled fava beans, rinsed well
- 1¾ liters cold water
- 4 tablespoon(s) olive oil
- ½ large onion, chopped
- 4 garlic cloves, chopped
- 2 teaspoon(s) cumin seeds, lightly pan-roasted and roughly ground
- ¼-½ teaspoon crumbled dried red chili
- 2 tablespoon(s) roughly chopped fresh coriander
- ½ tablespoon(s) Argan Oil mixed with – ½ tablespoon(s) olive oil
- Sea salt and black pepper

## Preparation:

1. Bring the peas or fava beans to the boil.
2. Skim off any scum that appears.
3. Simmer for 40 minutes to 1 hour.
4. In a large saucepan, heat the olive oil over a medium heat.
5. Add the onion with a pinch of salt.
6. Cook for about 15 minutes, stirring occasionally, until sweet and golden.
7. Add the garlic and cumin and fry for 2 minutes until brown.
8. Remove from the heat and add the dried chili. The beans should be soft.
9. Mix in the onion mixture and simmer for another 5 minutes.
10. For a very smooth-textured soup use a blender.
11. Season with salt and pepper and stir in the fresh coriander.
12. If the soup is too thick, add more water to the consistency of double cream.
13. Place into bowls and drizzle the Argan Oil mix on top

# Nuts, Herbs And Argan Oil Salsa



A crunchy, nutty salsa ideal for chicken, salads or some fish dishes.

## Ingredients

- 60 ml Culinary Argan Oil
- 100 g toasted almonds
- 100 g toasted hazelnuts
- 2 handfuls of chopped mint
- 2 strings of tarragon, chopped
- 2 tablespoon(s) white balsamic vinegar
- Sea Salt

## Preparation:

1. Place the nuts in a food processor and chop until they are the size of large breadcrumbs.

Next stir in all the other ingredients and season to taste.