

Cookable Tagines



Cookable Tagine – Honey Design



Cookable Tagine – Tabarka Design

Le Souk Ceramique - Cookable Tagines

Instructions & recipes

In Arabic, the word *tagine* (or tajine) describes the meal as well as the vessel in which it is prepared. “Tagine” also describes both the decorative serving clay tagine and the cookable clay version, so it’s important to know the difference (which is found in the type of clay used). We make cookable tagines in many designs and a wide range of solid colors. All available in 2 sizes: 30cm (12”) and 25cm (10”).

Mediterranean cuisine uses cookable tagines to prepare an infinite range of savory dishes and stews that traditionally involve slow cooking. In the earliest days, recipes were prepped and slow cooked over charcoal, bringing out the tremendous flavors. The key is slow-cooking and taking the time for the clay to work its magic.

Cookable Tagines are intended for use as a slow cooker on the stovetop at low temperatures, or in the oven up to 350 degrees F, normally without the lid to finish or brown a meal. It is also a perfect vessel for many recipes apart from tagines since cooking in clay greatly enhances the flavor and safeguards more of the nutritional value of cooked food. We do request you use a diffuser with our tagines. We sometimes include our clay diffuser for use on gas or electric stove, but it will scratch glass or ceramic stovetops. Please use an appropriately designed diffuser for glass and ceramic stovetop.

Please follow these steps to season your tagine prior to using it the first time.

1. Soak the base and lid in cold water overnight or about 12 hours.
2. Remove pieces from water and dry off or let air dry.
3. Rub the non-decorated parts with olive oil. For base, rub the inside food surface and the underside that comes in contact with the heat element. For the lid, rub the inside area. No need to rub the outside painted parts of base and lid.
4. Place everything side by side in a cold oven and bring up to 350 F for 3 hours.
5. Allow them to air cool, then fill base with water to $\frac{3}{4}$ full.
6. Place diffuser on heat element and base on top of diffuser.
7. At low temp with lid off, heat water to evaporate down to last 1 mm of water.
8. Your tagine is now ready to use. Enjoy.

Additional instructions and suggestions:

1. Use only on low temperature on the stovetop (gas, electric, glass, ceramic, induction).
2. Please use a diffuser suited for your stovetop.
3. Place hot tagine on wood, cloth or trivet; never shock it on a cold, wet surface.
4. Always allow a hot clay item to cool slowly to avoid thermal shock.
5. Do not go directly from refrigerator to stovetop or oven.
6. The tagine may be used in microwave or in the oven but not broiling.
7. Hand-wash only (no dishwasher) with any normal soap and sponge.
8. After washing, let completely dry before storing away or putting on display.
9. If your tagine is not used for over two or three months, repeat seasoning.
10. Discoloration is natural and part of continued, lifelong seasoning.
11. Crazeing in the glaze is natural and inherent with all cookable clay (crazeing is the fine crackling in the glaze that appears after heating).
12. It is best to use wooden utensils (never metal) with clay cookware.

Tagine of Lamb with Preserved Lemons and Olives Makes 4 to 6 servings

Cuts of lamb that work well in stews are lamb shoulder and leg of lamb (both cut into 1.5 inch cubes), lamb knuckle or bone-in lamb shanks.

1 pound lamb meat
1 teaspoon ground ginger
1 teaspoon paprika
1/2 teaspoon saffron or turmeric
1/2 teaspoon black pepper
1/4 teaspoon ground cumin
1 and 1/2 teaspoons salt
1/2 cup grated onion
1/4 cup olive oil
1 cup water, plus additional if needed
2 cups minced onion
1/4 cup chopped cilantro
1/4 cup chopped parsley
1 cup green or black olives
2 preserved lemons

Toss the lamb with ginger, paprika, saffron or turmeric, black pepper, cumin, salt and grated onion. Using a heat diffuser, slowly heat olive oil in tagine, then add lamb and cook lightly on low heat, just until it has browned lightly. Add 1 cup of water and bring to simmer. Cover and simmer on low heat for one hour, adding more water if necessary. After one hour, add minced onions, re-cover the tagine, and cook until meat is tender and the sauce is thick. Meanwhile, pit and slice the olives; set aside. Remove pulp from the preserved lemons; discard pulp and rinse lemons thoroughly. Cut the lemon peel into julienne slivers. Add cilantro, parsley lemon and olives 10 minutes before serving.



Cookable Tagine – Tibarine Design

Squab or Chicken Tagine with Dates and Ginger Makes 6 to 8 servings

Squab is sometimes hard to find, so substitute chicken breast if it's easier. You could also use boneless chicken thighs or deboned quail in this recipe.

2 tablespoons olive oil
2 tablespoons butter
2 medium onions, thinly sliced
2 garlic cloves, thinly sliced
4 teaspoons chopped fresh ginger
2 teaspoons ground cinnamon
1 teaspoon black pepper
1/4 teaspoon crushed saffron
3 squab, deboned, or 3 boneless chicken breasts
1/2 teaspoon salt
1 and 1/2 cups chicken stock
1/2 pound pitted dates, halved
1/4 cup chopped parsley

Heat olive oil and butter in tagine over low heat. Add onions and garlic and cook, stirring occasionally, until onion is soft and translucent, about 10 minutes. Add ginger, cinnamon, black pepper and crushed saffron and stir well. Season the squab with salt and sauté in the mixture for about two minutes or until thoroughly coated. Add chicken stock, cover and simmer for 20 minutes. Stir in halved dates. Cover again and simmer for 30 minutes or until squab is tender. Sprinkle parsley over and adjust seasonings if needed. Serve with couscous or a simple rice pilaf.



Cookable Tagine – Sabrine Design

Chicken and Bulb Fennel Tagine

Makes 6 to 8 servings.

Fresh bulb fennel is in season from fall through early spring. Prepare this delicate, fragrant tagine when fennel is at its best to take advantage of its subtle anise flavor. When quartering the bulbs, reserve the fronds for later use in this recipe.

Ingredients:

2 tablespoons olive oil
1 tablespoon salt
1 teaspoon fennel seed
3/4 teaspoon white pepper
1/2 teaspoon turmeric or saffron
3½ pound whole chicken, cut into eight pieces
2 large fennel bulbs, quartered
1 large onion, thinly sliced
1/4 cup fennel fronds, roughly chopped
1 lemon, thinly sliced
1 to 1 and 1/2 cups chicken stock

Combine olive oil, salt, fennel seed, white pepper and turmeric or saffron in a large bowl. Toss chicken pieces with olive oil-spice mixture. Arrange fennel quarters on bottom of tagine; lay seasoned chicken pieces on top. Scatter onions and fennel fronds over the chicken pieces and then lay a lemon slice on each piece of chicken. Add 1 cup stock. Bring the mixture to a simmer, then cover and cook on low heat for about one hour or until chicken is cooked through and tender, adding remaining stock as necessary.



Cookable Tagine – Solid Yellow



Cookable Tagine – Solid Pistachio

Tagine of Vegetables and Olives Makes 4 to 6 servings

Here's a traditional "tagine aux sept legumes," or tagine of seven vegetables. Despite its name, it may have more or fewer than seven vegetables. It's common to add a bit of lamb, if you have it.

Ingredients:

- 1 medium onion, peeled and sliced
- 2 garlic cloves, sliced thinly
- 1 artichoke, trimmed, cut in eighths
- 3 baking potatoes, peeled and cut into 1/4-inch slices
- 1½ cups cooked chickpeas
- 3 carrots, peeled and quartered lengthwise
- 1 red bell pepper, seeded and cut into slices
- 1 zucchini, halved and quartered lengthwise
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon kosher salt
- 4 tomatoes, diced
- 1½ cups vegetable stock
- 1 cup olive oil
- 1/2 pound pitted green olives
- 1/2 cup golden raisins, optional
- Juice of one lemon
- 1 bunch cilantro or mint, chopped

Begin by layering vegetables in tagine: Arrange sliced onions, garlic, artichoke, potatoes and chickpeas in an even layer, then fan out carrots, bell peppers and zucchini in a pyramid. Sprinkle coriander, cumin, salt and tomatoes on top and then add vegetable stock. Drizzle olive oil all over. Slowly bring to simmer on low heat, cover and braise for approximately 30 minutes. Remove cover, and add olives and optional raisins, pushing them in between the vegetables. Sprinkle with lemon juice, cover and cook for approximately 10 minutes or until vegetables are tender. Sprinkle herbs on top.



Cookable Tagine – Azoura Design