

## CAFE THOMPSON RECIPE

# MOROCCAN BEEF TAGINE

Moroccan beef tagine is a slow-cooked, aromatic stew named after the traditional clay pot used to cook it. The dish is celebrated for its unique balance of savory spices – like cumin, ginger, and turmeric – and sweet accents from dried fruits such as prunes or apricots.

**SERVES 6**



### INGREDIENTS

- 1 tablespoon canola oil
- 1 pound, 8 ounces beef top round
- 1/4 teaspoon ground paprika
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon coriander
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 3/4 teaspoon garlic cloves
- 7 ounces yellow onions, diced
- 4 cups water
- 1 cup tomatoes, diced
- 2/3 cup parsley, chopped

### DIRECTIONS

In a Dutch oven, heat the oil over medium-high heat and brown the beef evenly in batches. Pour off the excess drippings.

Combine the paprika, salt, black pepper, cinnamon, coriander, turmeric, cumin, ginger and cayenne pepper and sprinkle over the beef. Add the onion, garlic and water.

Bring to a boil, reduce the heat to low, cover and cook 1 1/4 hours to 1 1/2 hours. Alternatively, combine the ingredients in a pot and cook on high for 22 minutes.

Add the tomatoes and cook 15 minutes on the stovetop for 25 minutes.

Garnish with the parsley.

### Side dishes

Couscous with Red Onion and Chive  
Grilled Eggplant



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