

MOROCCAN FISH



Preparation : 30 min - **Resting :** 2 hr - **Cooking :** 55 min - **Equipment :** -

Ingredients : 6-8 personnes

- 800 g firm white fish (cod, grouper, hake, etc.) - ½ preserved lemon, chopped - 50 ml olive oil + 1 drizzle - 2 onions, quartered - 2 carrots (200g) - 1 courgette (200g) - 1 aubergine (200g) - 1 turnip (80g)
 - 150 g cooked chickpeas - 2 tbsp ras-el-hanout - 1 tsp ground turmeric - pinch saffron - salt, 5 peppercorn blend - 300 ml fish stock - 50 g raisins
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1. Cut the fish into 3-4cm pieces, removing any bones. Place in a salad bowl with the preserved lemon and olive oil; marinate* in the refrigerator for 2 hours.

2. Meanwhile, chop the onions using the EXPERT programme, 20 seconds/speed 13. If necessary, push the mixture down.

3. Add a drizzle of olive oil and restart the EXPERT programme, 5 minutes/speed 3/120 °C.

4. Cut the vegetables into large cubes. Add the vegetables, chickpeas, spices, pepper and salt to the metal bowl. Add the fish stock and a little water, if necessary, to barely cover the vegetables; run the EXPERT programme, 40 minutes/speed 1A/100 °C.

5. Add the fish pieces and raisins; restart the EXPERT programme and continue cooking for 10 minutes/speed 0/100 °C.

Chef's tip :

You can replace the preserved lemon with lemon paste.

Cook Expert ■

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