

Moroccan (ras-el-hanout)

Gourmet Morsels Moroccan (ras-el-hanout) blend an authentic blend of high quality ingredients. Our blends have no added m.s.g and no artificial colours,flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.

How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.



Moroccan Lamb with Apricots

Gourmet Morsels Moroccan Blend

- 1kg lean lamb, cubed
- 2 garlic cloves. crushed
- 5 tablespoons orange juice
- 4 tablespoons olive oil
- 1 onion, thinly sliced
- 1/2 cup dried apricots, soaked overnight just covered by water
- 1/4 cup pitted dried dates, coarsely chopped
- 2 cups Beef Stock and pepper to taste
- 2 tablespoons sesame seeds, to garnish.



In a large non-metallic dish, mix the lamb with the garlic, orange juice, 2 tablespoons olive oil, 1 heaped tablespoon Gourmet Morsels Moroccan Blend. Cover and leave overnight. Heat the remaining oil in a large pan, then add the onion and cook gently for 5 minutes. Remove and reserve.

Drain the lamb, reserving the marinade. Quickly brown the lamb in the pan then add the reserved marinade, the apricots and soaking liquid, dates, broth, onion, and seasoning. Bring just to the boil, then cover and cook gently for 1 hour until the lamb is very tender. Serve with cous cous or rice.

Vegetarian Option

Moroccan Baked Potato

Rub Potatoes with oil, Moroccan Blend and salt. Wrap each in foil and bake at 200c for 40 minutes or until tender. Serve with a drizzle of oil and a large dollop of sour cream. Sprinkle the top of the cream with a little more Moroccan Blend and chives



