

TAGINE OF SALMON WITH PRESERVED LEMONS AND CAPERS

Yield: 8 Portions

Ingredients	Amounts
<i>Saffron Water</i>	
Saffron, a pinch	1 ea.
Water	$\frac{3}{4}$ cup
<i>Chermoula</i>	
Parsley, chopped	1 cup
Cilantro, chopped	$\frac{1}{2}$ cup
Garlic, finely chopped	2 Tbsp.
Extra-virgin olive oil	1 cup
Salt	as needed
Black pepper, ground	1 $\frac{1}{2}$ tsp.
Lemon juice	4 Tbsp.
Paprika	1 Tbsp.
Cayenne	$\frac{1}{8}$ tsp.
Cumin seed, freshly ground	1 tsp.
Salt	1 tsp.
Pepper	$\frac{1}{2}$ tsp.
Salmon filet, boneless, skinless, 4-5 oz. Pieces	8 ea.
<i>Vegetable Bed</i>	
Onion, thinly sliced	3 cups
Fennel, thinly sliced	2 cups
Celery ribs, thinly sliced	2 cups
Red peppers, sliced	2 cup
Cherry tomatoes, cut in half	2 cups
Garlic, finely chopped	2 Tbsp.
Capers, rinsed	$\frac{1}{4}$ cup
Preserved lemons, rinsed, slivered	1 ea.
Parsley leaves	2 Tbsp.
Salt	as needed
Black pepper, ground	as needed
Whole wheat cous cous	4 cups
<i>Fennel Salad</i>	
Fennel, shaved	1 cup
Parsley leaves	2 Tbsp.
Fennel fronds	2 Tbsp.

Extra-virgin olive oil	2 Tbsp.
Lemon juice	½ tsp.

Method

1. *For the Saffron Water:* Pour warm water over the saffron and set aside to infuse.
2. *For the Chermoula:* Combine all ingredients.
3. Rub the salmon with chermoula on all sides. Set aside to marinate for 1 to 2 hours.
4. *For the Vegetable Bed:* Toss the vegetables with the parsley, salt and pepper.
5. Place the Vegetable Bed in the bottom of tagine or oven-proof casserole. Drizzle saffron infused water.
6. Place the fish on top of Vegetable Bed. Drizzle with any remaining marinade.
7. Cover the tagine and bake at 425°F, until fish is cooked (about 15 minutes).
8. *For the Shaved Fennel Salad:* Combine the shaved fennel, parsley, fennel fronds, 1 tablespoon of olive oil, and lemon juice. Season with salt and pepper.
9. Place a spoonful of couscous in a bowl. Top with some of the vegetables and a portion of salmon. Place some of the shaved fennel salad on top.

Note: If preserved lemons are not available, omit from the recipe and add in a squeeze of lemon juice and some lemon zest at the end of cooking.