



# HOW TO COOK

## Newsletter

### David Bitton at How To Cook



How To Cook is delighted to announce that acclaimed Sydney chef David Bitton will be hosting a cooking demonstration in store on **Friday September 2, 2011 at 10am.**

David is a classically trained chef specialising in french inspired cafe food and has his own range of gourmet

products and cook book. More details about the demonstration will be sent out later this month. How To Cook stocks a selection gourmet products by David Bitton including Moroccan spice, Asian dressing and Monkey Chutney to name a few.



David's products are top quality and are a lifeline for busy people looking to add some flavour to a simple, quick meal.

### Moroccan Theme for Friday Demonstrations

This month we are focusing on Moroccan flavours at our regular Friday cooking demonstrations.

Moroccan cuisine is rooted in its Berber ancestry, with shades of Arabic, Persian and Andalusian cuisines.

The Arabic influence can be seen in the use of saffron, citrus fruits, almonds, rice and sugar cane, and spices. The resulting flavours are sweet sour from the combined use of spice and fruit. Spices are used extensively in Moroccan food and our demonstrations will describe the type of spices that are used and their purpose.

This week, Iris will demonstrate how to make a delicious eggplant jam and next week (August 12) we will cook the Chicken and Lamb Marakesh recipe featured in this newsletter (see overleaf).

Moroccan cooking is wonderfully aromatic and full of taste, so come along and learn the Moroccan secrets at our cooking demonstrations. **WHEN: every Friday at 10am to 11am**  
**COST:\$10 per person for coffee, cake, one hour demonstration and tasting.**

### Wilton Method Course 2

Course 2: Flowers and Cake Design is one of three Wilton Method cake decorating courses run by How To Cook. In Flowers and Cake Design, you'll explore sophisticated ways to bring your cakes and desserts to life!

In this course you will create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose.

Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet.

How To Cook will run Course 2 on Monday nights from 7pm to 9pm, starting September 5 and finishing September 26. Enrol now to secure your space!

For more information visit our [website](#).



### House of Windsor Diary

Check out the House of Windsor Travel Diary and blog for more information about Moroccan cooking and Iris' recent travels. This month Iris talks about the middle eastern breakfast and the typical Moroccan pantry. [Click here for more information.](#)

### Date Claimer



It's free, fun and delicious! How To Cook will host a Night of Gourmet Delights from 5pm on Tuesday 13th September. Make sure you put it in your diary today! More details soon...



**HOW TO COOK**  
Kitchen & Food Emporium

### OPEN:

8.30am to 5pm Monday-Friday

8am - 4pm Saturday

[www.howtocook.com.au](http://www.howtocook.com.au)



# HOW TO COOK

## Newsletter

### Chicken and Lamb Marakesh

#### Ingredients:

- 4 tablespoons oil
- 2 onions diced
- 1 kg chicken
- 500g lamb, cut into pieces
- 2 cloves garlic
- 1 tablespoon Ras El Hanout (or, 1 tsp coriander, 1 tsp cumin, 1 pinch paprika, 1 tsp ginger)
- 3 carrots
- 2 sweet potatoes, cut into chunks
- 1 x 440ml can tomatoes
- 2 sliced zucchini
- 1 cup peas
- 2 x 440g can chickpeas
- 1 cup raisins
- Beef stock
- 1 preserved lemon, cut into slivers



#### Method:

1. Heat oil in frying pan.
2. Sauté onions and add spices.
3. In another pan, sauté chicken and set aside.
4. Sauté the lamb in the pan with onions and spices.
5. Add stock to just cover ingredients.
6. Cover with a lid and simmer for 20 minutes.
7. Add chicken and simmer for a further 20 minutes.
8. Add vegetables, raisins, chickpeas and lemon.
9. Simmer.
10. Check seasoning.
11. Serve with couscous and harrisa on the side.

### Home made by How To Cook

How To Cook makes delicious home-made meals, jams and provides catering for parties, formal dinners and corporate events!

This month we have cooked up a fresh batch of;

- Strawberry Vanilla Jam
- A variety of hearty, slow-cooked soups
- Delicious greek yoghurt with a variety of fresh flavours and fillings including vanilla honey & passion fruit curd.

### Moroccan essentials

#### Tajine

A tajine is a round, shallow earthenware dish that is made distinct by its tall, conical lid ("canoon") that rests inside of the bottom during cooking. The lid traps steam and returns all the trapped moisture to the food, which then stays moist throughout the lengthy cooking process. Stews cooked in tajines have taken the name of the vessel in which it is cooked, so that the term 'tajine' now refers to both the cooking vessel as well as the stew itself.

**How To Cook has ScanPan Tajines and two sizes of Emile Henry Tajines in stock.**



#### Herbs & spices

**How To Cook has a full range of quality Moroccan herbs and spices available including;**

**Ras el hanout** - a mixture of many spices (often 20 to 30) which is used to flavor dishes.

**Tajine Spice Blend**- a ready made spice mixture which makes Tajine recipes very simple & easy.

**Saffron** - The quality of saffron will make a significant difference to the taste and flavour of your Moroccan dish. How To Cook stocks quality saffron from both Kashmiri and Iranian Saffron is that of the yield of Stigmas which is about 75%.The excess yield is due to the fact that the stigmas of saffron cultivated in Kashmir are extremely long and with a thick head. They are also of a deep red color. Saffron has known medicinal qualities and gives food dishes a distinctive earthen flavour.

**Cinnamon** - found in bisteeya, couscous and many desserts. How To Cook stocks ground cinnamon and quills.

**Cumin** - ground cumin is among the most flavorful spices used and is common in meats, lamb and chicken

**Turmeric** - always found in harira soup, a rich, hearty soup which is the evening meal during Ramadan

**Ginger** - found in many tajines (stews)

**Paprika** - usually in tomato dishes and vegetable tajines



**HOW TO COOK**  
Kitchen & Food Emporium

#### Contact us:

68 Sixth Avenue, Cotton Tree, QLD 4558  
PH: 07 5443 6210 FX: 07 5443 6215  
info@howtocook.com.au