



Moroccan Fish Tagine

From dulcetcuisine.com

1 lb white fish, cut into 2 inch pieces

Marinade:

1 T Dulcet Moroccan Spice
2 T fresh parsley, chopped
2 T fresh cilantro, chopped
1 T lemon juice
2 T olive oil

1 large onion, diced
2 T Dulcet Moroccan Spice
1 c fish or veggie stock
2 T concentrated tomato paste
¾ c green olives, pitted
2 thinly slices of lemon

Fresh mint, julienne slice

1. Combine the marinade ingredients together.
2. Place fish in a non reactive dish and cover with marinade
3. Refrigerate for 1 hour.
4. In a dutch oven over medium high heat, sear the fish on all sides for approx 1-2 minutes.
5. Remove fish from pan and set aside.
6. Reduce the heat to medium, add the onion and sauté until translucent, approx. 5 minutes, add a splash of stock if necessary.
7. Add the Dulcet Moroccan spice and sauté another 5 minutes, adding additional stock as needed.
8. Add the remaining stock and tomato paste and bring to a boil
9. Add the fish back in and lemon slices reduce to medium low and simmer uncovered until fish is opaque, approx. 3-5 minutes
10. Stir in olives.
11. Serve over a bed of couscous and garnish with fresh mint.

Notes:
