



Chermoula

This Moroccan marinade is ideal for all types of meat, and it works well with fish too.

Serves: 6

Recipe Type: Condiments and marinades

Ingredients

Main Ingredients

- 1 PnP red onion, roughly chopped
- 4 PnP garlic cloves, peeled
- 30 grams PnP coriander, including stalks
- 30 grams Italian parsley, including stalks
- 1 tsp sea salt
- 1 tbsp ground cumin
- 1 tbsp PnP ground coriander
- 1.5 tbsp ground dried chilli
- 1 tbsp PnP ground turmeric
- 2 tsp PnP paprika
- 2 tbsp ras el hanout spice mix
- 1 cup PnP extra-virgin olive oil
- 60 ml juice of 1 lemon

Method

- Blitz the onion, garlic, herbs, salt, and spices in a food processor until finely chopped.
- Add about three-quarters of the olive oil (185 ml) oil until a thick paste forms.
- Stir through the lemon juice, cover with olive oil and refrigerate until ready to use.

**Makes about 2 cups*

Good idea

- To make your own ras el hanout, mix together 1 tbsp (15 ml) each ground ginger, cardamom and nutmeg and 2 tsp (10 ml) each ground cinnamon, allspice, coriander and turmeric. Store in an airtight jar until needed. Will keep for up to six months.