Moroccan Stew
Serves 8

Ingredients:
- 2 Tablespoons olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon cayenne
- ½ teaspoon paprika
- 3 stalks celery, diced
- 2 carrots, diced
- 1 sweet potato, diced
- 1 head cauliflower, cut into bite-sized pieces
- 2 tomatoes, diced
- 1 – 15 ounce can chickpeas
- ¾ cup golden raisins

Instructions:
1. In a high-sided stock pot or skillet over medium heat, add olive oil and sauté onions for 2 to 3 minutes.
2. Add the garlic and spices and stir continuously for another 2 minutes until it become aromatic.
3. Stir in the celery, carrots, sweet potato, and cauliflower and cook for about 5 minutes, stirring occasionally.
4. Add tomatoes and chickpeas, with their liquid, and stir to combine. Stir in golden raisins, cover, and simmer on low heat until vegetables are tender, about 15 to 20 minutes. (If the stew looks dry, stir in ½ cup of water.)
5. Taste and season, if needed. Serve warm with msemen to dip on the side and enjoy!

Msemen (Crispy Moroccan Flatbread)
Serves 12 or more

Ingredients:
- 4 cups white flour (plus more for kneading)
- ¾ cup fine semolina (plus more for sprinkling)
- ½ teaspoon dry yeast
- 1 teaspoon salt
- 2 teaspoons sugar
- 1 ¾ cup warm water, divided
- about ½ cup vegetable oil, for preparing and cooking

Instructions:
1. Place flour, semolina, yeast, salt, and sugar in a big bowl.
2. Make a well in the center and pour one cup of water into the well and begin mixing with your hand or a wooden spoon.
3. Add a little bit of water at a time and continue mixing with your hands. The dough should be dry and not at all sticky. (If the dough sticks to your hands, add a little more flour to the mixture.)
4. Lightly flour a work surface. Place the dough on it and knead for 5 minutes until the mixture is smooth.
5. With oiled hands, divide the dough into 12 small balls (or as many breads as you’d like to make) and place on an oiled tray or cutting board. Cover with a damp towel and let rest for 15 minutes to proof.
6. With oiled hands and an oiled work surface, flatten the balls into a round shape using your palms and fingers. Sprinkle semolina onto the surface and fold each side in so that the circle becomes a square (see drawing above to follow the four folds). Add a sprinkle of semolina between each fold.
7. Using your hands, pat down each square to enlarge it to about two times its previous size.
8. Heat a teaspoon of oil in a frying pan or griddle to medium high heat and fry the msemen for about 4 to 5 minutes per side, flipping to cook each side twice. Continue cooking, adding oil as needed, until all squares are evenly browned and cooked through. Enjoy warm!