

## Tagine of Halibut, Olives, Potatoes and Artichokes

*This is a classic way to cook in a tagine, layering flavors and food together for slow, moist cooking. It includes the Moroccan sauce chermoula, which not only gives a spicy flavor to the fish and vegetables, but adds moisture during the cooking. You can make many variations on this dish, substituting chicken for fish; tomatoes and eggplant for the artichokes; or even an Americanized version with fresh corn kernels and sweet red peppers.*

### INGREDIENTS:

#### Sauce

- ☐ 1½ cups cilantro leaves
- ☐ ½ cup parsley leaves
- ☐ ½ onion
- ☐ 4 garlic cloves
- ☐ ¼ cup extra virgin olive oil
- ☐ 2 tablespoons fresh lemon juice
- ☐ 1 teaspoon freshly ground black pepper
- ☐ 1 teaspoon paprika
- ☐ ½ teaspoon cumin
- ☐ ¼ teaspoon cinnamon
- ☐ 1 teaspoon salt

#### Fish

- ☐ 4 halibut, sea bass, true cod or other firm-fish steaks, each about ½ pound and ½ to ¾ inch thick
- ☐ 8 baby artichokes
- ☐ Bowl of water with 2 tablespoons lemon juice
- ☐ 2 teaspoons extra virgin olive oil
- ☐ 2 medium-size potatoes, unpeeled and very thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon freshly ground black pepper
- ☐ 16 oil-cured black olives
- ☐ ½ cup chopped tomatoes, with their juices
- ☐ ¼ cup chopped cilantro leaves
- ☐ ¼ cup chopped parsley leaves

Coat both sides of the fish with the remaining sauce. Cover and refrigerate for at least 1 hour and up to 3 hours. This will allow the flavors to blend.

Trim the artichoke stems and discard. Continue to break off the outer leaves until you reach leaves that are pale yellow at the base. Cut off the upper third of the leaves. Trim the rough edges at the base. Cut the artichokes lengthwise into quarters and put them in the bowl of acidulated water.

Preheat oven to 350°.

Smear the 2 teaspoons of olive oil in the tagine, then add the potatoes. There will be enough to make about 2 layers. Sprinkle the potatoes with a little of the salt and pepper. Top the potatoes with a layer of fish. Scatter the artichokes and olives over and around the fish. Top all with the remaining sauce, and finally with the chopped tomatoes and their juices. Add a sprinkling of salt and pepper. To finish, top with the chopped cilantro, parsley and a little more salt and pepper.

Cover and bake until the potatoes are fork-tender, about 1 hour and 15 minutes.

**To serve:** Bring the tagine to the table and lift the lid. Use a serving spoon or spatula to serve each person a piece of fish, some artichokes, olives and potatoes.

Serves 4

### INSTRUCTIONS: To prepare the

**sauce:** Combine all the sauce ingredients in a blender and blend to a paste. Add a little more olive oil if needed. Alternatively, finely chop the cilantro, parsley, onion and garlic, then mix with the remaining sauce ingredients. Set half of the sauce aside.

**PER SERVING:** 475 calories, 38 g protein, 30 g carbohydrate, 24 g fat (4 g saturated), 48 mg cholesterol, 1,618 mg sodium, 7 g fiber