

Origin

Ras el hanout is a complex, aromatic spice blend that's famously associated with Moroccan cuisine. If you're lucky enough to go to this beautiful country, ras el hanout should be on your list of foods to bring back from Morocco. The literal translation of ras el hanout from Arabic to English is "head of the shop," but in reality, it means "top shelf," both terms implying that this is the very best offering in a spice shop. Due to its liberal use in mrouzia, a lamb and honey dish with intense seasoning, ras el hanout is also sometimes called mrouzia spice. Some versions are spicy, and some have no heat at all. If you make your own blend, you can control the heat.

No two versions of this spice blend are the same, so when sampling ras el hanout from different sources, you'll notice slight flavor variations. At its core, the spice blend isn't intrinsically spicy unless you intentionally add this flavor profile. Most recipes include cardamom, nutmeg, anise, mace, cinnamon, ginger, various peppers, and turmeric—at times a total of 30 or more ingredients might be used in varying quantities. Some blends could add up to 80 spices, so the beauty of the spice lies in a fluid recipe but also in personal preferences.

<https://www.thespruceeats.com/easy-ras-el-hanout-simplified-version-2394676>



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Ras El Hanout Spice World Kit





Ingredients

Spices (Including Coriander & Cumin),
Salt & Turmeric

Uses

Add ras el hanout spice blend to add a little Moroccan flavor to the following dishes:

- Meatballs
- Short Ribs
- Lamb Chops
- Beef Pot Roast
- Beef Stew
- Salmon
- Roasted Cauliflower
- Couscous
- Chickpeas
- Hummus
- Falafel
- Roasted Sweet Potatoes
- Green Beans



Moroccan Chicken Kebabs

Ingredients

- ¾ cup buttermilk
- 4 Tablespoons fresh lemon juice
- 4 garlic cloves minced or grated on a microplane
- ¼ cup fresh cilantro finely chopped, plus more for garnish
- 2 Tablespoons extra-virgin olive oil plus more for the veggies
- 3 Tablespoons ras el hanout* plus more for the veggies
- 1 teaspoon kosher salt or more to taste
- 1 teaspoon freshly ground black pepper
- 2 pounds boneless skinless chicken breast, or thighs*, cut into bite-sized pieces
- 2 small zucchini cut into 1-inch rounds (optional)
- 1 medium red onion cut into small wedges (optional)
- 8-10 metal or wooden skewers**
- Drizzle the vegetables in some olive oil and half a tablespoon of spice mix - mix well

Instructions

- In a large bowl, combine the buttermilk, lemon juice, garlic, cilantro, olive oil, ras el hanout, salt and pepper and stir to

combine. Add the chicken pieces and turn to coat well with the marinade.

1. Cover the bowl with plastic and marinate in the fridge for at least 1 hour or overnight.
2. Preheat a well-greased*** barbecue to medium-high heat.
3. If using, place the zucchini and red onions in a medium bowl and drizzle the vegetables with some olive oil and half a teaspoon ras el hanout - mix well.
4. Thread the chicken onto skewers, alternating occasionally with the red onions and zucchini (if using). Make sure not to cram the chicken and veggies too close together.
5. Grill the chicken kebabs, turning occasionally, until golden brown and cooked through, about 8-10 minutes. Do not overcook or the chicken will become dry.
6. Transfer the skewers to a platter and serve with flat bread, a simple salad and/or couscous.

Notes

*If using chicken thighs, trim any extra fat with kitchen shears.

**If using bamboo skewers make sure to soak in water for 30 minutes to prevent burning.

***To grease the grill, dip paper towels in oil and, using tongs, carefully rub over the grates several times until well coated.

<https://www.sandravalvassori.com/grilled-moroccan-chicken-kebabs/>