



Amazing Moroccan B'steeya  
with Chef Bridget Charters

Orange, Olive and Onion Salad  
Harira - Chickpea and Lentil soup  
B'steeya - Moroccan filled pastry  
*Building of B'steeya*

Prep before class:

- Sort all ingredients per recipe.
- Pre-make a batch of braised chicken.
- Preheat oven to 400 degrees.

Equipment:

- Dinner plate or oval serving platter
- Medium mixing bowls for salad and chicken
- Small bowl for almond mixture
- Soup spoon for mixing
- Chefs knife
- Cutting board
- Whisk
- Tongs
- Large metal spoon
- 9x13" pyrex or similar sized baking dish
- Large 8" Mesh strainer
- Small pot for heating butter
- Pastry brush
- Ladle
- 6 qt pot for soup
- Wooden spoon
- Baking sheet for cooling chicken meat
- 14" paella style pan for b'steeya mold

Ingredients:

- 8 chicken thighs, bone in
- ½ cup canola oil
- 1 head garlic
- 1 large onion
- 1 large bunch Italian parsley
- 1 large bunch cilantro
- 1 bay leaf
- 1 tablespoon whole coriander
- 1 large cinnamon stick
- 1 teaspoon ground white pepper
- 2 tablespoons dry turmeric

- 5 eggs
- 2 ½ cups whole almonds, skin on
- 1/3 cup sugar
- ¼ cup cinnamon
- 1/8 teaspoon nutmeg
- Pinch of cloves
- 1-2 cups clarified butter, about a pound of butter
- 1 box of phyllo dough
- 4 tablespoons confectioners sugar
- 2 teaspoons ground cumin
- 1/2 to 1 teaspoon harissa chili flakes, or fresh harissa
- Salt to and freshly ground pepper to taste
- 1 (15-ounce/425-gram) can tomatoes, crushed, or 2 cups (450 grams) tomato sauce
- 4 cups chicken or vegetable stock
- 1 cup canned chickpeas, drained and rinsed
- 1 cup brown or green lentils
- 2 tablespoons all-purpose unbleached flour
- 3 lemons
- 4 navel, Valencia or blood oranges, peeled and cut into 1" chunks
- 16 black Moroccan olives, can sub calamata, pit removed
- ½ cup red onion, diced small
- 1 cup extra virgin olive oil
- ½ teaspoon sweet paprika
- Pinch of red chili flakes