

MOROCCO

Fish Tagine

Fish Tagine is a traditional seafood dish widely enjoyed in Morocco. It is cooked in a special clay pot called a tagine, which allows the fish to slowly simmer with vegetables, herbs, and Moroccan spices. The dish has a rich and aromatic flavor with a mild tanginess from tomatoes and lemon. The fish becomes tender and flaky while absorbing the spices, and the vegetables create a soft, hearty texture, making it a comforting and flavorful Moroccan seafood meal.



Ingredients

- 4 fish fillets (such as sea bass, sea bream, or cod)
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 onion, sliced
- 2 tomatoes, chopped
- 1 potato, sliced
- 1 carrot, sliced
- 1 teaspoon paprika
- 1 teaspoon cumin powder
- ½ teaspoon turmeric
- ½ teaspoon chili powder (optional)

- 2 tablespoons chopped parsley or cilantro
- Juice of 1 lemon
- Salt and black pepper to taste
- Lemon slices for garnish

How to Prepare

1. Heat olive oil in a tagine pot or a deep pan over medium heat.
2. Add sliced onions and garlic, and cook until they become soft and fragrant.
3. Place the sliced potatoes, carrots, and tomatoes in the pot to form a vegetable base.
4. Season the fish with paprika, cumin, turmeric, salt, and pepper.
5. Place the fish fillets on top of the vegetables.
6. Add lemon juice and sprinkle chopped parsley or cilantro over the dish.
7. Cover the pot and cook on low heat for about 20–25 minutes until the fish becomes tender and the vegetables are cooked.
8. Remove from heat, garnish with lemon slices, and serve warm.