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## Recipes

## Moroccan fish tagine

by **Rick Stein**  
from **Fruits of the Sea**

Serves 4 as a first course

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

## Ingredients

2 tbsp olive oil, plus extra for brushing  
 2 celery sticks, chopped  
 1 carrot, chopped  
 1 small onion, chopped  
 ¼ preserved lemon, finely chopped  
 4 plum tomatoes, sliced  
 600ml/1 pint fish stock  
 8 small new potatoes, cut lengthways into quarters  
 2 red mullet, ocean perch or grey mullet, weighing about 450g/1lb each, filleted  
 8 black olives, halved  
 1 tsp chopped fresh coriander  
 1 tsp chopped fresh mint  
 salt and freshly ground black pepper

For the charmoula:

2 tbsp roughly chopped fresh coriander  
 3 garlic cloves, chopped  
 1½ tsp ground cumin  
 ½ red finger chilli, seeded and chopped roughly  
 ½ tsp saffron strands  
 4 tbsp extra virgin olive oil  
 1 lemon, juice only  
 1½ tsp paprika  
 1 tsp salt

## Method

1. For the charmoula, put all the ingredients into a food processor and blend until smooth.
2. Heat the oil in a large pan, add the celery, carrot and onion and fry gently for 5 minutes, until softened but not browned.
3. Add half the chopped preserved lemon, 2 tbsp of the charmoula, the tomatoes and the stock.
4. Bring to the boil and simmer for 30 minutes, then add the potatoes. Simmer for 6-8 minutes until tender.
5. Preheat the grill to high. Brush the fillets of fish with olive oil, season with salt and pepper and then cut each diagonally in half.
6. Grill, skin-side up, for about 6 minutes.

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7. Stir the olives, the rest of the charmoula and the remaining preserved lemon into the sauce and check the seasoning.
8. Put the fish in four warmed soup bowls, spoon over the sauce and sprinkle with the chopped coriander and mint.

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**Olive oil**

**Black pepper**

**Lemon**

**Stock**

**Coriander**

**Salt**

**Garlic**

**Chilli**

**Saffron**

**Paprika**

**Cumin**

**Olive**

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