

MOROCCAN SWEET POTATO AND SQUASH STEW

~ Pahtyana Moore

I stumbled across this recipe in an international cookbook I had years ago. I was excited to try it out when we first moved to Kenya but found quickly that not all the ingredients were always available in that part of the continent. So, over the years I have adjusted the recipe to match our location and resources, which honestly, gives it a uniquely “us” flavor to it. Our house helper and I have fun making it together and now, it’s become a favorite recipe of hers as well. I like to make it when we have international guests with us, as they often remark that the flavors are so robust and different. It’s been exciting to see if they can guess where the recipe originates from. If you’re looking for a quick recipe that will transport your family to another culture after the first taste, then this is it!

Serves 6-10

Prep Time: 30 mins

Cooking Time: 30 mins

Total Time: 1 hour



Ingredients:

6 Tbsp. Butter or olive oil
2 medium white onions, chopped
4 Tbsp.+ minced garlic
4 tsp.+ minced ginger
4 tsp. yellow curry powder
Dash of cumin
4 cups chicken or vegetable broth (can use low-sodium)
1- 1 1/2 large raw butternut squash, peeled & cubed
1 pound (6-8) raw white sweet potatoes, rinsed, peeled and chopped
2 Tbsp. honey
Salt and course, freshly ground black pepper to taste
Handful of cilantro to your liking



Spicing it Up: My kiddos have milder tongues so we omit these ingredients, but for a spicier, northern African flavor add:

- Pinch of cayenne pepper
- Pinch of hot paprika

Hard to Find: Some of the ingredients this calls for can be hard to find at market so those listed above are regular substitutes. These are what it originally calls for:

- Yellow/Orange sweet potatoes
- Pinch of saffron



Instructions:

Note: Before you start, if you're unable to get pre-made broth and need to make it from scratch, do so before you start. Have it measured and ready to go. Also, prepare & measure out all ingredients beforehand as you'll need to add them quickly during the process.

Note: This is a larger portioned recipe as we always make it from scratch. So, for all the work we do, we want it to cover a couple of meals. You can half the recipe for a single meal, or freeze the leftovers, since it freezes well.



✧ In a medium sauté pan or skillet, melt the butter on medium-high heat until it's foamy or the oil until it evenly spreads across the pan.

✧ Sauté the onions until softened, (3-4 minutes). Do not let it go longer or the onions will change flavor and start to burn.

✧ Immediately add the garlic, ginger, curry powder, (cayenne pepper, hot paprika for a spicier stew), and sauté until it's fragrant (2-3 mins max).

✧ Next add the broth (& saffron if you have it on hand, you lucky duck, you) and bring to a boil.

✧ Lower the heat to medium, and next add the squash, sweet potatoes and honey.

✧ Sprinkle with salt and pepper. Stir all together.

✧ Cover and simmer on low, stirring on and off for about 20 minutes or until the vegetables are to your liking of tenderness.

✧ Test the seasoning and add salt, pepper, curry powder, or cayenne to taste. Finally top it off with a sprinkling of chopped cilantro.

Vegetarian (if using vegetable broth), gluten-free



Bon Appétit from Cultivating & The Cultivating Project!