



BRIOUATES

Serves 4

Ingredients

1 chicken breast	½ teaspoon ground ginger
2 small courgettes	Salt and pepper, to taste
1 medium carrot	A small handful chopped fresh parsley and coriander
3 cloves garlic	90 grams goat cheese
5 saffron threads	A few sheets of filo pastry
30 grams sliced green olives	Olive Oil
1 teaspoon paprika	1 egg
½ teaspoon turmeric	

Method

Mince the garlic, and add to a large saucepan with a glug of olive oil. Warm over medium high heat for 1 minute, or until fragrant. Finely dice the chicken and cook until browned on all sides, stirring frequently, for approximately 7 minutes. Grate the courgette and carrots and add in with the saffron and olives. Stir to combine. Add the spices and 30 millilitres water. Cook for another 5 minutes over medium heat, then add the parsley and coriander. Remove from heat and set aside.

Peel apart a layer of filo dough and lay out flat. Cut into large strips about 7 centimetres (2 ½ inches) in width. Place a heaped spoonful of the chicken mixture and a bit of cheese on one end of the filo dough strip. Roll the briouate from right to left, then left to right, to create a triangularly shaped parcel. Beat the egg and brush over the briouate to seal it shut and then place on an unlined baking sheet. Bake at 200°C (390°F) for 10-15 minutes or until golden brown. Brush with melted butter and return to oven for another 10 minutes. Serve immediately.

Notes:

- Traditionally, Moroccans eat briouates stuffed with homemade goat cheese called jebli, but any melting cheese will do. Edam is particularly popular in Marrakech, but you can try these out with gouda, fontina, or cheddar, too.
- You can fill your briouates with just about anything. Try these with kefta (remove the veggies, olives, and saffron and throw in some cumin instead), ground beef (ditto, and throw in some ras al hanout as well), fish or shrimp (you can just swap it in for the chicken). For a sweeter almond briouate, grind roasted shelled almonds together with some sugar, then knead in cinnamon, a dash or two of orange flower water, and a pinch of salt for the filling. After the briouates are cooked, soak in warm honey for 3-5 minutes. Strain and let cool before serving.

