

Tasty Recipes for You to Try



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Moroccan Merguez Ragout with Poached Eggs

Serves 4

Shared by:
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Merguez sausage is a distinctly spiced Moroccan sausage made of lamb that can be found in specialty food markets. If you cannot find merguez in your area, use whatever sausage suits your taste, but I particularly like Spanish chorizo.

Harissa is a fiery condiment found on most North African tables and is used to spice up dishes to suit your palate. Ras el Hanout translates to “top of the shop” and refers to the top combination of spices a Moroccan spice vendor can sell. It is a versatile spice, similar to curry but with a spicy kick, a floral fragrance and an overall robust flavor. It adds a gold color and an aromatic, enticing flavor.

You can find both harissa and ras el hanout at www.gourmetfoodstore.com, or make your own with the ingredients listed below.

Ingredients:

Moroccan Merguez Ragout with Poached Eggs

- 1/2 cup extra virgin olive oil
- 1 large onion, diced small
- 4 large garlic cloves, peeled and minced
- 1 lb. merguez sausage, sliced 1/2-inch thick
- 1 Tbsp. ras el hanout (*see ingredients to the right*)
- 1 tsp. Spanish sweet smoked paprika
- 1 tsp. kosher salt
- 2 15 -ounce cans fire-roasted tomatoes
- 8 extra-large eggs
- 1/2 cup roughly chopped cilantro, stems included
- 2 tablespoons harissa, see note above
- Warm crusty bread, for serving

Ras el Hanout Spice

- 1 tsp. ground cumin
- 1 tsp. ground ginger
- 1 tsp. tumeric
- 1 tsp. salt
- 3/4 tsp. ground cinnamon
- 3/4 tsp. freshly ground black pepper
- 1/2 tsp. ground white pepper
- 1/2 tsp. ground coriander seeds
- 1/2 tsp. cayenne pepper
- 1/2 tsp. ground allspice
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground cloves

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Directions:

1. For the Seasoning: In a small bowl whisk together all ingredients until combined well. Pour into an airtight container or spice jar and store in a cool dry place.
2. For the Main Dish: Heat the olive oil in a large frying pan over medium heat. Add the onion and sauté until golden. Toss in the garlic and cook another 2 minutes. Add the merguez and saute until almost cooked through, about 3 minutes.
3. Lower the heat to medium-low and add the Ras el Hanout, Spanish smoked paprika and salt. Stir to combine and cook for a minute to lightly toast the spices. Add the tomatoes. Turn up the heat to medium and cook until the mixture has thickened slightly, about 5 minutes.
3. Crack the eggs over the mixture, cover and cook until the whites set, but the yolks are still soft. Or, poach the eggs separately in boiling water until the whites set.
4. Spoon the ragout and 2 eggs each into four warm bowls. Top with a sprinkling of roughly chopped cilantro and a teaspoon of Harissa.
5. Serve immediately with crusty bread. As an option, spread mango chutney on top of bread for a sweet compliment to the spicy merguez ragout.

