

Tanzia (Caramelized dried fruits) – Recipe



Tanzia is a very well known Moroccan dish, mainly served in feasts and festive meals, very colorful, very rich in taste and look, serves as a side dish with rice, with Cuscus and makes a perfect combination with lam or beef, slow cooked.

We serve it during Rosh Hashanah since it is made with honey and fruits, with nuts, it is caramelized, it's sweet and makes a perfect dish to symbolize a sweet good year to come

The secret here is to just add whatever you like, the fruits you prefer, the nuts you like, roasted or not, cook it with sugar, honey or date syrup, as long as it cooks slowly till it's almost made into jam.

Ingredients

2-3 big onions slices to thin slices

Brown or white sugar, honey or date syrup (or all together if you're a very sweet person)

Dry fruits of your choice: prunes, apricots, figs, dates, raisins (white or dark), apples

Nuts of your choice: almonds, hazelnuts, brazil nuts, pecans – all roasted or not roasted

Couple of spoons of roasted sesame

Salt, black pepper, paprika, touch of cinnamon

Preparation

This recipe doesn't come with exact amounts, the secret here is to add whatever you prefer, what you like more, and cook the dish till most of the water evaporates and it becomes heavy and jam like.



Before you begin, soak the dry fruits and raisins in boiling water for few minutes, drain from water



We start with frying the sliced onions in oil (any oil will do, better Canola oil) with salt, black pepper, paprika and cinnamon to open the spices and add taste



Once onions are fried, add bit of water, about a cup, depending on the amount of fruits you have

Add the sugar, honey or date syrup, taste to see that it is sweet enough to your taste

When it starts boiling, add the dried fruits and the raisins

Add the nuts and the sesame if you use it



Keep cooking on low flame with an open cover till all liquid evaporates and it looks like a jam. Don't put the cover on, we don't want the nuts to cook and become soft, we want them to stay crunchy, so cook without a lid on



ENJOY

