



Monday Night's Cooking Series - Moroccan Fish and Cardamom Cake
Grocery, Tool List and Prep list

| Recipe Title | Grocery Fresh | Grocery Dry | Tools Needed | Prep Ahead |
|--|---|---|--------------------------|-------------|
| moroccan spicy fish with tomato and peppers | Onion 1 red pepper 4 Roma tomatoes 1-3 whole long red or green chili peppers 2 pounds white fish - cod, sea bream, haddock or sea bass 1 cilantro 1 lemon | Tomato paste Harissa Paste Olive oil | Large skillet | Wash greens |
| pistachio, cardamom, lemon loaf | 2 large eggs 2 lemons Sour cream | Shelled pistachios Sunflower oil Granulated sugar Vanilla extract Rose water, optional Ground cardamom Flour Ground almonds/ Almond Flour Kosher salt Baking powder Baking soda Icing sugar | Mixing bowls Loaf Pan | Oven 350 |