

B'stilla aux Pigeons

From Baroness Lady Genievieve de'Charbonneau

Recipe adapted upon from "Moroccan cuisine over the centuries"

24 Warkha leaves (or use Philo dough)
2 egg yolks beaten with a little water
Ground nut oil (or use peanut oil)

Pigeon Filling

6 young pigeons boned and quartered (or 2 large chickens)
Giblets
Salt
½ cup butter
Powered sugar
½ tsp. saffron
Cinnamon
6 hard-boiled eggs shelled and chopped

Chermoula (or marinade)

1 Spanish onion, peeled & grated
4 cloves garlic finely chopped
1 tsp. Saffron
1 tsp. ginger

6 sprigs chopped Parsley
6 sprigs Coriander
1 tsp Pepper
1 ½ tsp coarse salt
6 tbs. olive oil

Almond Mixture

1 lb ground Almonds (or walnuts)
6 Tbs. powered Sugar
4 Tbs. Orange water (or rose water)
1-2 tsp. Cinnamon

Butter-Orange Flower Sauce

6 tbs. melted Butter
3 tbs. Orange water (or rosewater)

Garnish

Powdered sugar
Cinnamon

The day before wash pigeon with salt and let it soak for 1 hour, then rinse and drain. Place the pigeons in a large bowl. Combine the ingredients for a CHERMOULA in a separate bowl and mix well. Pour over the pigeons, rub into the meat and let marinate for 2 hours to overnight.

Combine ingredients for the sugared almond mixture and set aside. Transfer the chicken to a large casserole dish with the CHERMOULA. Add butter & water and sprinkle with 2 tbs. powered sugar. Cover and simmer for 20 minutes till done. Add saffron and cook another 30 minutes. Transfer chicken pieces to a plate and reduce juices left in the pan.

Assemble the B'stilla by brushing the bottom of a round pan with melted butter. Place wharka leaf in the center (or use Apollo filo dough). Place 5 more on top of this. Sprinkle the center of the shell with half of the almond mixture & spread it out. Add more leaves. Make the orange butter mixture and sprinkle over the leaves. Add 2 more leaves and sprinkle the pigeon and chopped egg mixture and reduced juices on the leaves. Add more leaves. Then sprinkle with the butter orange mixture.

Turn up the sides of the leaves and seal them with egg yolk. Add 2 more layers of leaves and seal them in the center with the egg yolk. Fold them under the pile. Brush the top with groundnut oil. Bake at 425 for 20 minutes or until pastry is done. When done decorate with cinnamon and powered sugar.

Sideboard: Additional resources. "Turkish Reflections", by Mary Lee Settle, Prentice Hall Press 1991, ISBN 0-13-917675-6, Renaissance of the Mamluk, by Esin Atil A84-1981, Treasures of Turkey, by Ekrem Akurgal, Cyril Mango, Richard Ettenhouse N7161.A47t, "A Taste of Morocco" by Carrier, Clarkson, Carrier Publishers, Inc.