

Recipes

from Morocco



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Potato Bean Soup

Ingredients:

- ✓ 6 cups water
- ✓ 1 can (15 oz) of white kidney beans
- ✓ 3 tablespoons olive oil
- ✓ 2 onions, chopped
- ✓ 2 potatoes, peeled and cut into cubes
- ✓ 3 tablespoons of chicken bouillon powder
- ✓ ½ teaspoon ground turmeric
- ✓ ½ teaspoon ground black pepper
- ✓ ½ teaspoon ground white pepper
- ✓ 1 teaspoon curry powder
- ✓ 2 tablespoons soy sauce
- ✓ ½ cup whole milk
- ✓ ½ cup half-and-half cream
- ✓ ½ cup dry potato flakes



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Instructions:

1. Boil water and kidney beans in a medium-size pot. Once boiling, reduce the heat and let it simmer for 15 minutes.
2. Sauté onions in olive oil until light brown in a frying pan.
3. Add potatoes, onions, chicken soup base, turmeric, black pepper, white pepper, curry powder, and soy sauce to the cooking pot (with the water and beans). Cook until the potatoes are soft.
4. To the pot, add milk and cream and bring the mixture to a boil. Add potato flakes, and blend into the mixture.

Beghrir (Moroccan pancakes)

Ingredients:

- ✓ 1 cup warm water (46 degrees Celsius)
- ✓ ½ teaspoon active dry yeast
- ✓ ½ teaspoon white sugar
- ✓ 1 cup milk
- ✓ 1 cup all-purpose flour
- ✓ 1 cup semolina flour
- ✓ 2 eggs
- ✓ 2 teaspoons baking powder
- ✓ 1 teaspoon salt

For the sauce:

- ✓ 6 tablespoons butter
- ✓ ¾ cup honey



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Instructions:

1. Blend water, yeast, and sugar and then let this mixture sit for 5 minutes until the yeast forms a creamy foam-like texture.
2. Add milk, flour, semolina flour, eggs, baking powder, and salt. Blend this together for about 1 minute until the mixture becomes smooth. Allow this mixture to sit in the blender for 30 minutes.
3. Over medium-low heat, heat a 5-inch nonstick skillet. Blend the mixture for about 10 seconds and then put ¼ cup of batter on the heated skillet. Cook this until bubbles form and pop. This should take about 3 minutes, but do not flip it. Cook until the bottom of the beghrir brown and the top is dry.
4. Before making each following beghrir, reblend the batter to make sure it stays fluffy.
5. Sauce: in a microwave safe bowl, microwave on high (for about 1 ½ minutes) the butter and honey. Stir and pour on pancakes. Delish!

Herbel (a breakfast porridge-like soup)

Ingredients:

- ✓ 1 1/3 cups wheat kernels (wheat berries)
- ✓ 6 cups water
- ✓ 1 ½ teaspoons salt
- ✓ 4 cups milk
- ✓ 4 tablespoons sugar
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons orange flower water

Instructions:

1. Wash wheat berries in a large bowl filled with water. Drain and repeat a few times (or until the water is clear). Put the washed wheat into a bowl and fill with cold tap water. Leave this to soak overnight (or at least for 10 hours).
2. Drain the soaked wheat and put this into a large pot. Add the water and salt and on high heat, boil this mixture. Then reduce the heat to a simmer, and allow to cook for about 15 minutes (or until the milk lowers to almost the level of the wheat).
3. Remove soup from heat and add a little orange flower water for flavor.
4. This can either be served warm or cold and can be eaten with honey or butter.



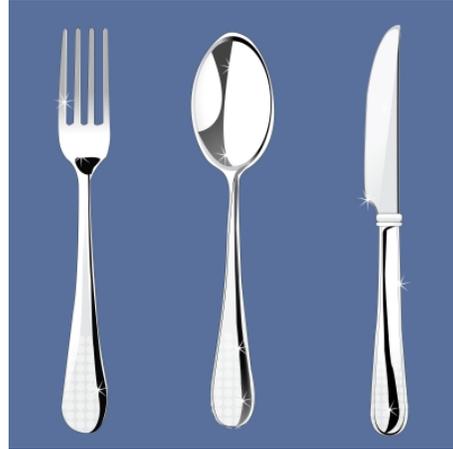
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Thanks to Christine Benlafquih for providing the recipe from about.com

Harcha (fried flatbread, frequently eaten during teatime or at breakfast)

Ingredients:

- ✓ 2 cups fine semolina flour
- ✓ 3 tablespoons sugar
- ✓ 2 teaspoons baking powder
- ✓ ¼ teaspoon salt
- ✓ ½ cup soft butter
- ✓ ½ cup milk



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Instructions:

1. Blend together the fine semolina flour, sugar, baking powder, and salt. Blend butter to mix.
2. Mix in milk until a moist dough forms.
3. Form the dough into balls (about the shape of a plum) and let this set for a few minutes.
4. Heat a frying pan over medium-low heat. While the pan heats, flatten each ball so it is about ¼ inches thick and is shaped like a disc.
5. Cook this over low heat for about 7 to 10 minutes on each side, or until its turns a light golden color.
6. Eat immediately. This can be served with jam, cheese, or butter.

Moroccan fried eggs

Ingredients:

- ✓ 2 eggs
- ✓ 2 teaspoons olive oil
- ✓ Salt
- ✓ Cumin

Instructions:

1. Heat oil in a frying pan on medium heat.
2. Break eggs over pan with spatula and allow them to cook (cook as though you are making fried eggs).
3. Once cooked (lightly golden on edges), sprinkle with salt and cumin. Who knew simple could taste so good?



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Carrot and Orange Salad

Ingredients:

- ✓ 4 large fresh carrots (about 1 pound)
- ✓ 2 to 3 navel oranges (about 2 pounds)
- ✓ 2 to 3 tablespoons sugar
- ✓ 1 ½ tablespoons orange flower water
- ✓ 1 ½ tablespoons lemon juice
- ✓ Pinch of salt

Instructions:

1. Peel carrots and finely grate them.
2. Peel oranges and remove piths. Cut into ½ inch pieces.
3. Mix the carrots and oranges with sugar, orange flower water, and lemon juice. Cover and refrigerate for at least a half hour.
4. Enjoy!



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Meskouta with Oranges Juice (a traditional Moroccan cake)

Ingredients:

- ✓ 4 eggs
- ✓ 1 ½ cups sugar
- ✓ ½ cup vegetable oil
- ✓ 2 cups flour
- ✓ 4 teaspoons baking powder
- ✓ ½ teaspoon salt
- ✓ ½ cup orange juice
- ✓ Zest from 1 or 2 oranges
- ✓ 1 teaspoon vanilla



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Instructions:

1. Preheat oven to 180 degrees Celsius.
2. Grease and flour a tube pan.
3. Beat together eggs and sugar until thick. Gradually beat in the oil.
4. Add flour, baking powder, salt, and orange juice. Beat until smooth.
5. Stir in zest and vanilla.
6. Pour batter into pan and bake for about 40 minutes or until you can stick a knife in and it comes out clean.
7. Allow cake to cool for 10 minutes and then remove it onto a plate until fully cooled.

Vanilla Sables (butter cookies shaped like crescents)

Ingredients:

Dough:

- ✓ 3 1/3 cups flour
- ✓ 1 1/3 cups softened unsalted butter
- ✓ 2/3 cup granulated sugar
- ✓ 2 egg yolks

Decoration:

- ✓ ¾ cup powdered sugar
- ✓ 2 oz. dark/semi-sweet chocolate



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Instructions:

1. Preheat oven to 180 degrees Celsius.
2. Line a pan with a baking sheet.
3. Knead flour, butter, sugar, and eggs yolks to form smooth dough.
4. Break off small pieces from the dough and roll into 1 inch balls. Roll out so that it resembles the size of a small finger. Bend each stick so it forms a c-shape and place these on a baking sheet. These should be placed 1 inch apart from each other.
5. Bake the cookies until barely golden. This should take about 12 to 15 minutes.
6. Once baked, immediately roll the warm cookies in the sugar. Make sure to not burn yourself and be careful with the cookies—they are fragile.
7. Put the cookies back on a pan and after melting the chocolate, use a knife to decorate the cookies (try a zigzag design!).
8. Allow the chocolate to set before storing cookies or of course, eating them!

Ghoriba with Coconut (Coconut Macaroons)

Ingredients:

- ✓ 1 pound finely grated unsweetened coconut
- ✓ 1 cup fine semolina
- ✓ 4 eggs
- ✓ 8 ounces powdered sugar
- ✓ 2 teaspoons baking powder
- ✓ ¼ cup vegetable oil
- ✓ 1.4 cup melted butter



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Instructions:

1. Preheat oven to 175 degrees Celsius and lightly oil some baking sheets.
2. Beat eggs and sugar together. Add butter, oil, baking powder and mix well. Stir in coconut. Add the semolina and mix until the mixture turns to a moist crumbly dough that can be shaped into balls.
3. Wet your hands with orange flower water and roll dough into small balls. Flatten as to form a thick disk. Roll this in the powdered sugar and then place on the baking sheet.
4. Repeat step 3 until you have used all the dough. For each ball, re-wet your hands with the orange flower water.
5. Bake for 20 minutes or until golden brown.
6. Allow cookies to cool before eating.

Tabbouleh (a delicious fresh salad)

Ingredients:

- ✓ 250 grams couscous
- ✓ 4 vine-ripened tomatoes
- ✓ ½ cucumber
- ✓ 1 bunch spring onions, sliced
- ✓ 2 X 20 grams packs of fresh parsley
- ✓ Grated lemon zest
- ✓ 6 tablespoons olive oil
- ✓ 2 tablespoons lemon juice
- ✓ 1 crushed garlic clove

Instructions:

1. First make the couscous. To do this, put the couscous in a large bowl. Pour over boiling water and stir. Cover and let this sit for 5 minutes, or until all the liquid has been absorbed. Stir with a fork.
2. Finely cut up the tomatoes, cucumbers, onions, and parsley. Add this and the lemon zest to the couscous.
3. Mix olive oil, lemon juice, and garlic together and drizzle over the couscous. Mix together and get ready to eat!



Thanks to BBC Good Food for providing the recipe.

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