



# Easy-style **Moroccan** recipes

Sponsored by the Red Meat industry of South Africa



Moroccans love sipping at beautifully decorated soft drinks. Drinks come in flavours like mint iced tea, almond milk with orange blossom water, vanilla iced tea and strawberry spritzer. Try making your own – there are plenty of recipes available on the web.

# Contents

## Lamb dishes

Hearty harira tomato soup	7
Kefta mkawra tagine with poached eggs	9
Lamb Marakechia	25
Lamb with dates and honey	17
Marrakech-style lamb kebabs	11
Spicy tomato lamb	15

## Side dishes

Briouats with vegetables	29
Couscous	23
Jewelled rice	22
Lemongrass, saffron and rose crème brûlée	34
Moroccan flatbread	23
Moroccan ghoriba with hazelnuts	33
Orange, date and walnut salad	31

## Other recipes

Harissa paste	20
Moroccan spice mix	20
Preserved lemons	21
Ras el hanout	21



# Morocco – the culinary star of North Africa

**A** diverse number of cultural influences have filtered and blended into Morocco's culture to give it its richness. Being at the crossroads of many civilizations, the cuisine of Morocco is a mélange of Arab, Berber, Moorish, French, Middle Eastern, Mediterranean, African, Iberian and Jewish influences.

Moroccan cooking is enhanced with fruits, dried and fresh – apricots, dates, figs, and raisins, to name a few, and a medley of spices are used extensively in Moroccan dishes. Lemons preserved in a salt-lemon juice mixture bring a unique taste to many Moroccan poultry dishes. Nuts are also prominent and are used in many dishes, sweet and savoury dishes alike.

Moroccan sweets are rich and dense confections of cinnamon, almond, and fruit perfumes that are rolled in filo dough, soaked in honey and stirred into puddings.





## History of Moroccan cuisine

**M**oroccan cuisine is interesting and varied due to the remarkable number and diversity of influences. In Moroccan dishes, one can trace the country's long history of colonizers and immigrants who have left their mark in more than one way.

Firstly, the Berbers' influence is still apparent today in the staple dishes like tagine and couscous. The Arab invasion brought new spices, nuts and dried fruits and the sweet and sour combinations that we see in dishes like tagine with dates and lamb. The Moors introduced olives, olive juice and citrus while the Jewish-Moors left behind their sophisticated preserving techniques that we see in the frequent use of preserved lemons, pickles, etc.

The Ottoman Empire introduced barbeque (kebabs) to Moroccan cuisine. The French colony, although short-lived compared to the reign of some of these other empires, left behind a culture of cafes, pastries and even wine.

Over time, cooks in the kitchens of the four royal cities (Fez, Marrakesh, Meknes and Rabat) have developed and perfected the dishes that blend each of these distinct tastes. Every Moroccan dish has its place in society and varies with the market, the season, and the region.



In this booklet Lamb and Mutton South Africa offers you a selection of simplified recipes ideal for cooking the Moroccan way in a modern day kitchen. Please take note of our own Moroccan spice mix on page 20. Mix your own and use it in dishes to obtain a Moroccan flavour.



Harira tomato soup is made with tomatoes, lentils and chickpeas, normally served to break the fast after Ramadan.

# Hearty harira tomato soup

PREPARATION TIME: 30 MINUTES • COOKING TIME: 1¾ HOURS • SERVINGS: 8

## Ingredients

250 ml (1 cup) dried chickpeas  
or 440 g can chickpeas, drained  
60 ml (¼ cup) olive oil  
500 g lamb shoulder, cut into 1,5 cm cubes  
2 medium onions, finely chopped  
2 celery sticks, chopped  
2 cloves of garlic, crushed  
15 ml (1 T) chopped fresh root ginger  
2 litres (8 cups) vegetable stock  
250 ml (1 cup) dried brown lentils  
15 ml (1 T) paprika  
½ small chilli, seeded and chopped  
or 1 ml chilli powder  
15 ml (1 T) ground cumin  
10 ml (2 t) ground coriander  
salt and coarsely ground black pepper to taste  
45 ml (3 T) fresh lemon juice  
2 x 410 g cans chopped peeled tomatoes  
about 50 g angel hair or vermicelli pasta (optional)  
30 ml (2 T) chopped fresh flat-leaf parsley

## Method

1. *If using dried chickpeas, soak it covered in water overnight.*
2. *Heat the olive oil in a large, heavy-based frying pan and fry the lamb until golden brown in colour. Add the onions, celery, garlic and ginger and sauté for about 2 minutes until soft.*
3. *Add half of the stock and simmer for about 1 hour until meat is almost tender. Add the remaining stock, drained chickpeas and lentils and bring to the boil. Reduce the heat slightly and simmer for 30 minutes.*
4. *Add the paprika, chilli, cumin, seasoning, lemon juice and tomatoes. Simmer for a further 10 minutes.*
5. *Add the pasta, if used and parsley. Simmer for about 10 minutes, stirring occasionally. Serve with dates, croutons or hot crusty bread.*

## Variation

Substitute the lamb shoulder with any other stewing meat or omit for a vegetarian alternative.



Kefta mkawra is a popular Moroccan meatball tagine. The well-seasoned meatballs get cooked in a spicy tomato sauce. Eggs are optional, but they are a classic addition to the dish. The meatballs can be made from ground lamb, ground beef or a combination of the two. Use a traditional tagine or use a deep, heavy-based saucepan with a lid.

Kefta mkawra is traditionally served from the same dish in which it was prepared, each person using crusty Moroccan bread for scooping up the meatballs and the sauce from the side of the dish.



# Kefta mkawra tagine with poached eggs

PREPARATION TIME: 15 MINUTES • COOKING TIME: 35 MINUTES • SERVINGS: 4 - 6

## Ingredients

### KEFTA MEATBALLS

500 g ground lamb's mince  
1 medium onion, finely chopped (optional)  
15 ml (1 T) Moroccan spice mix (page 20)  
salt and freshly ground black pepper to taste  
1 extra large egg

### TOMATO SAUCE

30 ml (2 T) olive oil  
1 medium onion, finely chopped  
2 cloves of garlic, crushed  
500 g medium, peeled and chopped tomatoes  
or 410 g can chopped peeled tomatoes  
50 g tomato paste  
60 ml (¼ cup) water  
3 ml (½ t) cayenne pepper  
8 ml (1½ t) ground cumin  
15 ml (1 T) white sugar  
30 ml (2 T) chopped fresh flat-leaf parsley or coriander  
salt and freshly ground black pepper to taste  
4 extra large eggs (optional)



## Method

1. **MEATBALLS** Combine all of the ingredients together, using hands to knead in the spices and egg. Shape the kefta mixture into heaped teaspoon-size meatballs.
2. **TOMATO SAUCE** Heat the olive oil in a large, heavy-based saucepan and fry the onions and garlic until soft. Add the tomatoes, tomato paste, water, cayenne pepper, cumin, sugar, parsley and seasoning. Simmer for about 10 minutes, stirring occasionally.
3. Add the meatballs into the tomato sauce, cover and simmer over medium heat for about 15 minutes. Break the eggs over the top of the meatballs, cover with lid and simmer further for 7 – 10 minutes, until the egg whites are solid and yolks set. Serve immediately.





Marakech-style lamb kebabs is lightly spiced, but increase all the spices and herbs to give a stronger flavour.

# Marrakech-style lamb kebabs

PREPARATION TIME: 20 MINUTES • COOKING TIME: ABOUT 15 MINUTES • SERVINGS: 4 - 6

## Ingredients

1,5 kg lamb, cut into 1,5 cm cubes  
125 ml (½ cup) olive oil  
2 ml (½ tsp) harissa (page 20)  
30 ml (2 T) chopped fresh coriander  
30 ml (2 T) chopped fresh flat-leaf parsley  
30 ml (2 T) chopped fresh mint  
1 medium onion, finely chopped  
2 cloves of garlic, crushed  
15 ml (1 T) paprika  
8 ml (1½ t) ground cumin  
salt and freshly ground black pepper to taste  
80 ml (⅓ cup) fresh lemon juice  
wooden skewers  
fresh mint leaves, to garnish



## Method

- 1 In a large bowl, combine the lamb, olive oil, harissa, coriander, parsley, mint, onion, garlic, paprika, cumin, seasoning and lemon juice.
- 2 Cover and refrigerate overnight or marinate for about 3 hours at room temperature. Thread about six cubes of meat onto each skewer.
- 3 Grill over medium coals or under preheated grill of oven, turning occasionally for about 8 – 10 minutes for medium-done.
- 4 Serve immediately with any sauce of choice. Garnish with fresh mint.

## Tip

Soak skewers, if wooden ones are used, in water to prevent it from burning easily.



## Moroccan food and cooking habits

### Ceramic and clay vessels

**T**raditionally Moroccan dishes are slow-cooked dishes, prepared in either of two ceramic clay pots or vessels, a Tangia or a Tagine both of which are unique to North Africa. The use of ceramics in Moroccan cooking is probably due to Roman influence. Romans were known for their ceramics and brought that tradition to their rule of Roman Africa. Ceramic tagines are exquisite examples of Moroccan artisanship and many are show pieces as well as functional cooking vessels.

Although tagines are traditionally made of clay or ceramic, some Western cookware companies are now making tagines from other materials. Some of these may only be intended to be used as decorative serving dishes.

A tangia is a large earthenware vase-shaped hollow pot with a round base, an open neck and a handle on each side. (See the picture on this page.) The meat dish will be placed inside and the mouth sealed before placing the vessel between slow-glowing coals. A tagine consist of two parts, a circular shallow dish used for both cooking and serving, while the top of the tagine is distinctively shaped into a rounded dome or cone.

The word "tagine" also refers to the succulent dish which is slow-cooked inside the cooking vessel. Typically, a tagine is a rich stew of meat, chicken, or fish, and most often includes vegetables or fruit. Vegetables can also be cooked alone.

### Cooking with a tangia



Moroccans would take their tangia to an oven adjacent to a hamam, a Turkish bath house, where it would slow-cook in the ashes from the fire used for heating. It is also known as a bachelor's stew, he prepares the dish, puts it in the tangia and have it cooked in the fire while he is visiting the hamam.

This is such an easy family dish and little or no cooking skills are required. To create this tasty dish, simply put all the ingredients into the vessel, stir until it is properly mixed, sit back, relax and wait.

**TRADITIONAL METHOD** Put all the ingredients and spices into the tangia, cover the opening with a circle of parchment paper that is larger than the opening. Cover the parchment paper with a layer of aluminium foil, wrapping it snugly over the mouth of the tangia by pressing it around the rim to seal. Pierce the foil in four places with a fork. Bury the pot in hot ashes from a fire, slow-cook for 5 – 6 hours till the meat is soft and tender and fall off the bone.

**OVEN METHOD USING A TANGIA** Prepared the dish in the same way as above, place the tangia in a cold oven, turn the heat to 140°C and leave the tangia for 5 – 6 hours. Ensure that you add additional liquid to the dish.

**COOKING WITHOUT A TANGIA** Replace the tangia with an ovenproof dish, casserole or a clay pot and slow-cook in the oven till the meat is soft. Alternatively cook on the stovetop in a casserole or a pressure cooker to speed up the process. Why don't you try making the dish over a fire and make it a 'potjie' over the fire.

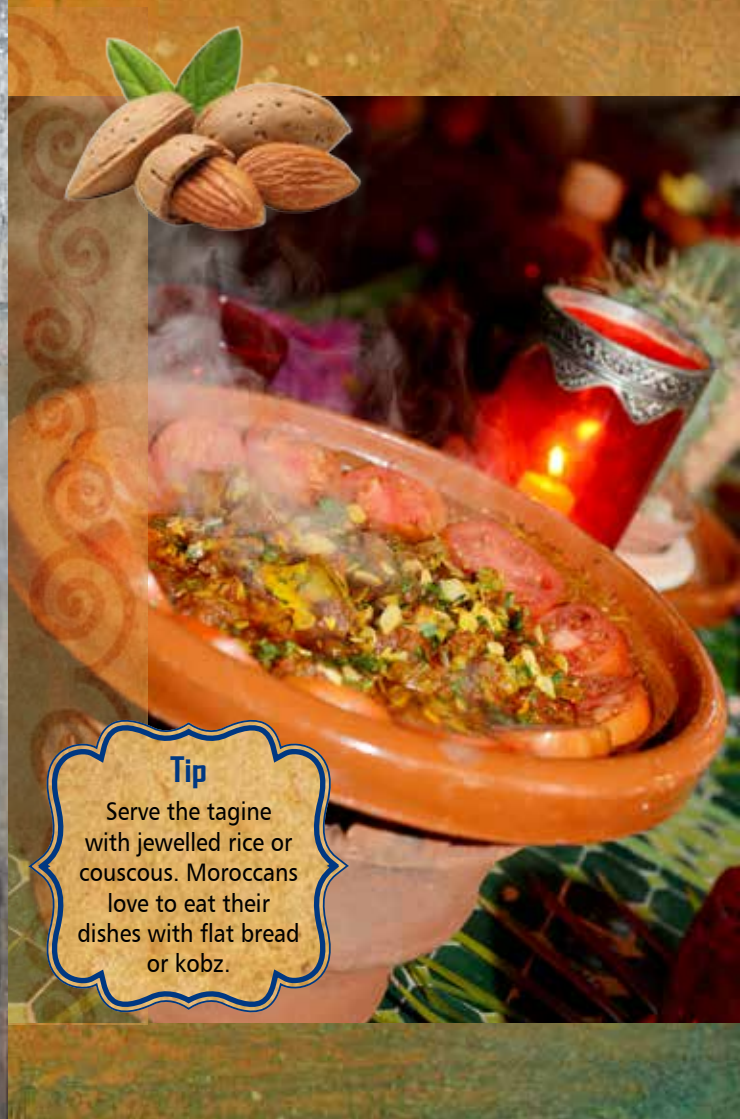
## Cooking with a tagine

Tagines are primarily used to slow-cook stews and vegetable dishes. The domed or cone-shaped lid of the tagine traps steam and returns the condensed liquid to the pot, therefore a minimal amount of water is needed to cook meat and vegetables to buttery-tenderness. This method of cooking is very practical in areas where water supplies are limited or where public water is not readily available. Unglazed clay tagines are preferred by some for the unique earthy nuance they impart to dishes. Tagines, glazed or unglazed come in all sizes, the smallest might hold enough food for one or two people, while the largest can hold a meal for eight people or more.

**TRADITIONAL METHOD** The traditional method of cooking with a tagine is to place the tagine over coals. Moroccans use large bricks of charcoal specifically for their ability to stay hot for hours.

**USING A TAGINE AT HOME** Use a tagine in a slow oven or place it on a gas or electric stove top. Use the lowest heat necessary to keep the stew simmering gently. A diffuser – a circular piece of aluminum placed between the tagine and burner – is highly recommended to buffer and more evenly distribute the stove's heat.





**Tip**  
Serve the tagine with jewelled rice or couscous. Moroccans love to eat their dishes with flat bread or kobz.

# Spicy tomato lamb

This dish is spiced and coloured with saffron and turmeric – all cooked in a tomato sauce, drizzled with honey.

PREPARATION TIME: 20 MINUTES • COOKING TIME: 1½ HOURS • SERVINGS: SERVES 4

## Ingredients

500 g lamb, cut into 2,5 cm cubes  
30 ml (2 T) olive oil  
1 medium onion, coarsely chopped  
1 clove of garlic, crushed  
10 ml (2 t) Moroccan spice mix (page 20)  
1 cinnamon stick  
salt and freshly ground black pepper to taste  
30 ml (2 T) tomato paste  
410 g can chopped, peeled tomatoes  
or 5 medium tomatoes, skinned and chopped  
125 ml (½ cup) water  
15 ml (1 T) honey  
5 ml (1 t) ground cinnamon  
20 g blanched almonds  
30 ml (2 T) chopped fresh parsley or coriander



## Method

- 1 Heat the oil in a heavy-based saucepan and fry lamb on all sides, in batches until brown.
- 2 Reduce the heat to low and sauté onion and garlic for a few minutes until soft. Add more oil, if required.
- 3 Add Moroccan spice mix, cinnamon stick and seasoning. Fry for about 1 minute. Add the tomato paste and cook for 1 minute.
- 4 Add tomatoes and water, cover with lid and simmer gently for about 1½ hours or until lamb is tender. Add more water if required. Remove lid and simmer further for 10 minutes, stirring occasionally, until the sauce has thickened. Add the honey and cinnamon and simmer for about 2 minutes.
- 5 Roast almonds in a pan over medium heat, stirring occasionally, until the almonds are golden.
- 6 Remove the cinnamon stick, transfer to a serving dish and sprinkle with the toasted whole almonds. Sprinkle with parsley and serve with jewelled rice.





### Variation

If a tagine is used, layer 1 large onion, sliced into rings on base of tagine and drizzle with olive oil. Stack meat on top.





# Lamb with dates and honey

PREPARATION TIME: 20 MINUTES • COOKING TIME: 2½ HOURS • SERVINGS: 4

## Ingredients

750 g lamb, cut into 2,5 cm cubes  
30 ml (3 T) olive oil  
1 large onion, finely chopped  
1 clove of garlic, crushed  
20 ml (4 t) Moroccan spice mix (page 20)  
salt and freshly ground black pepper to taste  
375 ml (1½ cups) chicken stock  
250 ml (1 cup) fresh orange juice  
60 g pitted dates, coarsely chopped  
30 ml (2 T) honey  
15 ml (1 T) chopped fresh coriander  
or flat-leaf parsley  
100 g blanched almonds, toasted



## Method

1. *Trim the lamb of excess fat. Heat oil in heavy-based saucepan. Add lamb in batches and fry, stirring continuously, until golden brown.*
2. *Add onion, garlic, Moroccan spice mix and seasoning. Sauté for about 2 minutes until soft. Add stock and orange juice, cover and simmer for 2 – 2½ hours or until lamb is tender. Add more stock, if required.*
3. *Continue to cook open for a few minutes until mixture thickens slightly. Stir in dates and honey, sprinkle with fresh coriander. Serve on couscous and fresh orange slices. Sprinkle with toasted nuts.*





Moroccan food is about sensuality, colour and flavour, brought about by the rich variety of spices, herbs, fruit and nuts being used.

# Moroccan flavours

## EVERYDAY SPICES

Salt, pepper and cumin is served on the table. Almost all dishes will include the above spices plus dried ginger and turmeric.



Cumin

## SWEET DISHES, BISCUITS AND DRINKS

Cinnamon, cardamom pods, sesame seed and saffron. Saffron is grown in Morocco and is often referred to as gold.



Saffron

## SPICES USED IN SAVOURY DISHES

Paprika, chilli, nutmeg, cloves, coriander seed, caraway. These spices (including the ones above) are used in different combinations to make up spice mixes like Ras el Hanout, (page 21) Moroccan spice mix (page 20) and in ground mixed spice and ground all spice.



Coriander



## HERBS

Parsley, coriander and especially mint is widely used. Anise and thyme are often used in desserts and pastries.



Anise

## SEED AND NUTS

Apart from sesame and cumin seeds, nuts like almonds and walnuts are often used.



Walnuts

## OTHER CONDIMENTS

Olive oil, argan oil, honey, garlic and bay leaf are loved and widely used. Argan oil from the nut of the Argan tree is a strong, rich nutty flavoured oil. Argan oil is extremely expensive and is hard to find in its purest form.



Argan oil

## DRIED FRUIT

Dates, figs, apricots, prunes and olives are all used in dishes. Dates are a national speciality and are grown in the south of Morocco.



Dates

Moroccan recipes normally use a long list of spices. This is our recipe for a 'Moroccan spice mix' to help simplify the recipes. Mix this to save time.

## Moroccan spice mix

### Ingredients

- 10 ml (2 t) ground cumin
- 10 ml (2 t) ground ginger
- 10 ml (2 t) ground coriander
- 10 ml (2 t) ground cinnamon
- 10 ml (2 t) paprika
- 5 ml (1 t) turmeric
- 2 ml (½ t) chilli powder  
or cayenne pepper
- 3 ml (½ t) ground nutmeg

### Method

Mix all the ingredients together and store in an airtight container.

## Harissa paste

### Ingredients

- 125 g dried chillies
- 5 cloves of garlic, peeled
- 30 ml (2 T) water
- 30 ml (2 T) olive oil
- 3 ml (½ t) ground caraway seed
- 2 ml (¼ t) ground coriander seed
- 8 ml (1½ t) salt
- extra olive oil for topping

### Method

1. Cover the dried chillies with water. Leave to soften, drain and remove the stems and seeds.
2. Place the chillies in a food processor with the garlic, water, olive oil and process until smooth. Remove from blender, add caraway, coriander and salt. Store in a jar, covering the surface of the paste with a layer of olive oil.



Harissa paste is a mix of chillies and a few spices. This is often added to dishes to give it a kick. You can use this as a paste to eat with bread and cheese, or add to yoghurt or cream cheese to make a dip.



## Preserved lemons

### Ingredients

- 5 medium lemons, with thin skins
- 60 ml (¼ cup) – 125 ml (½ cup) coarse salt or kosher salt
- 1 stick cinnamon
- 3 whole cloves of garlic
- 3 black peppercorns
- 1 bay leaf
- 80 ml (⅓ cup) fresh lemon juice

### Method

1. *Cut the lemons lengthwise in quarters. Layer the lemon quarters, salt and spices in glass jars. Pack the lemons down firmly, with as little air between them.*
2. *Pour the lemon juice over and top the jars to just below the brim with olive oil. Screw on the sterilized lids. Store in a cool and dark place for about 3 – 4 weeks before using.*

Preserved lemons are often called for in dishes. These are lemons that have been pickled in salt and their own juices. It's quite easy to do, though takes at least three weeks before the lemons are ready to use.



Ras el Hanout is a traditional spice mix often called for in Moroccan cooking. Buy this in a specialised shop or on-line. Alternatively mix your own using this recipe.

## Ras el Hanout

### Ingredients

- 5 ml (1 t) ground mixed spice
- 2 ml (½ t) ground all spice
- 2 ml (½ t) ground coriander
- 1 ml (pinch) ground aniseed

### Method

*Mix all the ingredients together and store in an airtight container.*

# Jewelled rice

This flavoured rice is distinct with a special flavour and goes well with any tagine dish that has a lot of sauce.

PREPARATION TIME: 15 MIN • COOKING TIME: 20 MINUTES • SERVINGS: 4

## Ingredients

30 ml (2 T) butter  
or margarine  
60 ml (¼ cup) olive oil  
5 cardamom pods  
1 bay leaf  
1 cinnamon stick  
200 g basmati rice,  
rinsed and drained  
salt to taste  
pinch of saffron  
10 ml (2 t) cumin seeds  
3 medium onions,  
finely sliced

## Method

1. Melt butter and half of oil in a heavy-based saucepan. Fry the cardamom pods, bay leaf and cinnamon stick for about 2 minutes. Add the rice and fry for about 1 minute. Cover with water, add salt and bring to the boil. Turn heat down and simmer, covered with a lid for about 8 minutes.
2. Mix saffron with a little boiling water. Once almost all the water has been absorbed by the rice, sprinkle saffron on top. Cover with lid again, turn off the heat and leave for about 5 minutes.
3. Heat the remaining oil, add cumin seeds and onions and fry for about 10 minutes until onions start turning golden and begin to crisp. Drain on paper towel to remove excess oil.
4. Sprinkle onions over rice when serving.



# Couscous

PREPARATION TIME: 5 MIN • COOKING TIME: 25 MINUTES • SERVINGS: 6 - 8

Couscous is a much loved staple food and is an essential part of Moroccan culture. Couscous is moistened semolina wheat which is coated with finely ground wheat flour.

Enjoy couscous with friends and family as part of a meal for a real taste of Morocco. Ideally couscous should be steamed in a colander, which fits tightly over a saucepan of steaming liquid. The liquid will be a savoury stock to accompany meat and vegetable dishes, or else flavour the stock with cinnamon, bay leaf, peppercorns and saffron for sweet dishes.

Steaming and aerating is the traditional way of cooking couscous, the result is a far more plumper and tender grain since more moisture is absorbed.

Couscous can be kept in a refrigerator for 1 week and can be used hot or cold.

## Couscous the traditional way

### Ingredients

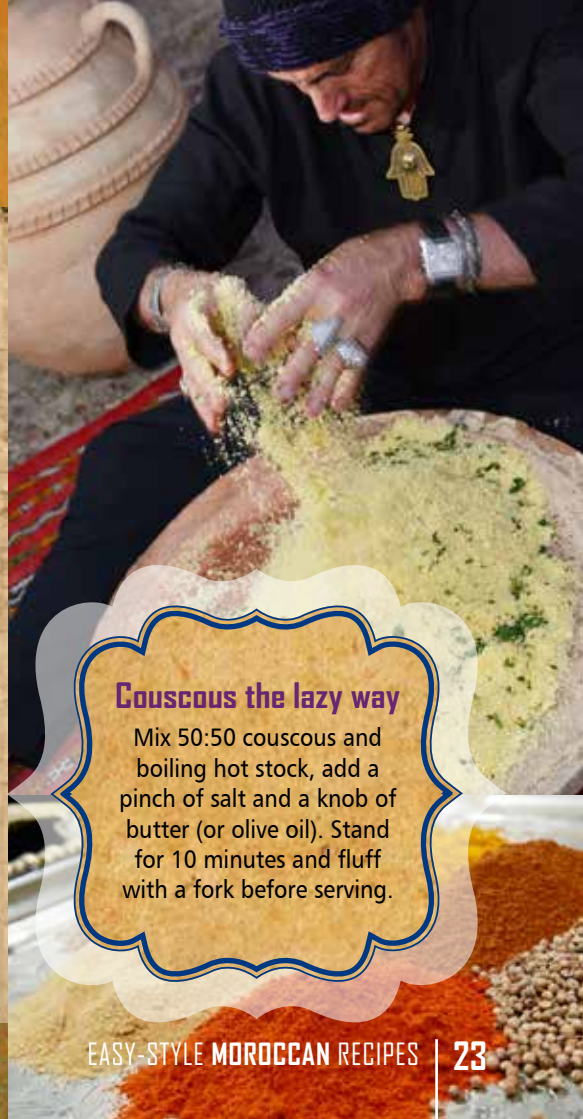
4 litres of stock  
500 g couscous  
100 g butter

### Method

1. Gently stir 500 ml stock into the dry couscous with a wooden spoon, let it soak up the liquid for 10 minutes. Then with your fingers, separate the grains and rub out all the lumps.
2. Pour 3 litres of the stock in the saucepan. Bring the stock to almost boiling point. Place the couscous in the colander on top and steam for 5 minutes. Ensure that no steam escapes between the saucepan and the colander.
3. Return the couscous to bowl, add the remaining stock, again fluff and aerate the couscous with your fingers. Stand the couscous for 10 minutes.
4. Steam again for 5 minutes in the colander.
5. Return to the bowl, repeat the aerating process with your fingers adding the butter (or olive oil).

## Couscous the lazy way

Mix 50:50 couscous and boiling hot stock, add a pinch of salt and a knob of butter (or olive oil). Stand for 10 minutes and fluff with a fork before serving.





Lamb Marakechia is also referred to as “bachelor’s stew”, since it is popular amongst single men. In this picture a tangia, as shown, was used to cook the dish. Serve the dish on a large open communal dish. The diners gather round the dish and scoop up meat and sauce with bread.



# Lamb Marakechia

PREPARATION TIME: 20 MIN • COOKING TIME: 2½ HOURS • SERVINGS: 4

## Ingredients

15 ml (1 T) olive oil  
60 ml (¼ cup) water  
750 g lamb shanks or lamb cubes  
1 medium onion, coarsely chopped  
1 clove of garlic, crushed  
20 ml (4 t) Moroccan spice mix (page 20)  
15 ml (1 T) grated lemon rind  
50 g blue cheese, crumbled (optional)  
salt and freshly ground black pepper to taste  
30 ml (2 T) chopped fresh flat-leaf parsley or coriander



## Method

1. Mix the oil and water and stir well into the lamb. Add the chopped onion, garlic, Moroccan spice mix, lemon rind, cheese, seasoning and parsley and mix well into the lamb.
2. Place in a large ovenproof dish and cover. Bake in a preheated oven at 160°C for 2 – 2½ hours or until lamb is tender.
3. Continue to bake open for a few minutes until mixture thickens slightly. Thicken the sauce by making a paste of flour and a little water. Add to the dish and bake further for 15 minutes. Serve immediately with bread or couscous.

## Variation

If cooking in a heavy-based saucepan on stove plate or on the fire, increase the water to 625 ml (2½ cups).





Bread is served with every meal in Morocco. There are many different types of bread. Kesra is a country bread made from a mix of unbleached flour, whole wheat, barley and cornflour and shaped into flat round loaves.



### Serving tip

Serve fresh warm bread with olive oil, dates, honey and a bit of cheese and a glass of mint tea as a light meal.

# Moroccan flatbread

These flat crusty breads of loaves are broken into chunks and served with a dish. The bread is used as a fork to scoop up food and the juices from the dish.

PREPARATION TIME: 20 MINUTES • BAKING TIME: 25 MINUTES • SERVINGS: 4 BREADS



## Ingredients

- 500 ml (2 cups) semolina or corn meal
- 4 x 250 ml (560 g) white bread flour or cake flour
- 5 ml (1 t) salt
- 5 ml (1 t) sugar
- 10 g (1 sachet) instant dry yeast
- about 600 ml lukewarm water
- 30 ml (2 T) melted butter or margarine



## Method

1. Sift the semolina, flour and salt together.
2. Add the sugar and yeast and mix in. Add enough lukewarm water and butter to form a soft dough. Knead the dough on a lightly floured surface for about 10 minutes until dough is smooth and elastic.
3. Divide the dough into four equal balls, place on a clean floured surface and flatten each ball into a disc shape of about 18 cm in diameter. Pinch the tops slightly with fingers and brush lightly with extra olive oil. Sprinkle with seeds.
4. Cover the bread with a damp cloth and leave in a warm place for about 1 hour or until it has doubled in size.
5. Bake in a preheated oven at 200°C for about 15 minutes. Reduce the oven to 150°C and bake for a further 10 minutes or until golden brown. Cool on a wire rack.

### Tip

The dough can be shaped in any way you wish. Substitute the seeds with aniseed or sesame seeds for a different taste.



### Traditional dips

Serve your platter of briouats, bread and pastries with bowls of olives, sundried tomatoes, olive oil and roasted onions.

Moroccans make colourful and unusual dips from carrot, green peas and beetroot. You will find there is a wide selection of recipes available on the web.

# Briouats with vegetables

PREPARATION TIME: 20 MINUTES • COOKING TIME: 15 MINUTES • SERVINGS: 12 - 18 PORTIONS

## Ingredients

15 ml (1 T) extra virgin olive oil  
5 ml (1 t) butter or margarine  
200 g turnip, coarsely grated  
200 g courgettes (baby marrows), coarsely grated  
200 g carrots, coarsely grated  
2 ml (½ t) turmeric  
1 ml (pinch) cinnamon  
salt and fine white or ground black pepper to taste  
1 ml (pinch) ground cinnamon  
3 ml (½ t) argon oil (optional)  
4 sheets of phyllo pastry  
1 extra large egg yolk, beaten



## Method

1. Heat a frying pan, add the oil and butter and heat until melted. Add the vegetables and cook for 8 minutes to soften. Add turmeric, cinnamon and seasoning. Remove from the heat and leave to cool. Add argon oil, if used.
2. Meanwhile fold the phyllo sheets in half and using scissors, cut strips of 6 cm widths. Cover the unused pastry with a damp cloth.
3. Take 1 heaped teaspoon of the vegetable mixture and place in the corner at the narrow end of one phyllo strip. Fold this up and over to make a square shape, then keep folding, left then right, until there is just one fold to go.
4. Moisten the end of the phyllo with beaten egg yolk, make the last fold and gently press on the triangle to seal. Repeat with the remaining filling and phyllo.
5. Fry in shallow oil until golden brown in colour. Garnish with chopped mint leaves and serve immediately.

## Tip

Serve briouats with a selection of breads, more pastries and bitesize pieces of fruit and vegetables.

# Orange, date and walnut salad

This is such a simple salad but with a surprisingly fresh taste and is really easy to prepare.

PREPARATION & COOKING TIME: 15 MINUTES • SERVINGS: 4 - 6

## Ingredients

- 1 romaine lettuce, washed and shredded
- 3 medium oranges
- 80 g fresh dates, chopped
- 80 g walnuts, coarsely chopped

## DRESSING

- 30 ml (2 T) fresh lemon juice
- 10 – 15 ml (2 – 3 t) sugar
- 30 ml (2 T) orange flower water



## Method

1. *Arrange the prepared lettuce in a bowl.*
2. *Peel the oranges, being careful to remove all the pith, then cut them into medium-thick slices and arrange them in a circle over the lettuce. Add the chopped dates and walnuts.*
3. *DRESSING: Combine the dressing ingredients, pour over the salad.*



## Tip

Sprinkle with cinnamon before serving.  
Replace walnuts with pecan nuts.



# Moroccan mint tea with 'ceremony'

## Ingredients

- 60 ml green tea
- 1 litre boiling hot water
- 1 bunch spearmint washed
- 200 ml sugar

## Method

- 1. Place the tea in the pot and pour a cup of boiling water over the tea, swish it round and pour the water off retaining the leaves, this ensures that the tea wont become bitter.*
- 2. Pour in 1 litre boiling water and boil for 1 minute.*
- 3. Stuff the spearmint leaves into the pot, add in the sugar and allow to dissolve. Stir the tea before serving.*
- 4. Serve the tea by pouring from high up and come down towards the end to create froth. Dont overfill the glasses, pass them round to your right.*

Each person will drink 2 to 3 glasses till all the tea is finished.

Mint tea is the true expression of Moroccan hospitality, since the serving of tea with biscuits and dates makes drinking tea into a memorable occasion. Tea will be served on a tray with a teapot, glasses and sugar all beautifully decorated.





# Moroccan ghoriba with hazelnuts

PREPARATION TIME: 15 MINUTES • BAKING TIME: 15 MINUTES • SERVINGS: 30 COOKIES

## Ingredients

250 g hazelnuts  
1 extra large egg  
125 g castor sugar  
10 ml (2 t) butter, softened  
5 ml (1 t) orange flower water  
2 ml (½ t) baking powder  
30 ml (2 T) orange rind  
80 ml (⅓ cup) castor sugar for coating

## Tip

Coat the hot cookies with icing sugar while they are still hot. Shake off the excess sugar and transfer to racks to cool.

## Method

1. Grind the hazelnuts in a food processor, as fine as possible to a moist powder.
2. Beat the egg and sugar for several minutes, until the mixture turns pale and thick. Add the ground hazelnuts, butter, orange flower water, baking powder and orange rind. Mix well by hand to form dough.
3. Oil hands and shape the dough into 2 cm balls. Roll the balls in castor sugar, place on a greased baking tray, leaving enough space for rising.
4. Bake the cookies in a preheated oven at 175°C for about 15 minutes or until lightly browned and cracked on top. The cookies should have a slightly crispy crust and a chewy interior.
5. When completely cooled, store the cookies in airtight containers for up to 2 weeks, or freeze for up to 3 months.



# Lemongrass, saffron and rosewater crème brûlée

Lemongrass, saffron and rosewater are strongly flavoured so a little goes a long way. This dish is a twist on the regular crème brûlée – the lemongrass and rosewater add a lovely flavour.

PREPARATION TIME: 10 MINUTES • BAKING TIME: 40 MINUTES • SERVINGS: 12

## Ingredients

4 lemongrass sticks  
pinch of saffron threads  
5 ml (1 t) rosewater  
1 litre (4 cups) cream  
12 extra large egg yolks  
125 ml (½ cup) castor sugar  
about 30 ml (2 T) castor sugar for topping

## Method

1. Soak the lemongrass, saffron and rosewater in the cream overnight to infuse. Remove lemongrass.
2. Beat the egg yolks and sugar until light and creamy. Add mixture to infused cream. Pour into 12 ramekins and bake in a preheated oven at 140°C for about 30 minutes.
3. Sprinkle sugar coating over the top and burn with a blow torch or grill under oven element to caramelize the top.

Thank you to Annemarie Brink, the photographer, for the beautiful photographs.

Visit her website [www.zoe-life.com](http://www.zoe-life.com)





**Moroccan House**  
La Terrasse Rooftop Cafe,  
Guest House & Showroom  
**Tel: 012 346 5713**  
[www.moroccancafe.co.za](http://www.moroccancafe.co.za)  
[info@moroccanhouse.co.za](mailto:info@moroccanhouse.co.za)  
435 Atterbury Road, Pretoria  
Opening & closing times:  
Monday – Saturday 9am – 5pm.



Lamb & Mutton South Africa wants to express our gratitude to Joehan from Moroccan House, Pretoria for their friendliness and support in producing this booklet. They provided all the props, the food and the staff to make this publication possible.

Visit Moroccan House to have an overall Moroccan experience. They sell furniture, lamps, cloths, earthenware and even clothes. Book your next event in the courtyard, a stunning experience for all your guests.

Moroccan House also operates as a restaurant and guest house. Please support their friendly establishment and enjoy the delicious food.



**Lamb and Mutton SA ~  
translating current science into  
consumer friendly messages**

**Visit our website for delicious  
lamb and mutton recipes**



[www.healthymeat.co.za](http://www.healthymeat.co.za)



**Healthy Meat**



**HealthymeatZA**



**Educational videos on channel:  
Lamb and Mutton South Africa**



*Supported by the Red Meat Industry of South Africa*