

Tastes of North Africa

In this section you will find various recipes from North Africa. They have been gathered from several sources.

Interesting things to know:

- **Harira** is a soup that is often the focal point of a Ramadan meal. Generally, it is a tomato-based broth seasoned with fresh cilantro, with a small amount of lentils or chickpeas. To go with this soup, hard-boiled eggs (peeled and dipped in salt and cumin) may be served. Flat breads (filled with minced cooked onions and spices) may also be served.
- **Tajine (tagine)** is used to cover a variety of simmered stews, slow-cooked and then served also over couscous or rice. The name also refers to the shallow earthenware cooking dish (with a cone-shaped lid) in which the stew is cooked.
- **Chabakia**, deep-fried pieces of dough, soaked with honey and sprinkled with sesame seeds, makes a wonderful end to a Ramadan meal.
- **Spices** are used more often than herbs in North African foods.
- **Harissa** is a spice mix or sauce that is used for grilling. It may be included as an ingredient in some foods. It is fairly spicy.
- **Shish kabobs** are never made with pork, because the Muslim religion forbids it.

Sweet Couscous

1 ½ cups water

1 tablespoon butter or margarine

1 cup couscous

½ cup raisins

1 tablespoon sugar

hot milk

Place water and butter in a medium-sized pan with a lid. Bring to a boil. Remove the pan from the heat. Stir in couscous, raisins, and sugar. Cover the pan with a lid and let it sit for 5 minutes. Fluff up the couscous with a fork. Divide into 4 servings. Add a little hot milk to each portion. Grapes and almonds may also be added.

Source: *Kids Reaching Kids: North Africa—Kids' Booklet*
[<http://www.wmystore.com/product.asp?sku=W097102>]

Coconut Fudge Cakes

- 2 cups grated coconut (moist, canned, or fresh)
- ¾ cup evaporated milk
- 2 cups sugar
- 1 ounce butter
- 2 tablespoons lemon rind

In a 2-quart saucepan, combine grated coconut, evaporated milk, and sugar. Simmer gently to 238°F or until a soft ball is formed in cold water. Add butter and lemon rind. Cool to room temperature in the pan. Beat as you would fudge until thick and glossy. Pour into a square (8-by-8-inch) pan lined with wax paper. Chill and cut into 1-inch squares.

Coconut Fudge Cakes are a delicious sweetmeat similar to coconut fudge. These easy-to-make treats are typically served as a special treat after the evening meal. Yields 1 ½ pounds of coconut fudge.

Source: African Studies Center, University of Pennsylvania

Kousherie (Lentils with rice and noodles) – Egypt

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| ½ pound brown lentils | 3 large onions |
| Salt water | 2 tablespoons butter or margarine |
| ¼ pound spaghetti | tomato sauce (optional) |
| water | yogurt (optional) |
| 3 cups cooked rice | |

Cook lentils in boiling salt water until tender (about 1 hour). Drain. Break spaghetti into 2-inch pieces. Cook in boiling water until tender. Drain. Peel and slice onions. Sauté onions in butter or margarine until brown. (Some Egyptians like them crispy black.) Mix together with lentils, rice, and spaghetti.

Hummus (chickpea dip) — North Africa

- 1 (15-ounce) can garbanzo beans (chickpeas)
- ¼ cup sesame seed paste (also known as tahini)
- 3 tablespoons lemon juice
- ¼ teaspoon ground cumin
- 1 clove garlic, chopped
- salt and pepper to taste
- pita bread, torn into pieces

Drain garbanzo beans and save the liquid. Place beans in a food processor or blender. Blend beans until smooth. Add sesame seed paste, lemon juice, ground cumin, and garlic. Blend again until smooth, adding reserved liquid as needed. Season with salt and pepper to taste. Mixture should be the consistency of a dip. To eat, scoop it up with pita bread.

Moroccan Chicken with Tomatoes and Potatoes

1 package of chicken (3 or 4 boneless breasts or a selection of bone-in breasts and/or thighs)
3–4 baking potatoes, peeled and cubed
1 can diced tomatoes (or 2–3 large fresh tomatoes, diced)
3–5 carrots or parsnips, quartered
1 large onion, diced
1–2 cloves garlic, diced
½ – 1 red bell pepper, diced
1 cup peas (if desired)
¼ cup olive oil
parsley (¼ tablespoon fresh or 2 tablespoons dried)
1 ½ teaspoons paprika
a few pinches of saffron (optional)
salt and pepper to taste

In a large pot, heat oil and sauté onion and garlic. Add chicken, tomatoes, red pepper, parsley, paprika, saffron, and ½ cup water. Cover and cook about an hour (until chicken is thoroughly cooked and just beginning to shred when handled), stirring occasionally.

Add water as necessary to keep mixture wet and saucy (maybe 2 cups total by the end of the process). Add potatoes, carrots/parsnips, and peas and cook for another 20–30 minutes, or until potatoes and carrots are completely cooked. Add salt and pepper to taste.

To eat in authentic Moroccan style, dish meal onto a large plate and serve with bread (a crusty French bread works well). Using the bread as the only utensil, everyone eats from the same plate.

Moroccan Carrot Salad

salted water	1 tablespoon minced parsley
2 bay leaves	1 tablespoon minced cilantro
2 pounds of carrots, peeled, thinly sliced	1 tablespoon cumin
1 cup vinegar	1 ½ teaspoons paprika
1 cup oil	¼ teaspoon ground ginger
2 cloves garlic, chopped	1 tablespoon tomato paste
1 tablespoon ground onion	salt and pepper

Bring salted water and bay leaves to a boil in a large saucepan. Add carrots, return to boil; then remove from heat. Drain and rinse with cold water; place in serving dish.

Moroccan Mint Tea

- 1 tablespoon green tea
- 1/3 cup sugar
- 6 sprigs fresh mint
- 3 cups boiling water

Put the green tea in a tea ball and steep in boiling water for 5 to 10 minutes. Put mint leaves in the bottom of a cup or glass along with the sugar. Add tea and stir.

Khcaf (Fruit drink) – Algeria

- 2 quarts water
- 2 sticks cinnamon
- ½ cup raisins
- 1 tablespoon sugar or honey

Bring water with cinnamon sticks to a boil. Add raisins, reduce heat to low, and simmer for 15 minutes. Stir in sugar and let it melt. Then remove the pot from the heat and take out the cinnamon sticks. When liquid is completely cool, refrigerate it for about ½ hour. Serve with or without raisins.

Source for all recipes in this section: International Mission Study 2009 Promotion Kit [<http://www.wmystore.com/product.asp?sku= W093103>]

Harira

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| vegetable or olive oil | 6 beef bouillon cubes |
| 1 onion, chopped | 1 cup of diced lamb or beef (optional) |
| 1 ½ cups chopped celery | 2 (28-ounce) cans diced tomatoes with liquid |
| 1 teaspoon cinnamon | ½ cup dried vermicelli, broken into 1-inch pieces |
| 1 teaspoon black pepper | 4 to 6 tablespoons lemon juice |
| salt to taste | ½ to 1 cup flour |
| 3 to 4 quarts of water | additional chopped cilantro for garnish |
| 1 bunch fresh cilantro, chopped | |
| 1 (15-ounce) can chickpeas | |

In a large stockpot, sauté the onion and celery until translucent in a small amount of oil. Add cinnamon and pepper, stirring to coat vegetables. Add salt to taste, water, cilantro, chickpeas, beef bouillon cubes, meat if desired, and canned tomatoes. Simmer over medium heat about 45 minutes to 1 hour.

Add vermicelli and lemon juice, cooking another 10 to 15 minutes. To thicken soup, dissolve flour in a small bowl in water, stirring until smooth. Add some soup to this mixture, mix, and return to soup pot. Cook, stirring until slightly thickened. Adjust for seasoning and serve. Garnish with more fresh cilantro, if desired. Serves 10 to 12.

Orange-Lemon Chicken Tajine

2 to 3 large onions, chopped	10 to 12 cloves fresh garlic, minced
5 to 6 tablespoons oil	Juice of 2 lemons
2 pounds boneless chicken, cut in pieces*	1 quart of orange juice
½ to 1 tablespoon salt, to taste	2 chicken-flavored bouillon cubes
1 tablespoon ground ginger	½ to 1 cup raisins (more if desired)
½ tablespoon pepper	

*(Dark meat is more flavorful.)

In a stock pot, sauté onions in oil over medium heat. Add chicken, salt, ginger, pepper, and garlic. Brown chicken in oil, onions, and spices for 5 to 10 minutes. Add lemon juice, orange juice, bouillon cubes, and raisins.

Add enough water to cover chicken by about 2 inches. Cover and cook over medium heat for 45 minutes to 1 hour, stirring occasionally to keep the chicken from sticking to the bottom of the pot. Serve over cooked rice or couscous. Serves 6 to 8.

Fresh Tomato Salsa

2 ripe tomatoes	4 fresh mint leaves, minced
2 green onions, tops included, finely chopped	½ teaspoon sugar
	salt and freshly ground pepper to taste

In a small bowl, combine tomatoes, onions, mint, sugar, and salt and pepper to taste. Makes ¾ cup.

—From *Cooking at the Kasbah*, by Kitty Morse (San Francisco, California: Chronicle Books, 1998).

Shish Kabobs

2 ½ pounds of lamb, chicken, or turkey,
cubed in ¾ -inch pieces
¼ cup olive oil
2 tablespoons minced fresh cilantro
2 tablespoons minced fresh flat-leafed
Parsley
½ onion, grated
1 tablespoon sweet Hungarian paprika
2 garlic cloves, minced

1 teaspoon ground cumin
¼ teaspoon fresh lemon juice
1 teaspoon pepper
fresh mint leaves or lettuce leaves for
garnish
Fresh Tomato Salsa (see recipe)
for serving
Warm pita bread for serving
Ground cumin and salt for serving

In a large bowl, combine the meat, olive oil, cilantro, parsley, onion, paprika, garlic, cumin, lemon juice, and pepper. Cover and refrigerate, marinating for at least two hours or overnight.

Prepare a fire in a charcoal grill or preheat the broiler. Thread 8 to 10 pieces of meat on metal skewers. Grill over a medium fire or broil, turning occasionally, until cooked through. To serve, line a large platter with mint or lettuce leaves and top with the skewers. Serve with a tomato salsa, warm pita bread, and saucers filled with cumin and salt for dipping. Serves 6.

—From *Cooking at the Kasbah*, by Kitty Morse (San Francisco, California: Chronicle Books, 1998).

Source: *International Mission Study 2009 Adult/Student Tabloid*

The Web is a wonderful resource for recipes. Listed below are recipes taken from various sites on the Web. Each site is noted if you would like to visit for more recipes.

Berber Chicken

1 chicken
¼ cup vegetable oil
¼ cup lemon juice
¼ cup water
2 teaspoons ground ginger

1 teaspoon ground cayenne
½ teaspoon ground tumeric
¼ teaspoon ground cumin
¼ cup mint finely chopped

Remove giblets from chicken. Wash chicken and pat dry. Loosen the skin. In a bowl, combine all the ingredients. Place the chicken in a plastic bag, add the marinade and

make sure the marinade penetrates underneath the skin. Refrigerate for 4 hours or overnight. Remove chicken from the marinade. Place in the rotisserie over a grill and cook for 1 ½ hours; or on a covered BBQ cook for 1 hour; in a rotisserie oven cook according to manufacturer's instructions; or bake in a 350°F oven for 15 minutes per pound. Serve with fruited rice.

Source: www.bigoven.com

Berber Bread

3 ½ cups all-purpose flour
1 ¼ teaspoons salt
4 teaspoons vegetable oil
1 cup hot water

In the container of a blender or food processor, combine the flour and salt. Pulse to blend. Add the oil and hot water, and blend until it stops sticking to the sides. Remove from the container, and cut into 4 pieces.

On a lightly floured surface, roll out the dough until fairly thin. Let it rest for a minute if it is difficult to roll. Heat a large skillet over medium heat, and spray with a light coating of cooking spray. Fry one piece at a time until the surface begins to bubble. Flip over and fry until it has brown spots on the other side. Cut each piece into quarters to serve.

Source: submitted by Adam Willis to <http://allrecipes.com>

Roasted Pepper Sauce

2 red bell peppers	4 cloves garlic, chopped
4 tomatoes	1 jalapeño pepper, chopped
1 tablespoon olive oil	salt to taste

Preheat your broiler.

Broil the bell peppers and tomatoes until they start to char, about 8 minutes. Let cool and peel tomatoes and bell pepper. Core and seed the bell peppers.

Heat the olive oil over medium heat in a small skillet. Add the garlic and jalapeño and sauté until tender.

Put the bell peppers, tomatoes, jalapeño and garlic in a food processor or blender and blend until somewhat smooth. Add salt to taste.

Source: “Margarita’s International Recipes,” www.marga.org

Berber Crepes

crepes
honey
½ cup coarsely ground almonds
½ cup coarsely ground hazelnuts
argan oil (optional)

Prepare the crepes. Pour honey over each crepe and then cover with ground almonds and hazelnuts. Add argan oil if using. Roll and serve.

Note: Goes well with ice cream.

Source: “Margarita’s International Recipes,” www.marga.org

Fruited Rice

2 tablespoons olive oil	1 tablespoon raisins
½ cup onions, chopped	½ cup blanched almonds, chopped
1 ½ cups rice	tablespoon fresh mint, chopped
1 ½ to 3 cups of chicken broth	1 tablespoon harissa sauce
1 large pinch of saffron, powdered	2 teaspoons ground ginger
10 dried apricots	2 teaspoons ground coriander
6 dried prunes	1 teaspoon ground cinnamon
	½ teaspoon ground tumeric

Heat the oil on medium heat in a large, deep sauté pan. Add the onions and sauté until soft. Add the rice and sauté until translucent, stirring frequently. Add the chicken broth and saffron. Bring to a boil, reduce the heat, and simmer covered until rice is done.

Meanwhile soak the fruits in warm water for 15 to 20 minutes. Chop into large pieces.

Add the rest of the ingredients, mix well, and serve.

Source: “Margarita’s International Recipes,” www.marga.org

Berber Vegetable Tagine

¼ cup olive oil	3 sprigs of cilantro, finely chopped
1 small yellow onion, chopped	2 bay leaves
2 small cloves garlic, chopped	1 tablespoon paprika
1 tomato cut in 1" cubes	½ teaspoon cumin
1 green bell pepper, cut in 1" strips	½ teaspoon cinnamon
1 red bell pepper, cut in 1" strips	salt and black pepper to taste
1 green zucchini, cut in 1" cubes	2 ½ cups water
1 yellow squash, cut in 1" cubes	¼ cup green olives, halved
2 sprigs of parsley, finely chopped	¼ cup raisins

Heat the olive oil in a medium size pot. Add the onions and garlic and heat in medium heat until golden brown. Add the vegetables and spices, stir well and add the water. Cover, bring to a boil, turn down the heat to low and simmer for 20 minutes. Uncover, add the olives and raisins and simmer for an additional 10 minutes.

Source: "Margarita's International Recipes," www.marga.org

Harissa Sauce

12 dried hot red chili peppers	1 teaspoon coriander seeds
1 large garlic clove (or 2-3 small ones)	1 teaspoon salt
1 teaspoon ground cumin	1/3 cup olive oil
1 teaspoon caraway seeds	

Remove the seeds from the chili peppers. Soak the peppers in water for 1 hour. Put all the ingredients in a blender or mini chopper and blend until smooth.

Source: "Margarita's International Recipes," www.marga.org