



Tanjia



Moroccan Cuisine

Cookbook

By Abdelkrim HAYAB

Support for this book was provided in part by the Teachers of Critical Languages Program's follow-on grant funds. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and administered by American Councils for International Education: ACTR/ACCELS

Introduction:

This cookbook is the culmination of two projects I have been running for the school year 2022/2023 at Twinfield Union School in Plainfield, Vermont, USA. The first project was a cooking class for High School



students that ran from November to January. Students were able to learn different dishes from Morocco and the Arab world. As for the second project, it was an adult class whose members were teachers, parents and community members from Plainfield and Marshfield.

The aim of this cookbook is to leave something tangible that can be reused by learners to prepare dishes for themselves and their families. Also, there is a personal objective for writing this cookbook. That is to leave a legacy behind so that I and my Moroccan culture and background never leave school after I go back to Morocco.

It was a pleasure to work with the eager minds of Vermonters who always showed their readiness to learn

more about other cultures and languages. This was no mere curiosity but determination to embrace and absorb Arabic and Moroccan culture.

I would love to jump on the chance to thank everyone who welcomed me to their homes and community. I would especially thank my host families who showed me around and helped me integrate into the community.

Abdelkrim HAYAB

Plain Tea: شاي

Ingredients:

Loose green tea leaves (4 to 5 teaspoons for a medium teapot), water, sugar (optional)

To sweeten tea, you can also add maple syrup or dates powder.

How to prepare it:

To a medium teapot, add 3 to 4 tablespoons of tea powder. Then add about 1 glass of boiled water and start stirring. Get rid of the water. Fill the teapot and put it on low heat. When the tea starts to boil, pour one glass and wait for it to boil again. Then put that glass of tea back in the teapot. Repeat this over and over until you are satisfied with the color.



Mint Tea: شاي بالنعناع

Ingredients:

Green loose leaves (from 3 teaspoons to 4)
mint, peppermint, spearmint

Preparation:

To a medium teapot, add 3 tablespoons of tea powder. Then add about 1 glass of boiled water and start stirring. Get rid of the water. Fill the teapot and put it on low heat. When the tea starts to boil, pour one glass and put it back in the teapot.

Add the mints variety you want. You can also add sugar and then start mixing the ingredients by pouring tea in glasses and back to the teapot. Set it aside to cool a little bit. Then, serve it by pouring tea while taking the teapot high (this will give your glass of tea some foam).



Moroccan spicy coffee: قهوة بالأعشاب

Café Berbère

Ingredients:

- Ground Coffee (Dark roast)
- Cinnamon, dried ginger roots, galangal roots, Anise seeds, star anise, sesame seeds, fennel seeds, nutmeg (All these ingredients should be ground)
- Sugar if needed/ Honey/ Maple Syrup/ Dates Sugar

Preparation:

Mix all the ingredients together with coffee, 1 teaspoon of each ingredient with 4 tablespoons of coffee. Put the mixture in a coffee kettle and fill it with hot water. Put the kettle on low heat for 10 minutes. Let it sit before serving.



Bisara بيصارة

Ingredients:

- 1 lb split peas
- 2 tablespoons Olive Oil
- Garlic (3 cloves)
- ½ tablespoon Cumin
- Salt

Preparation:

First, soak the green peas overnight in hot water. Then put them in a pot with some water, salt, cumin, garlic, and olive oil.

Keep stirring and adding water as needed until the green peas dissolve into a homogenous mixture. Serve with bread and olive oil.

P.S. You can also replace green peas with fava beans.



Shakshouka: شكشوكة

Ingredients:

- 6 eggs
- 1.5 lb. tomato
- cilantro
- Spices (turmeric, paprika, black pepper, red pepper, ginger)
- Olive oil
- Garlic (2 cloves)
- Thyme, rosemary, bay leaf
- Pepper jalapeno
- Harissa

Preparation:

Dice 3 to 4 tomatoes and put them aside. In a pan or a tajine on low heat, add 2 diced pepper jalapenos and olive oil. Stir all together then add 2 chopped garlic cloves. Then, add the diced tomatoes and cover the container. When tomatoes start to dissolve add spices and herbs and mix everything well. When tomatoes are cooked, break 4 or 5 eggs and cover the container.



Meatball Tajine

طاجين كرات اللحم

Ingredients:

- 6 eggs
- 1 lb tomato
- 1 lb. ground meat
- ¼ teaspoon Spices
(turmeric, paprika, cumin
- thyme, black pepper,
ginger, coriander, chili
flakes)
- Olive oil
- Garlic and cilantro

Preparation:

Dice 3 to 4 tomatoes and put them in a pan or a tagine on low heat. Stir and add two chopped garlic cloves and olive oil. When tomatoes start to dissolve add spices and herbs and mix everything well.

Add little of all spices mentioned above to the ground meat as well and start shaping balls. Add the meatballs to the tomato sauce. After 3 minutes, break the eggs on top without breaking the yolks. Cover the tajine and let the eggs cook as you like them.



Beans: الفاصولياء

Ingredients:

- 1 lb of white or kidney beans.
- 1 head of onion
- 1 clove garlic
- ½ lb of lamb or beef chunks (optional)
- Spices (Turmeric, ginger, paprika, black pepper, red pepper, rosemary, cumin, coriander, thyme, bay leaf)
- 1 lb tomato
- 1 tablespoon tomato paste.

Preparation:

Soak the beans overnight in hot water. In a pot, add some olive oil, one chopped onion, minced garlic and meat. keep stirring. add the rest of ingredients at once with a cup of water and keep stirring. keep checking the beans till fully cooked.



Lentils: العدس

Ingredients:

- 1 lb. of lentils
- 2 cloves garlic
- ½ lb. of beef or lamb
chucks (optional)
- Spices and herbs ¼
teaspoon (Turmeric,
ginger, paprika, cumin, red
pepper, black pepper,
coriander, thyme)
- 3 tomatoes
- 1 tablespoon tomato paste
- 1 small head of onion
- cilantro, rosemary

Preparation:

In a pot, add chopped onion, garlic and olive oil. Keep stirring for 1 minute then add the meat chunks. Stir for 3 minutes before you add three chopped tomatoes. Then add the spices and other ingredients, 1 cup of water and the lentils. Put the lid on and keep stirring every 5 minutes until the lentils are well-cooked.



Beef Tagine:

طاجين لحم البقر

Ingredients:

- 2 lb. of beef
- 2 heads of onion (sliced)
- Thyme, garlic, and cilantro.
- Spices ¼ teaspoon (Turmeric, paprika, cinnamon, black pepper, ginger)
- Olive oil
- Topping: combination of some or all (apricot, prunes, raisins, dates, fried Almonds, sesame seeds, walnuts)

Preparation:

In a tagine, put circle-cut onions then slices of beef and cover the beef with more onion. In a small bowl add all spices (1/2 teaspoon each except paprika add 1 teaspoon), pinch of thyme, two cloves of garlic, 1 bay leaf, and a pinch of rosemary. Stir the spices together with olive oil and very little water and pour the mixture on the meat and onions. Let the tajine cook on low heat for 1 to 1.30 hours. In separate pots, half-boil the dried fruits you want to decorate with except for dates. Fill the apricots and dates

with halves of walnut. Cover the prunes with sesame seeds and put them on top of the meat 10 minutes before you turn off the heat.

As for the almonds, soak them in hot water and peel them. Put them in a pan with some vegetable oil, then turn on the heat. When they look brownish, put them on top of the tagine and serve.

P.S. You can use any type of red meat for this dish.



Chicken Tagine: طاجين دجاج

Ingredients:

- 3 to 4 chicken thighs (or any other part if you like them)
- Preserved lemon
- Green olives
- Cilantro, rosemary, bay leaf
- ¼ teaspoon of Turmeric, coriander, saffron, black pepper, ginger, garlic, paprika, thyme,
- 1 Onion, 1 carrot, 1 potato, and green peas.

Preparation:

Marinate the chicken in the spices, olive oil, fresh ginger, garlic and cilantro for 15 minutes. Cut an onion into circles. Spread the onion in the tagine and then the chicken. Put the tagine on low heat for 20 minutes. Add all vegetables you want on top with some preserved lemon. Wait until the vegetables are cooked and serve.



Kabab: کباب

Ingredients:

- Square chunks of beef, lamb, chicken breast, or turkey breast/ Ground meat.
- ½ teaspoon Salt, cumin, turmeric, cayenne, chili flakes, paprika, black pepper, ginger, thyme, olive oil, coriander, cilantro, Harissa.
- 1 red onion

Preparation:

Put the chunks of meat in a bowl and add the spices and cilantro. Mince a red onion and add it to the meat. Let the meat marinate for at least 2 hours. Start putting the meat pieces on the skewers. Then, put the skewers on the grill.

Ground meat: Add the same spices to ground meat and let them aside for 20 minutes. Wrap the skewers with the ground meat and put them on fire to cook.



Rice with Milk أرز بالحليب

Ingredients:

- 1 cup White rice.
- 1 cup Milk
- A pinch of salt
- maple syrup, aged butter, or olive oil.

Preparation:

In a pot, add rice, water and a pinch of salt. When it is cooked add milk and keep stirring. Make sure that not much water is there before you add milk.

You can serve it in bowls. Also, add some olive oil or fermented butter on top of the bowl. Instead, you can add cinnamon and sugar.

P.S. You can replace the rice with barley.



Baba Ghanoush بابا غنوش

Ingredients:

- 3 lb. eggplants
- 5 Garlic cloves (oven-cooked in olive oil)
- Lemon juice
- Salt, Paprika, cilantro
- Tahini

Preparation:

First, put the eggplants on high stove heat and let them roast. Then peel them, let them cool, and then put them in a food processor. Add Tahini, lemon juice, and salt. Blend everything together until you get a smooth mixture. Serve in a bowl with more olive oil, cilantro and paprika on top.

Tahini: toast some sesame seeds and let them cool down. Put them in a food processor. Start adding olive oil gradually. When the batter is smooth, add a pinch of salt.

P.S. The same. Ingredients can be used with Hummus.



Zaalouk زعلوك

Ingredients:

- 2 medium eggplants
- 1 medium green pepper
- 1 medium tomato
- 1 small onion
- 3 cloves of Garlic
- Cilantro
- Preserved lemon
- Salt + Spices (turmeric, paprika, red pepper, black pepper, rosemary, coriander, ginger, thyme)

Preparation:

In a pan, add some olive oil, diced green pepper, diced onion, and minced garlic. Sauté for 5 minutes before you add the diced eggplant. After 5 to 8 minutes add one diced tomato. Let the tomato dissolve before you start adding the spices. Add diced olives and cilantro before you serve it.



Tanjia: طنجية

Ingredients:

- Chicken/beef/lamb
- Bay leaf
- Head of Garlic
- 1 teaspoon Saffron
- 1.5 teaspoon Cumin
- 1.5 Preserved lemon
- 1 teaspoon coriander
- Salt
- A pinch of Thyme

Preparation:

In a pot, add all ingredients except saffron. Put some saffron hairs in a glass of water and put it aside for about 10 minutes. Add the glass of water with saffron to the pot. Put the pot on very low heat. Let it slow-cook for 2 to 3 hours.



Saman سمن : *Fermented Butter*

Ingredients:

- 1 lb. Butter
- 1 tablespoon Salt
- 1 teaspoon thyme leaves

Preparation:

Leave butter at room temperature. Then, add salt and thyme leaves. Keep mixing ingredients together by hand. Put the mixture in a jar and leave at room temperature for a week or two. Remember to make sure that the jar is sealed.

The fermented butter can be used on flatbread or cooking.



Preserved Lemon: الليمون المصير

Ingredients:

- Lemons
- Salt
- Olive oil

Preparation:

Cut lemons into medium pieces. Put the pieces in a jar with salt (1 teaspoon per lemon). Then add a tablespoon of olive oil and close the lid. keep shaking the jar so the salt starts melting. The lemons will be ready to be used in cooking in about a month.



Dictionary: معجم

<i>English</i>	<i>Pronunciation</i>	<i>Arabic</i>
Almond	Lowz	لوز
apricot	Mishmish	مشمش
Bayleaf	Waraq Lghar	ورق الغار
bean	Fasuliaa	فاصولياء
Beef	LaHm I'ijl	لحم العجل
Black Pepper	Filfil Aswad	فلفل أسود
Bread	Khobz	خبز
Butter	Zobda	زبدة
Chiken	Dajaj	دجاج
Cilantro	Kazbara	كزبرة
Cinnamon	Qirfa	قرفة
Cumin	Kamun	كمون
eggplant	Badinjan	بادنجان
Fermented Butter	Saman	سمن
Garlic	Thowm	ثوم
Ginger	Zanjabil	زنجبيل
Lamb	LaHm Ghanam	لحم الغنم
Lemon	Laymoon	ليمون
Lemon juice	A'assir Laymoon	عصير الليمون

Lentil	A'adas	عدس
Milk	Halib	حليب
Mint	Na'ana'a	نعناع
Paprika	Filfil Ahmar	فلفل أحمر
Rice	Arozz	أرز
Rosemary	Iklil Ljabal	إكليل الجبل
Saffron	Za'afaran	زعفران
Salt	MilH	ملح
Sesame seeds	semsem	سمسم
tea	Shai	شاي
Thyme	Za'atar	زعتر
Turkey	deek Rumi	الديك الرومي
Turmeric	Karkam	كركم
walnut	Jowz	جوز



Tanjia



Moroccan Cuisine

Cookbook

By Abdelkrim HAYAB

Support for this book was provided in part by the Teachers of Critical Languages Program's follow-on grant funds. The program is sponsored by the Bureau of Educational and Cultural Affairs of the U.S. Department of State (ECA) and administered by American Councils for International Education: ACTR/ACCELS