

MOROCCAN CLASSICS

Lorna Sundberg International Center, University of Virginia Sunday – June23rd, 2019



SALAD MOROCCAN

INGREDIENTS: (approximate)

- 1 peeled tomato, cut into squares
- 1 red onion, cut into squares
- 1 cucumber cut into squares
- ¼ cup chopped coriander
- 2 tbsp olive oil
- 2 tbsp white vinegar / or lemon juice
- salt
- chopped mint leaves (optional)

PROCEDURE:

- 1. Mix chopped tomato, red onion and cucumber
- 2. Add chopped coriander
- 3. Combine seasoning in a small glass or bowl
- 4. Add seasoning



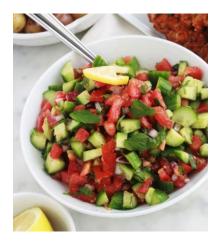
INGREDIENTS:

- 1 medium tomato, grated
- 2 cloves garlic, grated (1tsp)
- 1 teaspoon ginger
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon tomato paste
- 1/2 cube stock
- salt + pepper
- 4 tablespoons vegetable oil (approx.)
- 2 small eggplants (chopped)
- 1 teaspoon dried parsley (or 1/4 cup chopped fresh parsley).

PROCEDURE:

- 1. Remove parts of the black eggplant peel and chop the eggplant into 1 inch cubes.
- 2. Grate the tomato.
- 3. In a pot or pressure pot heat oil. Add chopped eggplant. Fry a little before adding the rest of the ingredients (garlic, grated tomato, ginger, paprika, cumin, tomato paste, stock, salt, pepper and dried parsley.)
- 4. Add water to cover the mixture by about 1-2 inches.
- 5. Cook on medium heat until the eggplant is cooked and the water has evaporated.

Serve hot or cold with Moroccan bread.





MOROCCAN FAVA BEAN SOUP (BISARA)

INGREDIENTS:

- 2 cups fava beans
- 2 tbsp olive oil
- 1 tsp paprika
- salt
- pepper
- crushed garlic
- 1 tsp cumin

PROCEDURE:

- 1. Wash the fava beans
- 2. Put fava beans, paprika, salt, pepper, garlic and olive oil in a pressure cooker with water and cook until soft
- 4. Add cumin and a little more olive oil and mash using a potato masher

Serve with cumin, sudaniya spice (crushed pepper), and olive oil.

MOROCCAN COOKIES (GHURAIBAT ALBAYDH)

INGREDIENTS:

- 6 eggs
- 2 cups vegetable oil
- 2 cups sugar
- orange and lemon zest to taste
- 1 tsp vanilla sugar
- 3 tbsp baking powder
- White flour depending on the mixture
- 1 egg
- drops of white vinegar

PROCEDURE:

- 1. Turn on the oven on the bottom heat.
- 2. Mix the eggs, vegetable, sugar, zest, vanilla sugar, and baking powder with your hand. Then add the flour in slowly. The mixture should not be too hard or too sticky.
- 3. Shape the cookies into golf sized balls. Roll each one in your hand and press gently. They should be about the size of an Oreo.
- 4. Line a baking tray with parchment paper or silicone sheet. Put the cookie dough about 1-2 inches apart because they will spread slightly.
- 5. Mix the egg and vinegar then brush the top of each cookie with the mixture.
- 6. Put them in the oven with bottom heat until they are cooked from under.
- 7. Switch the oven to the top griller and leave them in until cooked.

Note: the vinegar mixture is so that the cookie will have cracked and glossy top.

