



# MOROCCAN CLASSICS

Lorna Sundberg International Center, University of Virginia  
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## SALAD MOROCCAN

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### 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



## MOROCCAN EGGPLANT DISH (ZAALOUK)

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### 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.

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## MOROCCAN FAVA BEAN SOUP (BISARA)

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### 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 (GHURAIKAT ALBAYDH)

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### 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.