

Algerian cooking class with Souad and Paula

June 12, 2010 at 11:00 am

Bourek bel Kefta



Recipe:

(Make about a dozen Boureks)

- 9 ounces ground beef
- 1 tbsp vegetable oil
- 1 medium onion, finely chopped
- ½ tsp all-spice
- Pinch ground cinnamon
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp cilantro, finely chopped
- Ground black pepper
- ½ tsp salt
- 2 eggs, lightly beaten
- 1 package of spring rolls
- Canola oil for frying

Preparation:

- Heat the oil in a pan on medium heat, add the onions.
- Cook until soft and transparent, but not browned.
- Add the ground meat, salt, black pepper, spices and herbs and mix everything using a fork to keep the ground meat “grainy” and separate, stir until the meat is not pink anymore, about 5-7 minutes.
- Reduce the heat to medium-low, and add the beaten eggs. Stir constantly until the mixture becomes creamy but do not allow the eggs to scramble.
- Remove the meat mixture from the pan into a plate, and set aside to cool.
- Fill each spring roll with 2 teaspoons of the meat mixture and roll into cigars. At this point, you can put the boureks in the fridge until ready to fry. You can also freeze them in an airtight container for up to two weeks. Just thaw them out of the container before frying.

- In a medium pan, heat about ½ inch of oil, and fry the boureks, turning once, until golden brown on each side. Drain on a plate lined with paper towel.
- Serve hot.

Chorba frik (Algerian crushed wheat soup with lamb)



Recipe:

- 1 pound lamb (chicken or beef works as well)
- 1 tbsp vegetable oil
- 1 big onion, chopped
- 1 tomato, diced
- 2 carrots
- 1 bunch of cilantro , finely chopped.
- 1 tbsp of tomato paste
- 1 / 4 cup Frik (crushed wheat or bulgur) rinsed
- 1tsp Ras hanout
- Salt and pepper
- Chick- pea

Preparation:

- In a large pot, heat the oil and sauté the meat with the onion for 5 min.
- Add the tomato, the carrots, the cilantro, the tomato pasta and salt and pepper. Let simmer for 20 min. Stir frequently.
- Add about 2 liter of warm water.
- Cook for 45 min or until the meat is tender and the vegetables are cooked.
- Without turning off the heat, remove the meat and the carrots.
- Mash the carrot, bone the meat and put them back into the soup.
- Add the crushed wheat, and a can of chick-peas.
- Let simmer for about 30 minutes or until the wheat is tender.
- Serve in soup bowls, garnish with chopped cilantro and..."Voilà".

Chicken with Olives Tagine (Djej bil Zitoon)



Recipe:

- *1 chicken cut in pieces*
- *2 chopped onions*
- *1 clove of garlic*
- *3 carrots*
- *Green olives (about 1 pound)*
- *Oil and a little butter*
- *Salt*
- *1 tsp black pepper*
- *1 stick of cinnamon*
- *1 tsp of powder cinnamon*
- *1 freshly chopped bunch of parsley*
- *1 (optional) stock cube*
- *Water*

Preparation:

- In a stewpot heat the oil and the butter (you can use only some oil), sauté the chopped onions, add the pieces of chicken with carrots, crushed garlic and spices as well.
- Let simmer over moderately low heat, stirring occasionally, until the onion are cooked.
- Crumble the stock cube of poultry, and add the stick of cinnamon.
- Cover with water, and let cook over a low heat.
- Meanwhile to remove excess of salt from the green olives, cover with water and bring to a boil twice for about 7 minutes. Change the water each time.
- At the middle-cooking of the chicken, add olives.
- Let simmer until the sauce become thick.
- Sprinkle chopped parsley and serve warmly.

Ghrebia louze



Recipe:

- 2 cups and 1/3 cup of ground almond (grind the whole almond in the food processor for about 30 seconds)
- 1 cup powdered sugar
- 2 Tbsp butter
- 1 egg
- 1 tea spoon of orange blossom water
- 1 drop of *pink icing color*
- About 20 pieces Whole Almond roasted in oven for about 10 minutes
- powdered sugar

Preparation:

Preheat oven (350 °F)

- In a bowl, mix the sugar with the ground Almond, Add the egg, softened butter, the orange blossom water and the drop of pink icing color.
- Mix with a spoon or your hand until well incorporated. The dough will be sticky.
- Make small balls of the size of a large grape or walnut and roll them in the powdered sugar.
- Put the balls 2 inches apart onto cookie sheet (or a non stick baking mat)
- Put a whole almond in the center of each ball.
- Bake for about 15 minutes.
- Let cool completely then remove from the cookie sheet.
- Put each ghrebia in a baking cup.

Bon appétit!