

2021

Scoping study on the gastronomic tourism sector in Morocco

STUDY REPORT
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Introduction

Intellectual property is a major lever for promoting a country's resources and heritage. Nowadays, it is vital given the challenges that tourist destinations are facing because they are in constant competition with one another when attracting tourists. Some destinations stand out because of their natural assets (islands, mountains, etc.) or their unbeatable prices (mass tourism), while others are experiential destinations where the tourist can enjoy a unique experience and share a slice of authentic culture. Gastronomy is one of the most anticipated experiences in tourism. "Food allows man to nourish himself not only with nutrients but also with signs, symbols, dreams and myths which make him part of a social group and, as a result, enable him to be identified inside and outside of that group," explains Jean-Pierre Poulain. While the gastronomic experience is a timeless voyage for the senses, it cannot, therefore, be dissociated from the overall tourism experience which allows for total immersion in the different facets of local culture.

During this research work, we studied about ten dishes that are emblematic of Moroccan cuisine and part of Moroccan gastronomic heritage. The scope of the study and the allotted time did not allow us to develop the subject any further, but we hope that this work can be expanded upon through similar studies and a more comprehensive research project aimed at identifying and documenting Moroccan gastronomic heritage. This heritage reflects the identity of Morocco because it derives from the experience of Moroccans, past and present. The sociologist, Jacinthe Bessi re, defines gastronomic heritage as: "All gastronomic elements, both tangible and intangible (products, recipes or culinary knowledge and know-how entrenched in social memory) which characterize a collective territorial heritage. Rooted in the land, in space and in time, the culinary processes of a territory reveal a state of society, a state of mentalities. They are, of course, a legacy from those who lived before us and evidence of past food styles (legacy of recipes, eating habits, etc.)." As a result, gastronomy is a reflection of society, past and present. The knowledge, know-how and customs it embodies provide a glimpse of the evolution of civilization and culture over several centuries. Thanks to this wealth, it is the best means for providing a real and authentic tourism experience, and this is why tourism products must incorporate an authentic representation of the entire experience and move away from 'folkloric' renditions of apparent codes. It is a matter of respecting Moroccan culture and the tourist who wishes to discover it.

I. Methodology note

1) Scope of the study

This study highlights the gastronomic knowledge, know-how and skills involved in about ten emblematic Moroccan dishes and can serve as a basis for intellectual property work. We hope that, in the future, other studies will supplement this one so that the wealth of this age-old gastronomy may be documented.

2) General framework of the mission

The initiators of the project:

The mission is part of an international project adopted by the World Intellectual Property Organization (WIPO) and implemented by the Moroccan Industrial and Commercial Property Office (OMPIC).

Objectives of the general project:

Boost economic activity and enhance the added value of the gastronomic tourism sector (medium- and long-term impact).

Promote intellectual property related to culinary traditions (food and beverages) for use in the gastronomic tourism sector.

Selected countries:

Morocco, Peru, Cameroon and Malaysia

3) Objective of the study

The project involves carrying out a scoping study to:

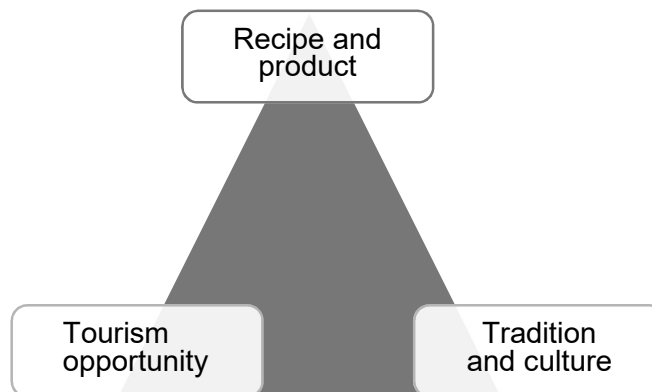
- map key culinary traditions (food and beverages) in Morocco;
- inventory about ten typical dishes and recipes (including ingredients; traditional forms of cultivation and production of these ingredients; production and preparation techniques; typical kitchen utensils; and eating habits); and
- provide an analysis of the culinary traditions cataloged from the following perspectives:
 - sociocultural,
 - historical,
 - economic,
 - local economic impact,
 - renown, and
 - challenges.

4) Selection criteria

- emblematic Moroccan dishes and must-try dishes;
- dishes that showcase regional wealth through the products used, the methods used, the traditions or the history of the dish;
- sectors:
 - a functional sector with market outlets, to be strengthened; or
 - a weak but high-potential sector to be developed;
- composition of the products with potential value;

- high added value;
- existence of a national and/or international market; and
- representativeness of the dishes selected with a balance between several parameters: sweet and savory, regions, types of meat, main courses, starters, desserts, etc.

5) Three-part analysis



1. Recipe and product

The manufacturing processes, utensils, cooking methods and know-how that make the regions and soils of Morocco distinctive were identified from the recipes.

Product: sector, value chain, production, market, societal impact of the sector, origin of raw materials, territorial specificity of products, seasonality and possible geographical indications.

2. Tradition and culture

History and origin; traditions related to the products; ceremonies and rituals related to preparation or consumption; culinary traditions, etc.

3. Tourism opportunities

Tourism potential of the dish and its regional, national and international impact. Analysis of the strengths, weaknesses, opportunities and threats related to the different types of products and services associated with the recipe. This analysis was based on a systemic approach so as to apprehend the different elements (recipe, processes, products, traditions and culture) and their interaction, both in general and in a manner specific to each dish or culinary tradition.

6) Regions covered

Most of the recipes studied have national reach even though their origins are regional. In view of this, we have chosen to look at the most general version of these dishes, while indicating regional specificities and variations for each component of the three-part analysis described above.

For example:

- Dish: Beldi chicken tagine with olives
- Region: national
- Product variant: Meslalla olives in Meknes

The territorial breakdown used for the study should classify regions according to cultural specificities, geographical specificities, the climate and specificities of the fauna and flora, which are all factors that influence the availability of resources and encourage the creation of terroirs. The eight tourism regions (*pays d'accueil touristique*) defined by the Ministry of Tourism were deemed the most appropriate territorial breakdown for the study.

The 8 main regions:

- The Rif region and northern Morocco, including Chefchaouen, Al Hoceima, Taza and Tetouan
 - Nougat and nougatine
 - Fish tagra *ناغرة الحوت* (see Chermoula fish)
 - Sweet pepper and tomato madkouka *مدقوقة* (see Kemia)
 - Pottery: Tagra tagine
- The Beni Iznassen region and eastern Morocco, including the Saïdia hinterland and the mines and countryside of the Jrada area
 - Calentica karan (see Kemia)
 - Bergui sheep, Beni Guil and Timahdite breeds (see Mechoui)
 - *Beranya* tagine with fried eggplant slices and pre-cooked chickpeas, named after Princess Buran, wife of Abbasid Caliph Al-Mamun
 - Kaek cookie
- The Cedar Forest region: Middle Atlas covering the lakes and forests of Ifrane, Khenifra, Sefrou, El Hajeb and Boulmane
 - Pastilla
 - Meat confit, khlea
 - Harira from Fès
 - Chebakia and halwa filalia
 - Meslalla olives (in chicken tagine)
 - Lamb mechoui, chouakdar
 - Embroidery from Fès/Meknes
 - Pottery from Fès

- The Atlantic Plain region which extends from Larache to Safi
 - Chermoula fish
 - Rfissa
 - Seffa medfouna baroukh from Salé
 - Whole lamb mechoui from Zemmour
 - Caper purée from Safi
 - Braised eggplant zaalouk from the Loukkos valley
 - Sardi sheep
 - Oualidia oysters
 - Rabat embroidery
 - Pottery from Salé/Safi
 - *Eminguaz*

- The High Atlas region, including the central part around the provinces of Azilal and Beni Mellal, the eastern part around the high plateaus of Imilchil and the western part covering the provinces of Al Haouz, Chichaoua and part of Taroudant
 - Tangia from Marrakech
 - Elkheleta from Demnate, a spice mix for tagines, couscous
 - Harira from Marrakech
 - Veal from Oulmes
 - Mechoui from the Zayane area

- Desert and Oasis region: Ouarzazate, Zagora, part of Errachidia, Figuig and Tata
 - Medfouna
 - Khebez el mella in Zagora, cooked without fire, on scorching sand, variant of medfouna
 - Daman sheep breed
 - Pottery from Zagoura
 - Khoumassi or roubaii couscous
 - Couscous from Ikourane (ikour means dry in Berber), unsweet figs dried and cooked with vegetables
 - Berkoukch from Figuig
 - Mauve-colored okra. In Ouarzazate and Er-Rachidia, the okra is dried, steamed, strung on a hemp thread like a necklace and placed over a tagine.

- The Argan Tree region, including parts of Ida Outanane, Chtouka Aït Baha, Taroudant, Tiznit and the Essaouira hinterland
 - Soussi tagine with onions, raisins and prunes cooked in vegetable water with carrots, peas and seasonal vegetables
 - Conger eel tagine (Farkh سمك النرح) with raisins from Mirleft
 - Saffron in chicken tagine
 - Tagine of dried mussels and dried turnips prepared for special occasions
 - Couscous with dried turnips prepared for the Berber New Year, *Yennayer*
 - Amlou with a belboula barley gruel, *cheair tagoulla*, *tchicha* for *Yennayer*, the Berber New Year, Carthaginian cuisine. Served on a dish with a well in the center for the amlou
 - Mermez, tagoula, barley semolina soup
 - Asekif, milk soup flavored with thyme, *zaatar azekeno* specific to the region
 - Mermed or elbendaq: unripe wheat grains in early spring. The ears are roasted whole to extract the seeds.

- The Atlantic Desert region, covering all the southern provinces (Tan Tan, Dakhla, etc.)
 - Marou bel hout (see Chermoula fish)
 - Gueba, camel khlea
 - Khafif, a mixture of flour and water decorated with dates and drizzled with camel smen.

7) Constraints

The main constraint encountered during the study was the COVID-19 pandemic. Indeed, the initial project provided for interviews with experts as well as visits to remote villages to collect the necessary information. In the end, the meetings with experts were conducted via videoconference and the field visits to the different regions were cancelled.

II. Historical note on Moroccan gastronomy

The Kingdom of Morocco has always been a richly complex country due to its geographical and ethnological diversity. According to Mohammed Houbbaida and Mohammed Monkachi in their work on the history of food in Morocco, this complexity is manifest at the dinner table. In the historical diet of the country's populations, they distinguish between the prevalence of Mediterranean products such as olive oil, sheep's milk and fresh fruit in the north and dried fruit, argan oil and goat's milk in the south. They also cite the extensive use of bread in towns and aassida (a thick soup) in the mountains. According to them, there are indications that, in ancient times, products like preserved fish, wine and olive oil were consumed. Moreover, the oil presses discovered in the ancient city of Volubilis (third century B.C.) give us an idea of the importance of oil in the Moroccan diet through the ages.

Moroccan gastronomy has multiple and diverse influences: from the diet of the indigenous Berbers to Arab, Andalusian, Bedouin, Moorish, Jewish, Sub-Saharan and Ottoman influences. Some foods and dishes are uniquely Moroccan but, due to culture, trade or civilizational exchange, there are dishes that are common to other countries in North Africa, the Mediterranean basin and Europe, or dishes similar to ones in those countries. However, this similarity is limited to certain foods, such as couscous, but most of the main dishes, appetizers, pasta, pastries and desserts are a Moroccan legacy, made with Moroccan products and local resources.

The transmission of Moroccan gastronomy has always been oral and guaranteed by Moroccan women because, according to several experts, cooking in Morocco has always been the role of women (mothers or professional cooks). The vast array of Moroccan dishes has traveled down through the centuries thanks to sacred, methodical transmission from mother to daughter or master to disciple. In some regions, recipes and cooking secrets are transmitted through poems and songs.

Moroccan cuisine is spicy. It is characterized by moderate, careful use of spices and hot chili. It is influenced by the prevailing climate and the country's geographical location between the Atlantic Ocean, the Mediterranean Sea and the Atlas Mountains. It is rooted in traditional rules and methods that make it unique. These rules are based on techniques, tools, acquired skills and behaviors that have been transmitted from generation to generation. To date, no academic work has been carried out to document these methods.

Moroccan cuisine evolved in historical cities and imperial capitals such as Marrakech, Fès, Tetouan, Souss and Salé, where new, modern techniques were introduced. The distinctive, authentic dishes differ depending on the traditions and products of each region; however, today, there has been some harmonization due to the integration of regional populations and migratory movement in the Kingdom. Rural Moroccan cuisine has a huge wealth of ancient recipes that were once widespread in Morocco but have been lost for some time. Some remote villages and valleys have not been affected by modern transformations and have kept the particularities of their authentic, local cuisine.

III. Customs and traditions of Moroccan hospitality

According to Sofia El Mokri, “The act of eating is not just a biological necessity, it is also a social and cultural act. It encompasses an infinite number of meaningful practices.” Moroccan cuisine is an ostentatious cuisine that is not just about nourishment or taste; it is, first and foremost, a pleasure for the eyes, the nose then the palate. As a result, dishes are bright and colorful, hence the predominance of saffron and other colorful spices. Food also has symbolic value in Morocco. Gastronomy is very closely connected to religious events, family celebrations and calendar events, such as agricultural calendar events. Such events are an opportunity to enhance daily life or express spiritual norms or legends. Seven-vegetable couscous, for example, is said to represent the seven heavens, the seven saints or the seven patron saints and is often prepared for the ceremony that marks the summer solstice. When couscous is prepared for men reciting the Koran (Tolba) during times of mourning or ceremonies, it is considered an offering and is sacred. Moreover, the tea ceremony is also codified and is a cornerstone of all hospitality. Whether in modest families or the richest in the country, mint tea is essential to welcoming guests properly, getting together as a family and enjoying a moment of relaxation. What is more, Morocco is the world’s largest importer of green tea.

Before starting the meal, the guests wash their hands in a copper or silver vessel (tass) that is presented to each guest in turn at the dinner table before the meal is served. This step is essential because food is eaten directly with the right hand. The meal is served in a central dish from which all the guests help themselves. When it is an invitation or a reception, the meal is served in a mesfioui tagine (from the city of Safi) or in a taous dish (made of porcelain). Several types of kemia (Moroccan salads) are laid out on the table around the dish. The host hand-cuts the bread, gives it to the guests and invites them to eat by saying, “Bismillah”. The guests eat the salads before starting the main dish. The guests eat using three fingers (thumb, index and middle fingers) of their right hand and break the bread into small pieces that are dipped in the sauce with a piece of meat or vegetables. Wooden spoons are used to eat soup. After eating the main dish, tea and Moroccan pastries are offered to the guests.

IV. Gastronomy in tourism

According to several studies, dining takes up a quarter of the holiday budget and is the second largest budget item after accommodation, which takes up almost half the budget. Food souvenirs and gifts are also relevant. The culinary experience is a key factor for a successful tourism experience, to such an extent that more and more gastronomy-based tourism offers are emerging among tour operators. Food bloggers, each followed by millions of people, travel around the world to discover and share both the most famous and the most overlooked culinary specialties, creating a clientele of culinary adventurers. For this category of clientele, the main goal is an unfamiliar gustatory, sensory and, consequently, cultural experience.

The potential of a country's culinary culture plays a huge role in its tourism potential. Most of the world's top 10 tourist destinations are also known for their gastronomic wealth:

- France: World's 1st tourist destination in 2019
- Spain: World's 2nd tourist destination in 2019
- United States of America: World's 3rd tourist destination in 2019
- China: World's 4th tourist destination in 2019
- Italy: World's 5th tourist destination in 2019
- Mexico: World's 6th tourist destination in 2019
- Turkey: World's 8th tourist destination in 2019
- Thailand: World's 10th tourist destination in 2019

Perceptions of each of these countries are full of references to gastronomy, and this is obviously central to a tourist's purchase decision. Eating is the richest sensory experience during tourism, as it simultaneously involves the senses of sight, smell and taste. Since these senses are preponderant when forming sensory cues, gastronomy is one of the memories most recalled during the trip. In this sense, it is essential to emphasize that 'consumption' of this gastronomy cannot be dissociated from the perceptual image of a given country because the tourism product is a slice of local life, and this makes it an authentic experience. When the tourism product is dissociated from this authenticity, it becomes a 'folklore' product that involves no spirit of sharing, only commercial intent. This kind of product no longer interests today's travelers, especially when the destination is a cultural destination.

Fact sheets for dishes:

Dish 1: Beldi chicken tagine with olives and lemon

I. Products

a) Poultry sector (beldi sector)

Overview of the sector

The beldi chicken is a rustic chicken produced through multiple crossbreeding of breeds imported into Morocco. This farming sector is distinctive in that it is run by women. Yield is split between consumption by the producers themselves (30 per cent of egg and meat yields¹) and sales (70 per cent) in regional souks. It provides food and economic resources for women.

Economic and social weight of the sector

The traditional poultry sector plays an important socioeconomic role in rural areas, with a yield that is relatively stable at about 50,000 tons of white meat and 800 million eggs. Live animals are sold for religious celebrations and ceremonies.

Sector challenges

Although the beldi chicken is highly appreciated by the public, it is not subject to any norms or standards. There are no specifications for the breed or for the methods of farming or feeding the chickens. Even though consumption is limited to the area surrounding production sites, traceability is very difficult, and there are no labels or specifications governing this sector.

Potential distinguishing features:

- most common breeds (Ermine Sussex, Rhode Island Red, Barred Plymouth Rock and New Hampshire);
- type and variety of feed;
- free-range farming;
- prophylaxis; and
- age at slaughter.

Product distribution

Souks, poultry souks, some butchers, poultry merchants and weekly markets in rural areas.

b) Olives, olive oils and specialties

Green olives: used in the traditional version of the tagine, prepared in olive brine and preserved with salt.

Purple olives: used in the festive version of the tagine, usually for weddings. These purple-to-red olives are harvested at a higher level of ripeness than the green olives. They are prepared in olive brine and preserved with salt.

Elmechekouk/elferchekh: specialty from Ouazzane. Olives scored with a knife,

¹ according to A. Aidi

spread on doum mats, crushed by weights and put in the sun.

M'sselala: fresh olives are crushed and macerated in unsalted water. Sun curing takes 10 to 15 days. Changing the maceration water regularly washes out the tannins and debitters the olives. Products with limited shelf life and greatly prized for their persistent bitterness. Ancient method of preparation and widespread in Morocco, but the products from Meknes, Ouazzane, Fès, Chaouen and Marrakech are the most renowned.

Thanks to its olive-growing program, Morocco has established its position internationally by providing high-quality canned olive products and is now ranked 5th among international exporters.

Product distribution

Souks, olive souks (olive erraheba), olive merchants, markets, supermarkets, hypermarkets and solidarity markets.

For example, the National Olive Festival in Ouazzane.

This event is organized by the Regional Delegation of Agriculture for Tangier-Tetouan-Al Hoceima. It is a platform for supporting the development of the olive sector; promoting the exchange of experiences and technical innovations among professionals, researchers and institutions operating in the sector; and developing investment and partnerships between professionals in the sector.

c) M'ssayer lemon

A variety of lemon with a very fragrant peel is used such as bergamot or limonetta lemon, Meyer lemon or even bitter oranges. The fruit is fermented in brine. The recipe uses only the lemon peel after it has been cured for a few weeks to several months.

Product distribution

Souks, markets, supermarkets, hypermarkets and solidarity markets.

d) Saffron

See Dish 2: Pigeon pastilla

e) Smen:

Butter is clarified in a lukewarm, salty rosemary infusion then left to mature. Its flavor develops with the rancidification and oxidation of the fatty acids. The flavor becomes stronger and more pungent as the smen matures.

Product distribution

Souks, smen merchants, merchants, markets, supermarkets, hypermarkets and solidarity markets.

According to censuses, there were 200 smen merchants in Fès at the beginning of the twentieth century. Smen was sold by butter merchants, who collected butter directly from farmers.

II. Related crafts

a) Pottery

Mesfioui tagine from the Atlantic Plain region

Special slaoui terracotta tagine for cooking

b) Silverware, copperware, ironware, brassware, nickel-silverware

Metal, copper or silver tass

III. Tradition

a) Origin of the dish

There is evidence in books that there has been a chicken dish with olives in present-day Morocco since the Roman era. Travelers in North Africa have described such a recipe in their writings. However, there is some speculation that this dish dates back to the Phoenician era.

Although there are some regional variations or occasional adaptations for celebrations and ceremonies, the dish is very common throughout Morocco.

b) Slaughter of the animal according to religious rites

The chicken is generally turned towards Mecca and its throat cut by a man of faith after he has performed ablutions.

c) Ritual and presentation of the dish

Before starting the meal, the guests wash their hands in a copper or silver tass that is presented to each guest in turn at the dinner table before the meal is served. The dish is served in a mesfioui tagine or a taous plate. It is served in a single, central plate which is surrounded by kemia (Moroccan salads). The host hand-cuts the bread, gives it to the guests and invites them to eat by saying, "Bismillah". The guests eat the salads before starting the main dish. The guests eat using three fingers (thumb, index and middle fingers) of their right hand and break the bread into small pieces that are dipped in the sauce with a piece of chicken and olives.

After the tagine: beverages: tea and water; Moroccan sweets

d) Occasions for preparation

Feast meal (oualima, zerda): version with more sauce (daghmira or agriche)

Aqiqah (lunch on the 3rd day after the birth of a child), weddings, engagements, Eid es-Seghir (end of Ramadan), Laylat al-Qadr (Night of Destiny during Ramadan), Ashura fadilas, etc.

IV. Tourism opportunities

Strengths	Weaknesses
Well-liked, well-known dish	Very widespread recipe
Relatively standardized recipe	Not characteristic of a particular region, poor regional aspect
Very widespread recipe	
<u>Beldi chicken sector</u>	<u>Beldi chicken sector</u>
Expanding production	No supervision of the sector
Socioeconomic aspects	Yield disparity
High market segmentation	No standardization or norms: there are no specifications for the breeds or for the methods of farming or feeding the chickens.
Family economic model controlled by women	

<p>Additional income for families Food diversification</p> <p>Farming</p> <ul style="list-style-type: none"> • Low farming density • Very low environmental impact: spontaneous feeding and regional marketing • Alternative farming, rustic animals, less stressful farming practices • Animals require little care, reduced labor • Spontaneous feeding: the animals are autonomous most of the year with supplemental food especially in winter • Positive image of production • Rusticity of free-range farming, outdoor range <p>Short supply chain: limited transportation, poultry and eggs are easy to sell directly to consumers. Guarantees a fair price for women Luxury product, attractive – sector with short supply chain only/positive image of the products Valued meat: white, lean, nutritionally rich Distinct organoleptic properties</p> <p><u>Smen sector</u> Product highly valued in Moroccan culture.</p>	<p>Socioeconomic aspects No cooperative spirit Very limited public funds for promotion, technical supervision, and agronomic and animal health research Limited yield due to high animal mortality Higher consumption index Higher retail price than industrial chicken</p> <p>Farming No specifications Animals with fragile health, no health or prophylaxis rules, untrained farmers By-products: inconsistency in the quality and freshness of eggs No information about origin and farming methods Short supply chain: multiple breeders that are anonymous, not very visible and not very clearly identified or identifiable Niche market, low volume, small sector Seasonal/festive consumption</p> <p><u>Smen sector</u> Little change in methods of preparation, preservation and use</p>
Opportunities	Threats
<p>Standardized dish, easy-to-make and products available Encourage consumers to establish a sales relationship with the dish in a tourism environment and take ownership of the products and the recipe Potential culinary activities to be developed: cookery classes</p> <p><u>Beldi chicken sector</u> Development of new, healthier modes of consumption</p> <p>Socioeconomic aspects Increasing demand for meat and eggs from beldi chickens Eggs: demand for local egg products is well-suited to direct sales Demand for alternative poultry and eggs in</p>	<p>Risk of free-range chicken being unavailable due to increasing demand Deculturation/intense internationalization of the dish</p> <p><u>Beldi chicken sector</u> Yield limited by mortality (environment, hygiene, diseases, cold, predators, etc.) Competition and/or confusion with the “free-range chicken” label Health threats with outdoor range (avian influenza) Campylobacter carrier Short supply chain: difficulty with transporting live animals</p>

<p>the catering industry</p> <p>Market: popularity of healthy, local, natural, organic products of good quality</p> <p>Successful introduction of similar labels such as “free-range chicken” and “organic” in the same market segment</p> <p>Creation of jobs in rural areas: young people or spouses stay on, or return to, farms</p> <p>Valuable additional income for women farmers</p> <p>Farming</p> <p>More eco-friendly and animal welfare-friendly farming</p> <p>Free-range farming extension of easy farming</p> <p><u>Smen sector</u></p> <p>Modernization opportunities</p>	
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Dish 2: Pigeon pastilla

I. Products

a) Almond sector

Overview of the sector

After the olive tree, the almond tree is the species of fruit tree that occupies the most land in Morocco. In 2012, almond trees occupied 153 thousand hectares compared to 137 thousand hectares in 2008, which represents an increase of 13 per cent over that period. For the 2013-2014 season, 157 thousand hectares were planted with almonds.

Main production regions

Taza-Al Hoceima and Souss-Massa

Economic weight of the sector

Significant efforts have been made in the sector thanks to planting carried out as part of the crop diversification programs conducted by the Department of Agriculture since the launch of the Green Morocco Plan.

b) Saffron sector

Overview of the sector

Saffron consists of the stigmas of the flower from the saffron bulb (*Crocus sativus L.*). It is a rare spice with high commercial value.

Moroccan saffron is centuries old. It is exceptional due to its coloring power of between 228 and 240 per cent. It is characterized by its color (a beautiful dark red), its strong fragrance and its unparalleled flavor. It is used for its culinary, medicinal and cosmetic properties.

Economic weight of the sector

Morocco is the fourth largest producer of saffron in the world, with a yield of 6.8 tons² from about 1,800 hectares of land. Saffron is very popular and expensive. It is the most expensive spice in the world. It is greatly appreciated by starred chefs.

Region

Taliouine-Taznakht, the Argan Tree region

Product with a protected designation of origin: Taliouine saffron

Product distribution

Souks, saffron merchants, merchants, markets, supermarkets, hypermarkets and solidarity markets.

c) Pigeon

The most dominant breed is the traditionally-bred carrier pigeon. In recent years, we have seen the development of fancy pigeons as well as pigeon farms for shooting.

In rural areas, half of the traditional yield is consumed by the producers themselves, while the rest is sold in weekly souks at very high prices that can be double or triple the price of standard products. This is due to the quality image of these products as well as the food preferences and habits of Moroccan consumers. This gives the

² in 2018

sector a residual share of the poultry market.

d) Gum arabic

Gum arabic is an ingredient widely used in Moroccan gastronomy. It is used in the preparation of pastries and cakes such as chebakia, almond paste cake and sfouf (or sellou).

Gum arabic is a hardened sap exudate that collects naturally, or after incision, on the trunk and at the bottom of trees of the acacia family.

Today, the use of gum arabic has decreased because it is increasingly replaced by synthetic compounds.

e) Orange blossom

The bitter orange tree, or *Citrus aurantium* subsp. *amara* L., is a tree that is four to seven meters high and native to eastern Asia. Like bergamots and lemons, it belongs to the Rutaceae family. Hydro-distilling these flowers produces neroli essential oil and orange blossom water.

Product distribution

Souks, grocers, markets, supermarkets, hypermarkets and solidarity markets.

II. Related crafts or know-how

Terrada or werraka: maker of warqa (brick pastry). The word comes from the utensil used (terda).

III. Traditions and culture

1) History and origin of the dish

Pastilla is a traditional Moroccan dish consisting of a kind of layered pastry called warqa ورقة (similar to brick pastry), pigeon (or chicken, guinea fowl, or even, more recently, seafood), almonds, onions, parsley and scrambled egg. It is a mixture of sweet and savory and flavored with cinnamon.

Leo Africanus described dishes that are similar to pastilla twice in his book "Description of Africa", which was written around the fourteenth century, during the Marinid Sultanate: first, a dish with some similarities to modern-day lasagna that he ate in the city of Salé and, second, a dish from Sijilmasa in the Draa valley that he described as bread stuffed with meat.

Pastilla is a term of Latin origin.

2) Occasions for preparation

Pastilla is often served just before the main course during celebrations.

IV. Tourism opportunities

Strengths	Weaknesses
<p>Typical and original preparation method</p> <p>Easy to serve</p> <p>Popularity (loved by all age groups)</p> <p>Pigeon meat greatly appreciated by the population, high-quality image</p>	<p>Difficult to package and store once prepared</p> <p>Traditional pastilla pastry sheets involve a technique that the new generation does not master sufficiently.</p> <p>Pigeon farming not developed, poor product availability</p>
Opportunities	Threats
<p>Tourist product that is very popular with visitors</p> <p>Adaptable to contemporary catering</p> <p>Several fillings possible (different meats, vegetarian, etc.)</p> <p>Regional branding through saffron</p>	<p>Competition from similar products (from Asia)</p> <p>Disappearance of ancestral cooking techniques and manufacturing expertise</p> <p>Loss of the original recipe, with pigeons replaced by farmed chicken</p>

Dish 3: Chermoula fish

I. Products

a) Fish

The fish sector in Morocco has great potential in terms of genetic resources and biodiversity. The Ministry of Agriculture and Maritime Fisheries has launched a development and competitiveness strategy for this sector, called the Halieutis Plan.

The fishing sector is organized into three fishing segments: artisanal, coastal and deep sea. The operational fishing fleet comprises 14,225 boats, 1,835 coastal vessels and 344 deep-sea vessels.

Product distribution

Fish markets, fish auctions, fishing ports and marinas.

b) Chermoula

Moroccan chermoula is the base for all the preparations proposed. Different versions of chermoula are very common in all regions where fish is available.

The basic spices for Moroccan chermoula are:

niora or paprika, which is the key ingredient, along with cumin, garlic, cilantro leaves, olive oil, lemon juice, vinegar and chili pepper, chouinia or harissa. Saffron and tomato paste are optional.

Variant for the Berber tagine in Mirleft: argan oil and saffron pistils

c) Argan oil

Argan is a protected geographical indication.

Argan oil is manufactured using a long and complicated process.

Mastery of this process requires ancestral know-how that is passed down from generation to generation in the regions of southwest Morocco.

To manufacture argan oil, the first step, known as collection, involves picking the argan tree fruit. This is followed by pulping then grinding, extraction, decantation and filtering.

Product distribution

Souks and markets in south Morocco (Souss region), argan oil and amlou merchants, cooperatives, delicatessens, supermarkets, hypermarkets and solidarity markets.

d) Paprika

Overview of the sector

The red pepper (niora) sector is one of the most productive agricultural sectors in the Béni Mellal-Khénifra region. Each year, it shows significant growth and high added value at a regional level.

Economic and social weight of the sector

Niora production is one of the most profitable sectors and has revenues estimated at more than 110 million Moroccan dirhams (MDH) per year.³

³ 2019-2020 season

During the 2019-2020 season, 1,208 hectares were planted and produced 32,220 tons of fresh produce. This crop contributes significantly to improving the region's socioeconomic level.

In Morocco, several varieties of sweet pepper from the niora plant (*Capsicum annuum*) are used: bola roja, bola chata, larga, and lukus 1 and lukus 2 for industrial cultivars. This sector of interest is the focus of projects under the new 2020-2030 agricultural strategy.

Product distribution

Souks, spice souks (spice erraheba), spice merchants, markets, supermarkets, hypermarkets and solidarity markets.

e) Cumin

See Dish 4: Tangia

Product distribution

Souks, spice souks (spice erraheba), spice merchants, markets, supermarkets, hypermarkets and solidarity markets.

II. Related crafts

a) Pottery

The tagra tagine has different ergonomics and different technical effects than a classic tagine. Since cooking time is shorter, there is less water loss. As a result, the typical cone of the classic tagine, which allows water vapor to condense and run back into the sauce, is more rounded. The raw material used, earth, is rich in clinker, which is a calcareous binder that improves the pottery's strength and gives the tagine its dark color. The walls are also thinner and enable faster heat diffusion and more moderate heat retention.

The vessel is deeper and has a handle on either side for holding it. Another distinctive feature of this tagine is that it is mainly made by Jebala women in the Rif region and northern Morocco.

The tagines are decorated with marks and geometric designs typical of the potter family or the region. The tagines thus bear distinctive signs that make it possible to trace their origin and identify the potter.

Product distribution

Souks and pottery markets on the roadside or near tourist sites.

b) Utensils for the different preparations

Slaoui terracotta tagine

Lata or alfaran taoua metal plate طاعة أو لاطا الفران

Pestle made of copper, iron or wood known as a mahraz مهرز or dakak دقاق

Brazier (charcoal barbecue, majmar مجمر)

For tagra, a special tagine known as ouzani or jabli

Fig stick عود الدكار من شجرة البين

أعواد نصب

III. Traditions and culture

1) History and origin of the dish

This dish is very common both in coastal towns, where there are diverse recipes and know-how, and in inland towns.

Spices have antioxidant and antibacterial properties, so chermoula is not only of value microbiologically for food preservation but also useful for hiding less-than-optimal fish freshness. Through the use of spices and herbs, fish preparation in Morocco has been able to adapt to a quality of fish that can vary depending on the season or the location.

The way fish is prepared in the north is different to the rest of Morocco. Condiments are used more moderately or not at all. Fish is considered to be a noble food that does not require much seasoning.

Chermoula is, therefore, more an inland invention, and its spiciness will be proportionate to the number of kilometers the fish has traveled inland.

The first fish-seasoning methods called chermoula can be found in Andalusia as early as the thirteenth century (referenced in the treatise, *Risala fi-l-qada wa-l-muhtasib* by Muhammad ibn Ahmad Ibn Abdun). Chermoula or *el mourri*, the Roman garum, was a preparation containing fermented fish guts (like some Asian sauces such as nuoc mam, prahok, etc.). Like Moroccan chermoula today, it was a marinade for raw fish rather than a sauce to be cooked. As with many Mediterranean sauces, chermoula uses typical Mediterranean produce and evolved from an herb and garlic paste mixed with olive oil.

Moroccan chermoula shares only its name with its Andalusian ancestor, which crossed the sea with the Moors when they came to settle in Morocco. This linguistic influence persisted but for a reinvented formulation that continued to evolve into the recipe we know today. It was further enriched with the arrival of foods like paprika and tomato from the new world from the sixteenth century onwards.

Note: in the seventeenth century, there was a Dahir Sharif for the transport of fish in barrels of brine for export, salting for preservation and export to Europe (Dahirs of Moulay Ismail Ben Sharif بن الشريف الحسني الله وليه اسم اعزل)

2) Ritual and presentation of the dish

Fishing: there is a strong link between fishermen, the product and the recipes' development. Fishermen are the first to eat the products of their labor.

Their relationship with the sea is very particular, full of symbolism and superstition. Traditionally, fishermen did not sell their first catch of the day, called *al abassya*. It was intended to honor notables as an offering to saints or mausoleums and was offered as a gift to neighbors and friends.

Presentation: the *tagra tagine* is a vessel for both cooking and serving the dish, Rif tagines.

Mesfioui tagine: the cooked fish is served in the decorated tagine.

Fish is a must on the ftour table during Ramadan; indeed, for some Moroccans, breaking the fast with anything other than fish is unimaginable. Fish tagine, baked

sardines, sardine balls or even fried fish have a special place alongside harira, dates, chebakia and other Ramadan delicacies.

3) Occasions for preparation

Historically, animal protein in the Moroccan diet mainly consisted of lamb, chicken and beef, then came fish, which was less available in rural or even urban Morocco. Fish is still consumed only occasionally.

Fish tagine is prepared occasionally. Even though it is widely present, it remains a delicacy for most households, especially in coastal areas where people appear to be more fond of it. This tagine is not necessarily prepared for any ceremonies. The appearance of fish on wedding menus is a relatively modern occurrence. However, fish is becoming more prominent in relation to red meat in recent eating habits and finds its place as a noble and delicate dish on dinner tables during celebrations.

IV. Tourism opportunities

Analysis of the strengths, weaknesses, opportunities and threats related to the different types of products and services associated with the recipe. This analysis was based on a systemic approach so as to apprehend the different elements (recipe, processes, products, production sites, markets, traditions and culture) and their interaction both in general and in a manner specific to each dish or culinary tradition.

Strengths	Weaknesses
<p>Rich and unctuous preparation</p> <p>Availability of products with strong flavors</p> <p>Availability of a varied and exciting range of fish in different regions</p> <p>Morocco is one of the world's leading producers of one of the key ingredients, niora, which is supported by a development program.</p> <p>Specificity of the ceramics, rich regional know-how</p> <p>Specific technical characteristics of tagra tagines</p> <p>Technical effect of tagine design on cooking and distinctive signs and patterns applied by women to sign their work</p>	<p>Dish limited by the availability and accessibility of fish</p> <p>Product: chermoula spice mix relatively unknown abroad</p> <p>The hot spice mix can be a hindrance to appreciating the dish.</p> <p>The flavors of the seafood can be masked by the flavor of the chermoula.</p> <p>Very spicy dish, perhaps too spicy for tourists with a delicate palate or unaccustomed to hot spices</p>
Opportunities	Threats
<p>Find the right balance so that the delicate flavors of the fish come through.</p> <p>Think about how to develop the flavors of the spice-and-herb mix and the seafood in a more balanced manner.</p>	<p>Inconsistent supply of fresh fish</p> <p>Impact on:</p> <ul style="list-style-type: none"> - availability - quality

<p>Existence of an agricultural and industrial development program for niora</p> <p>Opportunities to develop the intangible aspects of the sector's value chain and enhance the value of exports through trademarks</p> <p>Development of a promising sector</p> <p>Showcase the ancestral know-how of women potters</p> <p>A sector rich in design</p> <p>Potential craft workshops to be developed: pottery workshops</p> <p>Potential culinary activities to be developed: cookery classes</p>	<p>- freshness</p> <p>Inconsistency and diversification of the recipes - the culinary experience cannot be replicated from one restaurant to another or from one region to another.</p> <p>Very diverse recipes and culinary experiences that cannot be replicated</p> <p>No standard recipe that consumers can rely on or look for to encourage them to order regularly and build a relationship with the dish</p>
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Dish 4: Tangia

I. Products

a) M'ssayer lemon

A variety of lemon with a very fragrant peel is used such as bergamot or limonetta lemon, Meyer lemon, Rhobs el Arsa citron hybrid, M'Guergueb sweet citron, Assads sweet citron, thornless lime or even bitter oranges. However, the most popular variety for m'ssayer lemon is the Marrakech limonetta, a native Moroccan variety locally referred to as *limnoun bouserra* due to its navel-shaped peduncle.

The fruit is fermented in brine. The recipe uses only the lemon peel after it has been cured for a few weeks to several months.

Confit lemon has been known in Morocco since Roman times, and the golden apple of Atlantis is said to have been a lemon.

Product distribution

Souks, olive souks (olive erraheba), olive merchants, markets, supermarkets, hypermarkets and solidarity markets.

b) Cumin

Overview of the sector

Around Alnif, cumin covers an average area of 264 hectares; however, this area depends greatly on annual rainfall. The average yield is about 3.30 quintals per hectare, with significant disparities between farmers and locations. Despite this relatively mediocre performance, cumin cultivation has very significant production potential according to several studies carried out in the area. Indeed, good technical management can lead to yields of around 8 quintals per hectare.

Economic and social weight of the sector

Agricultural projects for cumin crops have been initiated in the province of Figuig in the Eastern region, with development, exhibition and sales units being set up for 250 farmers. The aim of the project is to increase the profitability of the sector and create jobs.

c) Garlic

Overview of the sector

Garlic (*Allium sativum*) is a biennial plant, native to Asia and the Mediterranean. It belongs to the botanical family, Alliaceae. The part that is eaten is the bulb, which is made up of cloves. This vegetable is nutritious and used in traditional medicine to treat diarrhea, digestive problems and high blood pressure. It is rich in vitamins and minerals.

Regions

The main production regions in Morocco are Taounate, Saïs, the coast and the mountain regions.

d) Smen

See Dish 1: Beldi chicken with olives and lemon

II. Traditions and culture

1) History and origin of the dish

Tangia is also known as daughter of the ashes *بنيت الرماد* or the *taam Tolba* meal.

It is a traditional dish in Moroccan cuisine and originates in the city of Marrakech. This dish is mostly prepared by men: a butcher, farnatchi, cook or artisan (delicatessen).

It is a meat dish cooked for four hours in a terracotta jar (called tangia) in the embers of a wood oven, *farān lhouma*, or a traditional hammam farnatchi *بن زاشري*.

This slow-cooked dish from Marrakech was traditionally prepared by artisans and cooked in the communal oven (rather than at home) where it would simmer slowly in the ashes of the fire. Tangia was popular among men, especially unmarried workers. It is sometimes called 'bachelor stew'. It is also served as a family dish or as a restaurant dish.

Tangia is an emblematic dish of the city of Marrakech. It is impossible to go to Marrakech and not eat this dish, which is a concentrated combination of flavors released after lengthy cooking.

This traditional dish is usually prepared in a terracotta jar. The meat is placed in the jar along with the spices and the rest of the ingredients. The jar is closed with paper tied on with wire and cooked overnight in the embers. The meat cooks slowly but steadily and is very tender and tasty.

Cumin is a typically Moroccan spice, and its use dates back to prehistoric times. Spices were rare in Morocco until an agreement was established between the Almoravids and the Kingdom of Genoa. The spice trade was controlled by the competing Italian republics of Genoa, Amalfi and Venice, which were specialized in luxury materials, silk, spices, etc.

The use of spices in Morocco only spread with the expansion of the Almoravid empire, which traded in gold from mines on the banks of the Casamance, Guinea, and salt from Mauritania.

Only local aromatic herbs, fenugreek and almuri⁴ or garum were used.

Garum was a fish-based condiment similar to present-day nuoc mam or prahok. It was produced in Volubilis or Larache. Garum appears to have since disappeared.

2) Ritual and presentation of the dish

Tangia must be served hot, so it is usually brought from the oven just before serving. The paper cover is removed, and the contents are poured into the serving dish. The sauce is poured first then the meats, without using a ladle or spoon.

3) Occasions for preparation

Originally, tangia was not family cuisine. It was men's cuisine, prepared by men for men. It was a transportable meal that men took with them during outings to the countryside, during Elbessate: men's outing called *bsatt* *البساط* or *nzaha* in the *arsa*.

⁴ From ancient Greek, *almuris* (brine, salt water). See also the Spanish *almori*, which is a condiment containing flour and vinegar.

4) Utensils

The tangia amphora is usually called tangia or *kallouch* and is specially designed for making tangia. This terracotta jar is mainly produced in Marrakech. The terracotta used is the same as for tagines.

It was originally a multi-purpose utensil. It is a relatively modern practice in cooking to have a range of different utensils and to use specific utensils for each dish. For obvious reasons related to their lifestyle, nomads were minimalists, and utensils filled several functions.

The tangia cooking utensil that we know today appears to have evolved from an amphora for transporting and storing liquids.

Like the term tagine, the term tangia designates both the contents and the container for the dish. The terracotta amphora has, over time, become a legend in Moroccan gastronomy.

5) Specific cooking method

The dish is cooked in the embers of a wood fire. Cooking lasts all night and is supervised by the fernatchi.

III. Tourism opportunities

Strengths	Weaknesses
<p>Unique and distinctive recipe and concept</p> <p>Availability of ingredients</p> <p>Restaurant specialization in tangia</p> <p><u>Cumin sector</u></p> <p>Very aromatic products that are rich in essential oils</p>	<p>Cooking method</p> <p>Impossible to reheat</p> <p>Dish must be ordered ahead of time (cooking time)</p> <p>Terracotta utensil, fragile</p> <p>Convivial dish, difficult to adapt to a smaller scale of preparation</p> <p>Difficult to prepare single portions in restaurants</p>
Opportunities	Threats
<p>Work on the vessel (individual tangia)</p> <p>Develop other recipes (vegan)</p> <p>Introduce modern tangia preparation techniques</p> <p>Create new tangia restaurant concepts with show</p> <p><u>Cumin sector</u></p> <p>Development of oasis crops</p> <p>Oases have great potential for the development of cumin.</p> <p>Speculation that would create employment in rural areas</p>	<p>Loss of culinary traditions due to modern lifestyle</p> <p>Closure and disappearance of traditional ovens</p> <p>Know-how is being lost (transmission of the recipe between generations).</p> <p><u>Cumin sector</u></p> <p>Undeveloped product and crop</p>

Dish 5: Rfissa

I. Products

All the products in this dish are of Moroccan origin.

Elmessakhen: a spice mix that is stronger than the traditional ras el hanout.

Dominant spices scale 4a hp 14, out of scale

A comforting winter dish

Elmessakhen is a special blend of spices unique to each spice merchant. It can contain between 27 and 70 spices.

The key product is fenugreek, which is an ancient spice in Morocco and well-suited to arid land such as the Sahara and the Essaouira region.

Fenugreek: traditional pharmacopoeia attributes several medicinal properties to fenugreek. It has since been found to have other, more proven properties. The most clearly established is its hypoglycemic activity (blood sugar reduction) in some diabetics, followed by its hypocholesterolemic activity (cholesterol and triglyceride reduction). This makes fenugreek very useful in treating cardiovascular risk factors.

Its galactogenic action (lactation) has long been recognized in Arab world countries. Hence its Arabic name, حلبة (helba), which comes from حلب (halib) meaning “milk”.

Ras el hanout

Spices are a key element in Moroccan cuisine. The secret lies in the way spices are used rather than in the type or quantity of spice used. Most Moroccan spices are imported. As a result, the uniqueness of Moroccan cuisine does not lie in the nature of the spices themselves but in the special synergy achieved by delicately balancing the spices harmoniously, in moderation and with skill.

The secret lies in combining comparable elements that have similar flavor notes. Harmony is achieved by balancing the flavors, which come together without ever neutralizing one another. The flavors are juxtaposed but remain distinct.

Lentils

Lentils are a main component of this dish. Beldi lentils, which have a strong taste and smell, are Moroccans' favorite legume.

They are mainly grown in arid regions due to competition from staple crops.

II. Traditions and culture

1) Overview

Rfissa, which is also called trid ترید, madhoussa مدهوسا or hemiss الحميس, is a Moroccan culinary dish that contains m'semen مسمن (a kind of Moroccan bread or pancake); an onion, ginger and cilantro broth; a mixture of strong spices (ras el hanout راس الحازوت); and the indispensable fenugreek (حلبة halba), which gives it its flavor.

It is served with free-range chicken (beldi).

This dish has been part of Moroccan traditions for centuries.

M'semen pancakes

M'semen مسمن, r'ghaif رغيف or melaoui ملبوي are varieties of Moroccan bread that are either homemade or bought ready-made from a specialist baker.

These pancakes are distinctive in that the dough is prepared using very fine semolina, a little wheat flour and olive oil, which gives them their distinct taste. Unlike other pancake recipes, m'semen (melaoui) do not contain any milk or eggs, which are replaced with warm water.

Melaoui dough is similar to bread dough, except that it does not rise.

2) History and origin of the dish

Spices were only brought to Morocco through trade between the Almoravids, then the Almohads, and the Genoese and other Italian merchants. Salt and gold were traded with Sri Lanka, India, etc.

Dishes based on bread soaked in sauce can be found in different Arab countries. Derived etymologically from *tharid* الثريد, this dish is said to have been very popular at the time of the prophet.

The favorite dish of the prophet:

الثريد : خبز يبل بالمهرق وغالباً ما يكون بهرق اللحم . وقد ذكر الرسول صلى الله عليه وسلم الثريد ني حديثه عن نضل عائشة رضي الله عنها بأولاه: « نضل عائشة على النساء لفضل الثريد على سائر الطعام » رواه البخاري .

...

Tharid: bread seasoned with broth, often meat broth. The Messenger, may God's prayers and peace be upon him, mentioned tharid when he spoke of the superiority of Aisha, may God be pleased with her. He said, "The superiority of Aisha to other women is like the superiority of Tharid to other meals." (Al Bukhari)

Different versions of this dish are widespread in Morocco. It probably originates in Chaouia.

This dish is traditionally prepared for baptisms, sabea, on the seventh day after a child is born. It is supposed to help the mother's recovery from childbirth as well as milk production due to its mixture of spices: dill, aniseed, basil, marjoram, caraway and, of course, fenugreek.

Fenugreek incites a lot of passion amongst rfissa fans. Rfissa consumers can be divided into two camps: those who are fenugreek aficionados and cannot imagine rfissa without fenugreek and those who cannot stand this very distinctive spice.

The classic presentation of this family dish is in a bowl, a *guesseaa* or a large dish.

3) Occasions for preparation

This Moroccan specialty is often prepared after the birth of a child to help the mother regain her strength. Indeed, it is said to encourage the production of breast milk because rfissa is very nourishing and satiates quickly.

This tradition is probably related to the use of fenugreek (halba), which is a common spice in this traditional meal.

4) Regional variations of the recipe

Madhoussa in the Gharb region

Trida in the regions of Benslimane, Kheyayta, Mdakra, etc.

Corn harcha with milk generally in springtime

Poultry variations: quail or lark, steamed so that the delicate pigeon meat does not dry out, luted cooking utensils.

III. Tourism opportunities

Strengths	Weaknesses
<p>Dish with health virtues, strongly linked to festivities, baptisms, births, etc.</p> <p>Easily enjoyed by tourists (unfamiliar experience)</p> <p>Typical, ancestral dish, promotes local products</p> <p>Products available in distribution channels</p> <p>Nutritionally-balanced dish with fiber, carbohydrates and protein</p> <p>Spice mix</p>	<p>Constraint due to serving temperature, between the dough and the sauce, risk of dry dough</p> <p>Hearty dish that is rarely served with other dishes</p> <p>Lengthy preparation time</p> <p>Convivial dish, difficult to adapt to a smaller scale of preparation</p> <p>Difficult to prepare single portions in restaurants</p>
Opportunities	Threats
<p>Development of ready-to-use products to make the recipe easier: availability of ready-to-use cooked, sliced m'semen.</p> <p>Possibility of creating vegetarian versions without changing the recipe too much</p> <p>Development of cultural and educational activities: discovery of agricultural and rural heritage, educational farm, hosting schoolchildren, etc.</p> <p>Direct sale of farm products: picking of farm products, sale of quality processed and unprocessed products</p>	<p>Disappearance of ancestral knowledge (m'semen preparation)</p> <p>Constraint of preparing m'semen by hand</p> <p>Limited large-scale production</p> <p>Arrival of other, similar doughs/grains and preparations (from Asia, etc.)</p>

Dish 6: Moroccan lamb mechoui

I. Products

a) Cattle, sheep and camel sector

Overview of the sector⁵

The red-meat sector is a strategic sector because of its significance to the national economy and to developing food security in Morocco. The red-meat sector is performing well, at least in terms of yield, turnover and consumption, which have been growing steadily in recent years.

It accounts for 15 billion Moroccan dirhams of agricultural GDP and contributes to guaranteeing the country's food security. In addition, there are more than one million farms with livestock in the country, and the main activity of 70 per cent of these farms is red-meat production.

Economic and social weight of the sector

The red-meat sector in Morocco plays an important role on an economic, social and nutritional level:

- It accounts for nearly 30 per cent of agricultural GDP.
- It creates 1.8 million jobs each year.
- It generates a turnover of 27 billion Moroccan dirhams a year.⁶

The Moroccan red-meat livestock sector comprises 39 million animals (two-thirds of which are sheep) and includes cattle (3.2 million), sheep (19.2 million), goats (6.2 million) and camels (200,000).

b) Camel sector

Overview of the sector

Camel farming plays an important socioeconomic role in the economy of the Saharan and pre-Saharan areas of Morocco. Dromedaries are an essential component of the heritage of southern Moroccan provinces. Moreover, dromedaries have a wide variety of uses: milk, meat or wool production or as pack animals.

Regions

Camel farms are located in 3 main areas:

- the Sahara: Guelmim, Tata, Tan-Tan, Assa-Zag, Laayoune, Smara, Boujdour and Dakhla;
- the Central plateau: Chaouia, Abda, Doukkala and Tensift; and
- the South East: Ouarzazate, Tafilalt, Figuig and Taroudant.

The breeds in Morocco are classified as Sahraoui-type breeds and are the small-sized Guerzni with low milk production, the medium-sized Marmouri with good milk production and the Khouari.

Economic and social weight of the sector

⁵ <https://www.fellah-trade.com/fr/filiere-animale/chiffres-cles-viandes-rouges> (page in French only)

⁶ in 2017

The camel sector in the three southern regions contributes significantly to the local economy and constitutes a very strong socio-cultural heritage:

- an activity firmly rooted in the culture and traditions of the inhabitants;
- an annual turnover estimated at 8 million Moroccan dirhams;
- a national herd of 200,000 animals compared to 3,000 in 1976;
- 90 per cent of the animals are in the southern regions of Morocco;
- milk production capacity: 2 to 5 liters/day;
- 1,012 farmers and 460,000 work days; and
- 70 per cent of local populations in the southern provinces live from this sector, which is their main source of income.

II. Related crafts or know-how

Oven

The traditional Moroccan communal oven, also called *ferrane* or *farnatchi*, has always been an important place in Moroccan neighborhoods. It traditionally consists of a built-in oven and a space for storage, delivery and collection. The oven is also called *bit nar*, which literally means the fire chamber. The *terrah* is the man who is in charge of cooking food in the oven. He accesses the oven via a pit located right in front of the oven's hatch. With meticulous movements, he inserts bread, cakes, tangia, mechoui or any other dish to be cooked into the oven. Each food is inserted at a specific time of day depending on oven heat and cooking requirements.

The other type of oven is the cooking pit. It is prepared by digging a vertical hole, or by constructing an earth oven, that is 0.8 to 1 meter in diameter and 1.5 to 2 meters deep. Wood is stacked in this hole and burns for five or six hours. When the earth around the hole is scorching and the wood has turned to embers and ashes, most of it is removed to avoid flare-ups. The lamb is inserted vertically into the hole, which is sealed as airtightly as possible with a lid covered with clay. Cooking takes four to five hours. The extent to which the surrounding earth has cooled is an indication of how cooked the lamb is. The hardened clay lid is then broken so the lamb can be removed.

III. Traditions and culture

1) Ritual and presentation of the dish

Mechoui is a dish often served during festivities, weddings, celebrations, religious ceremonies, moussems, etc. It is often served whole in a large oval dish that can hold the entire lamb. The guests help themselves directly from the main dish using the thumb, index and middle fingers of the right hand as per Moroccan tradition. Traditionally, no utensils are used to eat mechoui because the meat can be easily detached due to the cooking method. It is served with a small bowl of salt and cumin so that guests can season morsels to their liking.

The cooked mechoui is served on a bed of green salad. The long serving plate is garnished with sautéed vegetables, carrots, beans, potatoes or broccoli positioned around the lamb. The mechoui itself is decorated with skewered olives, cherry tomatoes, cheeses and briouats. The meat is always served with cumin.

2) Occasions for preparation

Mechoui is the feast meal par excellence in Morocco. It is a legacy from the traditions of nomads, shepherds and peasant farmers, for whom the sacrifice of a sheep or goat reflected the hospitality of the host and the consumption of meat had a whole social dimension.

Sheep meat is, of course, eaten for the Eid al-Kabir sacrifice, seasonal sacrifices related to the agricultural year (harvests, opening of summer pastures, etc.), religious ceremonies, moussems and marabout celebrations. It is also eaten for family festivities, such as births, name-giving ceremonies (*sabea*, the seventh day after a child is born), circumcisions, coming home from pilgrimages, weddings, etc.

Since Moroccans are fond of mechoui, any occasion can be an excuse for eating it nowadays.

IV. Tourism opportunities

Strengths	Weaknesses
<p>Symbol of feasts, meal for celebrations, shows</p> <p>Observance of rituals and ancestral techniques</p> <p>Very popular dish sought after by Moroccans and foreign tourists</p> <p>Wealth of biodiversity and breeds</p> <p>Optimized cooking method: no temperature loss, hermetically sealed oven, etc.</p> <p>Diversity of meat on offer: veal, liver, chicken, camel meat, etc.</p> <p>Benefits of meat: zinc, iron, vitamin B, red blood cell formation, etc.</p> <p><u>Camel sector</u></p> <p>Existence of different camel products that can be developed</p> <p>Experience and know-how of local farmers</p> <p>Product linked to a way of life, socio-cultural heritage</p>	<p>Reputation of sheep meat as being unhealthy</p> <p>Rural sites and sales locations</p> <p>Low appeal of mechoui restaurants to tourists</p> <p>Crude infrastructure of restaurants (amenities, toilets, furniture, hygiene, etc.)</p> <p>Lengthy process (cooking time)</p> <p>Price of meat</p> <p>Demanding cooking technique (meticulous supervision of cooking)</p> <p><u>Camel sector</u></p> <p>Nutritional quality of the herd</p> <p>Health monitoring and surveillance systems for these animals</p>
Opportunities	Threats
<p>Market trends: rise in barbecue culture among new generations (millenials)</p> <p>Increase in the number of eating places</p> <p>Development of roadside restaurants or weekly markets specialized in mechoui and barbecue</p>	<p>Vegan culture</p> <p>Prejudice against meat (unhealthy), especially sheep meat</p> <p>Development of other cooking methods (grilling), with the development of kitchen</p>

<p>New appeal of weekly peri-urban souks as places to eat on weekends</p> <p>Promotion of animal origin and type of animal feed</p> <p>Adaptation of cooking method to smaller pieces of meat, e.g., leg of lamb</p> <p>Process industrialization and existing market</p> <p><u>Camel sector</u></p> <p>Existence of different camel products that can be developed</p>	<p>equipment</p> <p>Dining places far from the usual tourist circuits, often in peri-urban areas unknown to the uninitiated</p> <p><u>Camel sector</u></p> <p>Health monitoring and surveillance systems for these animals</p> <p>Product unavailable in markets</p>
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Dish 7: Chicken seffa medfouna

السنة المدفونة بالشعرية و الدجاج

I. Traditions and culture

1) Ritual and presentation of the dish

Chicken seffa is one type of seffa, a popular and much-loved dish in Morocco that consists of chicken, lamb or beef completely covered with couscous or vermicelli. It is served in the form of a dome or pyramid garnished with fried, crushed almonds, cinnamon and powdered sugar.

Seffa medfouna means “buried”, and the saffron chicken, beef or lamb is hidden inside the dome decorated with almonds, raisins and cinnamon, which are traditional garnishes in Morocco.

A sweet version of seffa can be made without meat and is served along with the starters. Both versions are popular for special events and occasions or as a vacation dish.

The sauce is tasty and very simple to prepare. It contains onions, cinnamon, ginger, turmeric and cilantro. It is reduced at the end of cooking, poured in the center of the serving dish then covered completely. This dish particularly captures the sweet-savory taste with its roasted almonds, steamed raisins, cinnamon and powdered sugar. The chicken sauce is savory.

Seffa is a festive dish and an indispensable element in family feasts.

The version with angel hair vermicelli is a modern adaptation of seffa, which is traditionally prepared with couscous.

Since seffa is steamed, the vermicelli needs to be very fine for the recipe to work.

Since preparing pasta manually is very time-consuming, the dish only became popular in the 1970's.

Couscous-based version of seffa, *errefoud* (tay refedou) from the Chiadma-Abda region, the Regraga sharifs' 30-day tour.

The dish is, therefore, sweet and often served at the end of the meal as a dessert, for example, after mechoui.

It can be decorated with almonds, dried fruits and candies. Cooks can give free rein to their imagination when garnishing and decorating seffa. There are even presentation competitions called *caid barouk*.

It was not until there were technological advances in the pasta industry that it became possible to obtain the desired fineness of vermicelli that makes seffa such a light dish. Industrialization has also helped popularize this dish, which has come to rival couscous.

The serving dish could be a kassaa made of terracotta or wood, usually walnut wood.

2) Occasions for preparation

Weddings, moussems and the Regraga tour.

II. Related crafts

Special utensils: the kassaa, a circular serving or ceremonial dish

The kassaa is made of terracotta or wood, usually walnut wood. A single piece of wood is used, which must have a large diameter and thus come from a tree of considerable age and circumference. The walnut kassaa is, therefore, an expensive but very robust utensil. It is a product made by an artisan rather than a carpenter.

III. Tourism opportunities

Strengths	Weaknesses
Traditional method and deep-rooted ritual Originality and simplicity Refined taste and high calorie intake (rich meal) <u>Utensils: Kassaa</u> Utensil made of noble material (wood) Quality and durability, density of the wood Aromatic properties due to the essential oils released by certain types of wood.	Difficult to package without industrial processes Time-consuming to prepare <u>Utensils: Kassaa</u> Products not widely available Expensive, high costs Difficult to make: requires specific know-how and quality raw materials
Opportunities	Threats
Very popular tourist product Possibility of standardization and industrialization Easy to adapt to today's consumer habits <u>Utensils: Kassaa</u> Value increased by dating the age of the trees used to make them (dendrochronology) Promotion via sustainable tree management labels	Disappearance of sectors and ingredients Competition from industrial products Disappearance of essential products and ancestral techniques <u>Utensils: Kassaa</u> Availability of trees, overexploitation of resources

Dish 8: Moroccan Kemia

Kemia الكمية literally means “small quantity” in Moroccan Arabic dialect.

It consists of several preparations and assortments of hot and cold salads, starters, appetizers and nibbles that are eaten before meals as a refreshment (bawaride بواريد) or as side dishes at family meals and feasts. At mealtimes, starters are served in small plates scattered over the table. There can be several varieties depending on the season, the nature of the meal, the guests and the ceremonial circumstances.

The ingredients are usually not the same and depend on the market, the season and the products available. Six, seven or more kinds of salad are usually served depending on the generosity of the host and the nature of the guests.

Making the traditional recipes requires the participation of the whole family or a staff of specialized cooks, particularly since they involve a number of different preparation methods and products. The starters are hot or cold depending on taste and the products available. The most popular varieties are zaalouk (eggplant purée), bakoula بؤولة (mallow), Moroccan salad colored like the flag with peppers and tomatoes, and madkouka tazia (green peppers and tomatoes grilled over a charcoal fire and crushed together). There are also different types of vegetables marinated in Moroccan chermoula.

Chermoula is an essential ingredient in many of these types of salad. It greatly enhances the flavor and taste, which must always be tangy and spicy. As a result, a lot of lemon juice and vinegar is used, as are strong, hot spices like harissa, pepper and chili pepper.

Seasonal vegetables and plants are mostly used but sometimes also high-grade offal, such as brains and liver, and seafood, such as crustaceans, molluscs (mini squid), shellfish (mussels) and fish (e.g., anchovies, sardines or other white-fleshed fish for stuffing mini pastillas and briouats).

Kemia also includes juices, for example, grated carrot with orange juice and cinnamon served in small jars or bowls, sweetened beetroot juice and grated-cucumber juice with liquid cheese. There is also onion macerated in vinegar and sprinkled with honey, and m'aassla معسللة, fine filaments of caramelized, steamed pumpkin.

This tradition of serving starters in Morocco is an ancient custom recommended by all families for entertaining guests. It is important to mention that the term kemia has, of course, evolved and is now used in bars to describe nibbles and peanuts served with drinks.

It should be noted that the salads are, without exception, prepared using seasonal vegetables and legumes. All that needs to be added is a good seasoning, condiments and spices, such as lemon, olive oil, argan oil, cumin, chopped cilantro, sweet peppers, chili peppers and other spices and ingredients depending on the type of preparation and its traditional recipe. Once seasoned, the salads are ready to serve.

⇒ Moroccan kemia consists of at least six dishes from:

1. Eggplant zaalouk زعلوك
2. Sweet pepper and tomato madkouka مذكوقة
3. Bakoula بؤولة خبيرة
4. M'aassla or m'darbla pumpkin نرعة معبللة
5. Confit onions in syrup
6. Carrot marinated in cumin
7. Grated carrot with orange juice and cinnamon
8. Cooked salad with eggs (called mechouia or chakchouka salad شاكشوكة)
9. Cauliflower fritters dipped in beaten egg and fried
10. Sweetened grated beetroot
11. Fennel sprigs in vinegar بيباس
12. Fresh marinated beans نول مشرمل
13. Chickpeas with cumin حمص كامون
14. Potato maakouda مأكودة
15. Lentils with carrots
16. White beans in tomato sauce لوبية بمطبخة
17. Potato salad with olive oil, cumin and harissa بطاطا بالحريرة
18. Herbs
19. Brain tagine with chermoula
20. Marinated and sautéed chopped liver كبدة مشرمة
21. Mussel tagine
22. M'charmél sautéed shrimp (pan fried مأكودة)
23. Different types of briouats with various fillings (vermicelli, vegetables, shrimps, minced meat, etc.)
24. Brick rolls made with brick sheets, warqa; pastilla stuffed with the same ingredients
25. Snails and snail broth with herbs and strong spices غلالة و بوش
26. Macerated, spicy green and black olives, gherkins and baby onions
27. Beldi artichokes with lemon
28. Cardoons with lemon
29. Jben with zaatar
30. Fresh goat cheese served plain with olive oil and olives
31. Fermented vegetables
32. Crunchy fermented vegetables with a vinegar and salt dressing (طرشي torchi or achard)
33. Cauliflower and gherkin
34. Roasted peanuts, pistachios and almonds
35. Karantika karan كرنطكة
36. Chakchouka شاكشوكة
37. Moroccan salad
38. Fried eggs with meat confit

I. Products

1) Eggplant zaalouk زعلوك

Zaalouk زعلوك, eggplant purée, is an essential part of kemia.

Zaalouk is an eggplant caviar from Morocco.

The dish is served as a kemia starter or as an appetizer. It is one of the side dishes for the main course.

The recipe for zaalouk was described in the British Daily Telegraph in 2011 by Stevie Barley. The American, Paula Wolfert, winner of a number of cookbook awards, also described it as one of the best Moroccan side dishes.

Regional Jebli variant from the Loukkos valley: braised

2) Sweet pepper and tomato madkouka مذكوزة

a) Key product: peppers, felfla elghiyatya

Small peppers with very little flesh, tasty and very fragrant, rustic agriculture, no use of pesticides, small local production, little market outside the region due to farmers' isolation in the mountains and competition from neighboring agricultural regions.

b) Region

Taza, Oued Amlil, etc.

c) Utensils

Walnut wood tagdaga, wooden mortar for crushing the mixture, which is blended with a drizzle of olive oil. Using a knife is not permitted.

Variants: chakchouka, which is a variant garnished with tomatoes introduced more recently in the Mediterranean; it is much more widespread and more modern than the historical madkouka recipe.

3) Bakoula بؤولة خبيزة

Moroccan mallow salad

Bakoula is a sort of salad and one of the salads known as kemia. It contains mallow and is a spicy salad that is often prepared in springtime because mallow is plentiful in Morocco at that time of year. Mallow can be replaced with spinach because it is impossible to find mallow out of season. This salad is served as a hot or cold starter (like zaalouk and pepper chakchouka) and eaten with bread.

Variants: with chard, purslane or spinach

4) M'aassla or m'darbla pumpkin مزرعة موعيلة

a) Region

Originally from the region of El Jadida, from the Bou Regreg to the Oum Er-Rbia has always been a very fertile agricultural region.

b) Tradition and culture

Probably brought to the Atlantic coast of Morocco from the Americas by the Portuguese. The Belghouwata have always had productive agriculture there. Cucurbits have been grown in the region for centuries.

Confit pumpkin was considered to be a dessert.

5 Snails and snail broth غلالة و بيوش

According to many researchers and historians, snails are one of the oldest meals in Morocco, especially in eastern and southern Morocco. Large piles of shells and huge amounts of snail waste can be found in the region of Figuig. Snail farms from the Stone Age and the Middle Ages.

This tasty food is very common all over Morocco with no exception, especially in the countryside, in cold weather and in winter.

Moroccan snails حلزون, babouche بيوش or gh'lala غلالة

For example, snail eaters from Figuig, largest snail farm in the world; Stone Age, evidence of snail farming.

6 Green and black olives, gherkins and baby onions

Olives are never served plain; they are always marinated.

Olive marinade:

Black: olive oil and thyme

Green: coriander, cumin and harissa

Meslalla: seasoned with oregano

Spreads:

Originating in Meknes and largely forgotten: green or black olive spreads.

Green tapenade with olive oil and green olives

History: tapenade was exported to Rome from Walili/Volubilis.

Variant: Caper purée

Wild capers from Safi. The sector has since become organized, and Safi capers are now a geographical indication.

7 Jben with zaatar

Fresh goat cheese served plain with olive oil and olives

Jben cheese is rarely used in Moroccan cuisine except in cheese bastilla.

Cheese bastilla: a traditional Tuareg dish. The original recipe does not appear to be very widespread and has even been forgotten, but it still lives on through fried rolls and briouats.

In the original jben recipe, the milk was curdled with lemon juice.

8) Fermented vegetables

Crunchy fermented vegetables with vinegar and salt dressing (طرشي torchi or achard)

9) Karan كرتيكة

History

When Napoleon was having a fleet of warships built in the shipyards of Toulon, he brought Genoese experts for their shipbuilding know-how. They brought panissa from Liguria and farinata, preparations that use chickpea flour. The recipes and their variants crossed the Mediterranean and became a favorite snack for the Chamalis in northern Morocco.

Region

Variant from Tangier, northern Morocco: eggs are added for a gratin effect. The resulting dish is compact and firm. Karantika is seasoned with cumin.

Caran from Oujda, Beni Iznassen region and eastern Morocco: in Oujda, it is gooey and eaten as a sandwich. The recipe does not contain eggs and is seasoned with paprika. The Oujdis like to serve it with lemonade.

10) Moroccan salad

This salad is colored like the Moroccan flag and contains peppers and tomatoes.

The must-have Moroccan salad for all seasons.

A salad of crushed and chopped tomatoes, onions and cucumber, seasoned with cumin, salt, olive oil, vinegar and cilantro.

II. Tourism opportunities

Strengths	Weaknesses
Very popular and accessible in all seasons	Several preparations served at the same time
Very diverse, adapts to seasonal produce	Lengthy preparation time
Characteristic regional recipes	Expertise and adjustment of seasoning
Very rich in different nutrients	Health risk and risk of cold-chain breakage for products sold as street food
Appreciated by all social classes and age groups	
Easy to pack	
Opportunities	Threats
Easy to adapt to all tourist menus	Arrival of new products
Cost easy to adapt to all budgets and types of venture	Competition from similar cuisines (Mediterranean, etc.)
Possibility and ease of industrialization	

Dish 9: Chebakia شباكية

Recipes and Products

Chebakia (or chebakya شباكية), which is also called mkharqa مخرقة, is a Moroccan pastry and one of the cookies and sweets that are found in all Moroccan towns.

It is considered to be one of the most widespread and well-liked Moroccan pastries along with gazelle horns, ghriba and m'hancha.

Chebakia is fried then dipped in honey and sprinkled with sesame seeds.

In Morocco, this pastry has different names.

Chebakia is usually eaten during Ramadan and is one of the most popular cookies in Morocco. Chebakia is a small ear-shaped pastry. Its dough is made of flour, butter, olive oil, eggs, vinegar, almonds, saffron, cinnamon, salt, gum arabic, green aniseed and orange blossom water. Chebakia is shaped and fried then dipped in honey and rolled in sesame seeds.

Moroccan chebakia شباكية is a delicious pastry with honey and sesame seeds.

I. Products

a) Apiculture sector

Overview of the sector

There is a great diversity of flora, fauna and landscapes in Morocco. As a result, the Kingdom has significant and exceptional beekeeping potential, which makes this agricultural sector unique.

Economic and social weight of the sector

This sector has a socioeconomic role in combatting poverty. It supplies the domestic market.

Moroccan bee breeds

In Morocco, there are three predominant breeds of bee: two black breeds, *Apis mellifica intermissa*, commonly called Tellian, and *Apis mellifica major*, which together represent two-thirds of the Moroccan colonies, and the golden yellow *Apis mellifica sahariensis*. The latter is characterized by its gentleness and its suitability to the harsh, hot conditions of the arid regions in southern Morocco. However, this breed appears to be endangered as a result of natural constraints (drought, decreased number of colonies, etc.).

b) Sesame sector

Overview of the sector

The whole sesame seed, the oil extracted from the seed and the oil cakes are marketed.

The whole seed or a seed paste is, in particular, used as an ingredient in the preparation of some food products and recipes, including some sweet syrups, cookies, breads and other baked goods. Sesame oil is used for cooking, salad preparation and to make margarines.

It is also used for pharmaceutical and industrial purposes, in particular for

manufacturing soap, paint, perfume and lubricants.

Economic weight and situation of the sector

In Morocco, the average surface area for sesame is about 2,500 hectares, while the average yield remains below 8 quintals per hectare. The average output is about 1,800 tons per year. Sesame cultivation is a priority sector in the Regional Agricultural Plan, which is part of the Green Morocco Plan.

Regions

The area of Tadla accounts for 90 per cent of national production, while the areas of Meknes and Safi account for the rest (10 per cent). Sesame is considered to be a local product of the Tadla-Azilal region.

II. Traditions and culture

1) History and origin of the dish

The term chebakia describes the interlaced shape of the strips of dough.

Nowadays, this dessert is associated with Ramadan for its richness in sugar, but this is recent in its history.

The artisan who prepares chebakia is specialized in the craft of frying and has the know-how and utensils required to make it. The profession of *chefenaj*, fritter maker, has been documented in Morocco since the twenty-first century.

At the time of the Saadians, Morocco was a major producer and exporter of sugar cane and produced derivatives such as molasses and 'white honey'.

It was thus at this time, when sugar was abundant, that this pastry became widespread. Since honey came mainly from wild hives and was an apothecary product used more as medicine than for cooking, sweets containing honey were inaccessible.

2) Ritual and presentation of the dish

Chebakia is probably the most popular Moroccan pastry in Morocco and is made by a master artisan. Its preparation is a craft in its own right and derives from the activity of the *chefenaj* (fritter maker).

It is mainly prepared by men and requires several processes and specific know-how.

3) Occasions for preparation

Its preparation is mostly seasonal, during the holy month of Ramadan. However, it can be found all year round.

It is lavish cuisine that requires large amounts of oil and honey, hence the artisanal rather than family dimension to making chebakia.

4) Regional variations of the recipe

The ingredients and preparation methods may vary according to the traditions of each region.

In Fès, almond powder is added.

In the Atlas area or in the south, barley flour is used.

The most popular versions do not contain the most expensive ingredients like saffron and sesame, while honey is replaced with syrup.

Recipe variations are matched by name variations. In Rabat, chebakia is also called mkharqa; in the city of Fès, it is called griwech; in Salé, it is called el qli ^{القلي}; and in Ouazzane, it is called el hlou ^{الحو}. In northern Morocco, it is called kwilech ^{كويلش}.

El filalya: variant made by crumbling chebakia dough, a kind of chebakia crumble served as a nougatine with crushed almonds. El filalya is a delicacy from Fès that is eaten with a spoon.

III. Tourism opportunities

Strengths	Weaknesses
<p>Typical Moroccan specialty</p> <p>Less expensive variants possible</p> <p>Craft in its own right requiring advanced know-how, specialized master artisan</p> <p><u>Apiculture sector</u></p> <p>Great regional and floristic diversity in the origins of honey (euphorbia, thyme, herbs, etc.)</p> <p>Floristic and climatic diversity is reflected in honey production.</p>	<p>Too sweet for modern diets, especially when it is sugar based</p> <p>Long process involving several steps</p> <p>Crumbly cookie, fragile, not very transportable</p> <p>Does not retain the honey for long, seepage over time</p> <p>Risk of product denaturation over time</p> <p><u>Apiculture sector</u></p> <p>Non-compliance with certain technical and health standards that enable access to large consumer markets</p> <p>No development of other hive products</p>
Opportunities	Threats
<p>Part of the gastronomic experience that combines harira, dates and chebakia</p> <p>Culture and way of eating known and adopted by tourists</p> <p>For the el filalya derivative: Very stable product, transposable, packable and easily transportable</p> <p>Potential use as pastry stuffing</p> <p>Modernization of the recipe: use of new ingredients adaptable to trends (healthy food, etc.)</p>	<p>Complicated know-how and manufacturing process</p> <p>Development of beekeeping (extinction of bees)</p> <p>New generation is looking for light meals</p>

Dish 10: Nougat, nougatine, Tangier nougat and halwa of Moulay Idriss

I. Product distribution

Nougat street vendors in souks and medinas. In Tangier and Fès, there are specialized stores and stands. In Fès, it is sold on stalls near the mausoleum of Moulay Idriss, hence the name halwa of Moulay Idriss. The displays are colorful not only because of the different kinds of nuts or seeds that garnish the nougat but also because of the food colorings in the nougat.

You can find nougat street vendors in the souks near schools everywhere in Morocco. However, the jabane colobane street vendors are disappearing.

II. Traditions and culture

1) History and origin of the dish

Nougat is a Mediterranean confectionery that is present in several countries in the Mediterranean region. According to the oldest references, it appears to come from Spain or Malta. It is said to be of Arab-Andalusian origin.⁷

2) Rituals, presentation and occasions for preparation

Nougat is prepared by master nougat makers. The know-how and secrets are transmitted from the mâallem (master artisan) to the apprentice over years of apprenticeship.

This confectionery is proposed during celebrations, births, weddings, etc. where it is carefully cut into rectangles and delicately packed. Stores and street vendors cut it into slices or break it into rough pieces of varying size and sell it by the unit or by the kilo.

It is also associated with moussems and celebrations for saints all over Morocco, not just Moulay Idriss in Fès.

The jabane coloban merchant with his long, colored stick can be spotted from a distance in fairs, moussems, outside schools, etc.

III. Tourism opportunities

Strengths	Weaknesses
Ancestral know-how transmitted by the mâallem	Confectionery proposes a single product
Popular, well-liked products nationally	Limited production capacity; artisanal scale
Mastery of methods, brand image and recognition	Limited marketing sites
Interesting nutritional value due to presence of nuts or seeds, oilseeds, omega 3, vitamin E, fiber, etc.	Very basic packaging, cutting and presentation
	Limited choice of products

⁷ Marie Josèphe Moncorgé

Opportunities	Threats
<p>Diversify product line</p> <p>Expand distribution channels</p> <p>Promotion of egg-free vegan versions</p> <p>Development of Moroccan brands</p> <p>100 per cent specialized in the product</p>	<p>Limited market</p> <p>Competition from industrial confectionery</p> <p>Different consumer habits</p> <p>No culture of eating the product in daily life of modern Moroccan families</p>

Dish 11: Medfouna

I. Products and product distribution

- Chard
- Camel meat
- Camel milk

Fernatchis and specialized restaurants in Erfoud and Rissani

Meat: specialized camel butchers

Fresh milk: merchants who milk on the spot as needed

II. Traditions and culture

1) History and origin of the dish

This dish is mentioned in the writings of Ibn El Ouazzane (Leo Africanus) in the thirteenth century during the Marinid Sultanate: stuffed flat bread eaten in the Draa valley.

Origin: Filalya of Moulay Ali al-Sharif, Erfoud near Figuig in the region of Errachya Errich in Merzouga eastern Sahara

2) Ritual and presentation of the dish

Served with freshly-milked camel milk that is drunk while still warm and served in a characteristic vessel, an elgouz, which is a tankard containing about 500 ml. Fresh milk is said to have curative properties.

May also be served with Sahraoui tea.

3) Occasions for preparation

Medfouna is an everyday dish, suited to the nomadic lifestyle, easily transportable and very nutritional.

It is available from fernatchis, who have become specialists, and can be sold in portions.

4) Variations of the recipe

Khebez el mella: bread cooked without fire on scorching sand

Tafernout: bread cooked on hot volcanic rocks

5) Specific cooking method

Charcoal cooking, slow and steady cooking with a slightly smoky charcoal aftertaste

III. Tourism opportunities

Strengths	Weaknesses
Well-liked, typical dish	Availability of the variety of chard used in the original recipe
Unique recipe	Availability of camel meat
Can be a main dish or a snack	Use of animal fat, camel fat, may be a limitation for some diets
Sand cooking is a sustainable, eco-friendly cooking method	

<p>Nutritionally balanced dish, with carbohydrates (bread), vegetables (chard, onions and herbs) and meat</p> <p>Easily transportable dish</p>	<p>Infrastructure required: fernatchi oven, ember cooking, etc.</p> <p>Sand cooking only possible in the desert</p>
<p>Opportunities</p>	<p>Threats</p>
<p>Recipe is potentially transposable, oven cooking</p> <p>Healthier versions possible</p> <p>Diversification of recipes possible</p> <p>Sand-cooking workshop</p> <p>Development of suitable ovens, possible to use tafarnout ovens for medfouna</p>	<p>Denaturation of original recipe by introducing alternative fillings</p> <p>Competition from pizzas, calzones, etc.</p>

Dish 12: Fried eggs with meat confit بالخليع بيض

I. Products

1) Dromedary meat sector

According to Stéphane Gsell, the camel was introduced in the third century. With the discovery and exploitation of gold and salt mines and wealth from the ore trade, the commercial use of camels spread as trade lines were established.

The Almoravids invaded Andalusia with 500,000 camels.

According to Hanno the Navigator, a nomadic Phoenician, the entire Atlantic coast was full of nomads, *zettat*, brigands.

Sedentarization or semi-nomadism increased over the centuries, particularly during the Roman era (128) with the installation of Roman trading posts. The construction of walls (following the example of Hadrian's wall) limited the movement of Bedouins and controlled the movement of populations at the entrance to, and inside, the Trajan Empire. This put an end to free movement and the hegemony of camelids.

2) Khlea distribution

Sold by smen and butter merchants

3) Region

Fès, the Cedar Forest region

II. Traditions and culture

1) History and origin of the dish

The unmissable Moroccan omelet, which is part of a Moroccan breakfast, is sometimes served as a starter or even as a main course.

An ancestral preservation technique that involves drying, the use of spices, a second cooking procedure to evaporate water and confiting with fat. It enables meat to be isolated anaerobically by a layer of fat.

Khlea or khlii is a culinary preparation specific to Moroccan gastronomy. It is mainly used for breakfast in the morning and is prepared with meat (generally beef) confited in fat. There is also a version with olive oil.

It has been very widespread in Moroccan imperial cities since antiquity.

The term khlii, which comes from the Arabic *khalae* خلع meaning "to tear off", is to remove meat from the bone مخلوع.

2) Consumption

It is particularly well-liked with eggs in Morocco and can also be used when making some breads (*rghaïfs*) or dishes (with lentils). It can also be eaten without any particular preparation, with bread.

Moroccan khlea is one of the traditional foods commonly found in Morocco. It is one of the most well-known dishes, especially in and around the city of Fès and the city of Marrakech. Moroccan khlea is served as a basic dish and in many different ways with eggs.

Its preparation requires large amounts of meat. It is used to preserve beef. Beef production involves relatively mature animals since meat with a strong taste is preferred.

3) Ritual and occasions for preparation

Eid celebrations to preserve some of the meat from the sacrificial lamb.

After weddings and feasts where oxen, camels, etc. have been slaughtered.

Historically, camel meat was more readily available and cheaper but also technically more suitable for khlea due to the amount of dromedary fat and meat available compared to the cattle species that used to exist in Morocco. The Talleaa district in Fès was known for its dromedary meat markets.

Beef has benefited from breed improvement, while the camel herd has not experienced the same increase in quality.

Moreover, khlea needs soft meat, elgueriwach, to enhance the taste, hence the use of strips, which are also more economical.

Variants: lamb khlea was mainly prepared at home by families after Eid to keep a little meat from the sacrificed animal.

4) Variations of the recipe

Alternative: merouzya in sugar or honey

5) Utensil and specific cooking method

Cooked in copper cauldrons that are sometimes enameled because it helps evaporation

III. Tourism opportunities

Strengths	Weaknesses
Very famous, typical dish Liked by different age groups, Moroccans and tourists Use and preservation of fat Easy storage and transportation	Expensive, elitist, niche product, luxury meat product After cooking and drying, the end product becomes even more expensive.
Opportunities	Threats
Present in all Moroccan breakfast <i>beldi ftour</i> in restaurants or hotels	Beef has benefited from breed improvement, while the camel herd has not experienced the same increase in quality. Meat no longer needs to be preserved thanks to refrigeration methods.

Dish 13: Harira

I. Traditions and culture

1) History and origin of the dish

One of the soups most eaten in Morocco

Harira حريزة, which is also called bufertuna البونرون in Rabat, askif in Amazigh language and chorba in Fès, is a traditional Moroccan soup of Berber origin that is considered to be a full meal during the month of Ramadan.

2) Ritual and presentation of the dish

Served with hard-boiled eggs, dates, chebakia, dried fruit and a wedge of lemon for seasoning.

Coriander powder is added at the end of cooking to preserve its aroma. In some regions, it is said to have a soporific effect.

3) Occasions for preparation

It is an energizing soup that is rich in starch, protein, fiber and carbohydrates and helps people who are fasting recover their energy.

In Morocco, harira is the traditional fast-breaking dish during the month of Ramadan. It is served with dates, chebakia, hard-boiled eggs, honey pancakes, sfouf, selou and other pastries, such as mkharqa, tkawate, zammita, etc. It can also be served with lemon slices or flavored with olive oil and vinegar.

However, it is also eaten all year round, especially in winter.

This Moroccan soup provides enough strength to last the whole day during the month of Ramadan when it is served with hot or cold starters such as bourek with different fillings, maakouda, many delicious and varied fish dishes and other preparations.

4) Variations of the recipe

There are also several other kinds of soup, in particular bissara with beans or split peas; soups containing cereals, semolina h'ssow حسوة, pasta fidaous نداوش and milk rice; as well as vegetable soups, chorba شربة, containing different kinds of brunoise-cut vegetables with pieces of meat and vermicelli (a kind of Minestrone soup).

Askif اسكيف is a cracked barley belboula gruel بلبولة containing broken wheat and assida العصيدة, etc.

Indeed, there are several kinds of Moroccan harira depending on the tradition of each region, but the most widespread are harira fassia (from the city of Fès) and harira m'rakchia (from the city of Marrakech) as well as the one from Souss in southern Morocco.

Harira fassia differs from harira m'rakchia in that it contains rice and eggs. Harira m'rakchia does not contain these ingredients, which are replaced with vermicelli or sometimes cracked barley belboula, especially in winter. It is rich in legumes like chickpeas, beans and lentils, and contains pasta, rice or vermicelli and a good dose of herbs (celery, cilantro, parsley and sometimes savory سالمية, marjoram مرردوش, oregano زعتر and laurel لوزة) as well as spices, especially turmeric and ginger

root, and smen (salted butter).

5) Related crafts

Tableware: the soup is served in pottery dishes from Safi, Salé or Zagoura.

Zagoura pottery and, more specifically Tamgroute pottery, is a glazed pottery that has a characteristic green color. Tamgroute pottery is the only rural pottery in Morocco to have a green glaze.

The serving dishes can also be Moroccan porcelain bowls decorated with golden Sharifian stars and colorful crescents. Another popular serving dish is made of Chinese porcelain that is mainly red and gold in color and decorated with a peacock, commonly called peacock tableware, *etaouss*.

A walnut wood ladle (taghounja) is used for stirring during preparation as well as for serving, while lemon wood spoons are used for eating.

II. Tourism opportunities

Strengths	Weaknesses
<p>Popular dish</p> <p>Seasonal but can be enjoyed all year round</p> <p>Interesting nutritional profile, rich in carbohydrates, chickpeas, lentils, vegetables, protein and fiber, energizing, can be eaten at breakfast or dinner</p> <p>Convivial recipe but lends itself well to mass catering</p>	<p>Seasonal consumption (special events, Ramadan, etc.)</p> <p>Recipe: multiple ingredients and preparation methods</p> <p>Pottery dishes and wooden cutlery have a rustic image for the most refined table settings</p>
Opportunities	Threats
<p>Recipe: possible to have vegetarian, vegan or gluten-free versions</p> <p>Very little development as ready-made or freeze-dried soup</p> <p>A number of street restaurants and stalls specialize in harira</p> <p>Many associated artisanal traditions</p> <p>Promotion of a unique craft, e.g., Tamgroute</p> <p>Potential craft workshops to be developed: pottery workshops</p> <p>Potential culinary activities to be developed: cookery classes</p>	<p>Competition from porcelain dishes</p> <p>Wood is not used in the food industry or in restaurants</p>

Recommendations

The dishes discussed in this study have enabled us to highlight intangible heritage consisting of recipes, know-how and traditions and tangible heritage consisting of the sectors related to the products and utensils used. Both the tangible and intangible components of this heritage are essential to any faithful reconstruction of the culinary experience, especially in the context of a sharing experience such as tourism. Such faithful reconstruction makes it possible to rediscover the authenticity, meaning and values conveyed by each culinary tradition.

Appendices: Recipes

I. Beldi chicken tagine with olives and lemon

1) Ingredients

- 1 young beldi rooster or a free-range chicken, whole, gutted and cleaned (about 1.2 kg)
- Rooster giblets: heart, liver and gizzard
- 1 teaspoon of salt
- 1 teaspoon of ginger powder
- 1 clove of garlic
- 1 teaspoon of beldi smen
- 2 tablespoons of olive oil
- 1 generous teaspoon of ginger powder
- ½ teaspoon of turmeric
- 1 teaspoon of salt
- A few strands of saffron
- 4 onions, minced
- 1 parsley and cilantro bouquet garni, tied
- 2 pieces of confit lemon, diced
- 1 small bowl of green olives
- 25 cl of water

2) Utensils

Terracotta tagine (special slaoui for cooking)

Taoua plate

Barbecue brazier with charcoal

Karta (wooden cutting board) + knives + wooden mghorfa (wooden spatula)

3) Preparation method

Prepare the chicken:

Slaughter the animal according to religious rites.

Dress the chicken (pluck and singe).

Let the chicken rest for 2 to 24 hours in a ventilated space, preferably hanging up.

Preparation time for the recipe: 2.5 to 3 hours

Steps:

Wash the chicken with salt and vinegar.

Prepare the marinade:

Put the marinade spices (salt, ginger and turmeric) in a small bowl.

Add a peeled, chopped garlic clove.

Then add the water and mix.

Cut up the liver and gizzard and add to the marinade.

Brush the chicken thoroughly with ½ teaspoon of smen and dip it in the marinade, making sure all the sides are covered. Let it rest.

Soak and marinate the chicken.

Peel the onions and chop them finely.

Put the olive oil, onions and chicken to sear in the slaoui tagine.

Add the ginger and the saffron softened in warm water.

Add a small amount of water (20 cl) and mix.

Add the small parsley/cilantro bouquet garni. It is only added to give some flavor and will be removed at the end of cooking.

Bring the sauce to a boil, cover and cook slowly on a low heat for 45 minutes (or 1 hour depending on the size of the chicken).

Meanwhile, dice the confit lemons, remove the lemon peel and cut it into small strips to decorate the chicken.

When the chicken is cooked, brush it with the remaining beldi smen or beldi butter and brown it for 20 minutes.

To brown the chicken, remove it from the sauce and put it on an ovenproof taoua or put embers on the lid of the tagine.

Rinse the green olives well. Add the olives and the diced confit lemon to the sauce.

Simmer for a few minutes until the sauce reduces.

Remove the bouquet garni.

Once the chicken is nicely browned, put it in a dish. Pour the reduced sauce over it, and decorate with a few strips of confit lemon peel.

II. Pigeon pastilla

1) Ingredients

a) Pigeon pastilla

- 4 pigeons, ready to cook
- 1.5 kg of chopped onions
- 6 sheets of brick pastry *warqa*
- 250 g of blanched almonds
- Gum arabic
- Orange blossom water
- 2 teaspoons of ginger
- ½ teaspoon of grated nutmeg
- ½ teaspoon of mace
- ¼ teaspoon of clove powder
- 8 eggs
- 50 g of butter
- 6 sprigs of fresh mint
- 2 teaspoons of cinnamon powder
- 5 tablespoons of cooking oil
- 6 tablespoons of finely chopped flat-leaf parsley
- Saffron pistils
- 75 g of powdered sugar, cinnamon
- 75 g of brown sugar
- 1 egg white, lightly beaten
- Fine salt and freshly ground white pepper

b) Brick sheet (*warqa*)

- Two cups of sifted white flour
- 1 teaspoon of salt
- Warm water to knead the flour
- ¼ cup of corn oil

2) Recipe

a) Pigeon pastilla

Serves: 6 people

Preparation time: 45 minutes

Cooking time: 1 hour

Preparation

Heat the oil in a stewpot. Fry the onions on a medium heat for 5 to 7 minutes until they melt and start to turn golden. Add the ginger, mace, nutmeg, half the salt and pepper, 1 teaspoon of cinnamon and water. Mix these ingredients carefully. Place the seasoned pigeons in the stewpot.

Bring to a boil, cover, lower the heat and simmer very gently for 1 hour, adding water

(15 cl) from time to time.

Brown the blanched almonds in a frying pan, stirring often. Allow to cool then grind or blend them coarsely. Set aside.

Prepare an almond mixture (*okda d'louz*) with ground almonds, ½ teaspoon of gum arabic, cinnamon powder and 1 tablespoon of orange blossom water.

When the pigeons are cooked, place them on a plate to cool. Remove the skin, detach all the meat from the bones and crumble it roughly. Set aside. Beat the eggs in a bowl. Add them to the reduced sauce in the stewpot. Mix well and add the butter, a lot of parsley, the saffron soaked in warm water, the sugar and the remaining salt and pepper.

Cook for 15 minutes on a very low heat, stirring, until the eggs are scrambled. Allow to cool and preheat the oven to a medium temperature.

Preparation of a medium-sized family *pastilla* (a sort of round, stuffed cake) or small individual *pastillas* as you prefer.

Oil the *pastilla* mold, called a *tarada*, with a brush. Lay out a brick sheet *warqa*, brush lightly with melted butter and position a second sheet. Cover with the scrambled egg filling, a little shredded pigeon meat and crushed almonds. The brick sheets should not hang over the edge of the mold when folded.

Fold the brick sheets over the filling to cover it. Brush the third brick sheet with the beaten egg white and fold it over the first two brick sheets to seal.

Do the same with the other brick sheets, layering them, to make a round cake stuffed with pigeon, scrambled egg and almonds. When this is done, brush the *pastilla* thoroughly with melted butter and bake in a medium oven for 20 minutes on each side until it is golden brown and the crust crisp. Sprinkle with powdered sugar and cinnamon powder and serve decorated with fresh mint leaves

*For the small individual *pastillas*

Repeat the same steps using small, individual molds to make six *pastillas* with brick sheets, scrambled egg, pigeon meat and almonds. Brush the surface of the *pastillas* with a little oil and bake them in the oven for 15 minutes. Bake them on the other side for another 15 minutes. Bake for longer if necessary. Remove them from the oven and arrange them on the serving plate.

Sprinkle the *pastillas* with powdered sugar and use the remaining cinnamon to create a decorative pattern. You can also decorate the plate with fresh mint leaves.

b) Brick sheet (*warqa*)

Preparation of brick sheets known as *warqa* ورقة on a *terrada* ثرادة or on a *barma* برمة for steam cooking

Pastilla sheets are also known as brick sheets, filo or phyllo sheets and 'phyllo pastry'.

There are merchants specializing in the sale of *warqa* in all Moroccan markets; there are even *warakates* وراقات or *taradates* ثرادات specializing in the preparation of all kinds of brick sheets.

The thin sheets of pastry are called (pastilla sheets) ورقة warqa. It is a sort of sheet prepared using flour and salt and is widely used in Moroccan cuisine to make briouat pastries or pastilla.

c) Pastilla sheets

Main ingredients:

- Flour
- Warm water
- Salt

Large or small sheets can be prepared at home or purchased.

Ingredients and preparation method

The preparation of *warqa* pastilla sheets is inexpensive; it does not take much effort, money or time and is easy and simple.

d) Preparation method

Place the flour and salt in a bowl and mix together. Add the water little by little and start kneading until you get a slightly dense, liquid dough. Heat a special pan called a tarada تارادة or a non-stick pan, and start adding the batter using a brush. To do this, dip the brush in the pastilla batter and apply to the pan, brushing in the same direction to form a very thin, semi-transparent layer. The pastilla sheet takes three minutes to turn red on both sides. Once flattened, immediately brush it with cooking oil using a second, clean brush and set it aside. The oil will protect it from cracking or drying out. Clean the tarada with a paper towel to remove any traces of batter before making the second sheet. Repeat these steps until the pastilla batter is finished.

There is another preparation method where the sheets are steamed using a barma.

Note: brick sheets are often likened to Moroccan warqa; however, the first is of Turkish origin, while the second is purely Moroccan with a completely different recipe.

III. Chermoula fish

1) Chermoula marinade for fish

Basic chermoula marinade for all so-called 'Moroccan' fish preparations.

Chermoula for fish

Recipes by chef Houari Hossin

Chermoula is one of several preparations or marinades typical of Moroccan gastronomy.

Preparation time using the traditional method: 1 hour

Cooking time: 1 hour

a) Utensils

Copper or wooden mortar and pestle

Charcoal brazier (barbecue)

Terracotta tagine or taoua metal plate depending on the recipe

b) Ingredients:

- 1 large bunch of cilantro
- 6 cloves of garlic
- 2 tablespoons of niora sweet pepper (paprika)
- ½ teaspoon of chouinia chili pepper
- 1 tablespoon of cumin
- 3 tablespoons of lemon juice
- 3 tablespoons of olive oil
- ½ tea glass of water
- 2 tablespoons of tomato paste
- Coarse salt, freshly ground white pepper
- Saffron pistils (optional)

c) Preparation method

Crush the cilantro in the mortar with the coarse salt and garlic, and some add drops of olive oil. Place in a deep dish or salad bowl, and mix in the sweet pepper (paprika), chili pepper, cumin, white pepper, lemon juice (or vinegar), olive oil and water. Add the tomato paste at the end. Leave the marinade to rest for the appropriate time, i.e., 30 minutes to 2 hours maximum.

Coat the fish with this marinade and leave it to marinate in a cool place for at least 30 minutes before cooking it in a tagine (if using the traditional method).

Alternatively, the fish can be stuffed as per the taoua baked fish method below or dipped in flour and fried (fry in hot oil if the pieces are small).

d) Classic baked fish (hout f taoua)

In this recipe, the fish is optionally stuffed.

Chermoula (marinade made of garlic, cilantro, oil, parsley, paprika and cumin) is described above.

Use a large, whole, white fish such as pandora, sea bream, sea bass, umbrina or any other fish according to season and availability, preferably with its skin. Season the inside of the fish with salt and spices and garnish with a sprig of rosemary. Stuff with a stuffing of your choice mixed with chermoula, e.g., semolina, diced mixed vegetables or even a stuffing with shrimps, mussels or other shellfish.

Preparation and cooking time: 2 to 2.5 hours

e) Ingredients

For classic taoua baked fish

For 4 people:

- 1 large sea bream (between 700 g and 1 kg)
- 6 small carrots
- 1 green pepper
- 1 red pepper
- 4 potatoes
- 1 fennel bulb
- 3 medium onions
- 2 large tomatoes
- 4 cloves of garlic
- 1 large sprig of rosemary
- 1 tablespoon of cumin
- 2 tablespoons of paprika
- 1 pinch of saffron pistils
- 1 bowl of purple or dark red olives
- 2 lemons (one for juice, one for cooking)
- Parsley and cilantro
- Olive oil
- Salt and pepper

f) Preparation method

Start by preparing the fish. It should be gutted and scaled. Add salt and pepper to the inside. Add a few pieces of rosemary.

Peel the carrots, potatoes, onions and garlic. Chop the fennel finely. Cut all the other vegetables into large slices or cubes.

Line the bottom of the dish with the chopped fennel. Add salt and a dash of olive oil. Place the chermoula-marinated fish on top of the fennel and add the other vegetables around the fish. Add a few small sprigs of rosemary or other herbs such as thyme, bay leaves or oregano (optional).

Drizzle generously with olive oil and lemon juice.

Dilute the saffron in half a glass of warm water and pour over the top. Keep in a cool place until you are ready to put it in the oven or send it to the communal oven (preferably bake at home). Preheat the oven to 200°C. Reduce the temperature to 180°C when you put it in the oven. Bake for one hour. Prick the vegetables to check they are cooked.

Sprinkle with chopped parsley and a drizzle of olive oil just before serving.

2) Specific cooking method

Traditionally cooked on reeds or canes placed in the bottom of the tagine to allow for gentler heat diffusion and thus more delicate cooking for the fish. In modern versions of the recipe, the reeds are replaced with fennel, celery or carrot sticks.

g) Classic fish tagine (most common recipe)

This tagine is prepared with either:

- freshwater fish such as shad (شابل chable), mullet بوري or eel نون (a specialty of coastal regions and regions with lake and river fishing (for example, the Sebou River between Fès and Kenitra, the Fès River between Fès and Meknes, the Loukkos River in Taza, the Bou Regreg River in Salé-Rabat-Zaer, the Oum Er-Rbia River between Azemmour and El Jadida, the Moulouya River in eastern Morocco, etc.)); or
- sea fish, such as pandora, sea bream, sea bass, sargo شرغو, umbrina, sardine, mackerel, chran شرن or other fish.

1) Variations of the recipe

There are a number of recipes that use the same chermoula base but vary depending on the type of fish and the region. The chermoula marinade recipe may also vary.

- Baked chermoula fish (houte fi taoua d'farnatchi) حوت ني الطاوة ني النرنانشي: pandora, sea bream, taoua, sardine, etc.
- Tagra تاغرة الحوت with fish, anchovies انشوبه/شطون, sardines, sargo شرغو or other sea fish such as pandora, etc. This tagine is very widespread in northern Morocco from Tangier to Tetouan, Larache, Asilah, Ouazzane, Fnideq, Al Hoceïma, Nador, M'diq and the Moroccan Mediterranean coast.

Note: there is a tagra tagine competition, with variants containing other seafood.

Cooked in the communal oven after the bread is cooked. The tagine cooks quickly and the lid is removed at the end of cooking to allow the fish to brown.

Specific utensil: tagra tagine

- Conger eel tagine (سمك النرح Farkh) with raisins from Mirleft, also known as Soussi tagine or Berber tagine. طاجين الحوت بالبصللة و الزبيب، طاجين مبرلنت، طاجين سوسي أمازيغي.

In Agadir, Essaouira, Taroudant, Tiznit and a large part of Ouad Souss and the banks of Massa Darae ماسة درعة.

- Marou bel hout مارو بالحوت. Sahraoui fish tagine طاجين السمك الصحراوي.

In the Tan-Tan region, Smara, Laayoune and Dakhla up to the Morocco-Mauritania border.

This is a classic fish tagine garnished with rice (fish cooked in a pot and mixed with rice - a mixture of fish and rice but with the same Moroccan chermoula).

- M'quayla seafood tagine المقلية, bouzroug mussel tagine بوزروك or pan-fried shrimps مقلية الجمرون بالببيض mixed with eggs and, of course, the same chermoula marinade.

IV. Tangia

a) Preparation method

Put the meat, the whole garlic, the spices, the quartered confit lemon, the oil and the water in a jar (tangia). Mix everything together to distribute the spices evenly.

Close the jar, position the paper and tighten with a wire. Send it to the neighborhood communal oven (farnatchi) so that it can be placed in the embers and ashes because it must be cooked slowly at a very low temperature. Leave for 4 hours, while monitoring the cooking.

Once it is ready, it will be removed from the oven and delivered hot. The meat must be very tender and the sauce reduced.

Serve this dish hot, garnished with confit lemon.

1) Ingredients

These ingredients are for tangia with veal, lamb or trotters (called hergma with chickpeas). The ingredients will be the same for most meats.

- 1 kg of veal shank (or lamb shoulder)
- 1 teaspoon of rancid butter (smen)
- 1 confit lemon (m'ssayer)
- 2 whole heads of garlic
- 20 cl of olive oil
- 1 pinch of saffron pistils
- 1 teaspoon of cumin
- 1 teaspoon of pepper
- ½ teaspoon of salt
- 500 ml of water

2) Presentation

Put the meat, the whole garlic, the spices, the quartered confit lemon, the oil and the water in a jar (tangia). Mix everything together to distribute the spices evenly.

Close the jar, position the paper and tighten with a wire. Send it to the neighborhood communal oven (farnatchi) so that it can be placed in the embers and ashes because it must be cooked slowly at a very low temperature. Leave for 4 hours, while monitoring the cooking.

Once it is ready, it will be removed from the oven and delivered hot. The meat must be very tender and the sauce reduced.

Serve this dish hot, garnished with confit lemon.

V. Rfissa

1) Ingredients

- 450 g of flour
- 50 g of fine or extra fine semolina
- ½ sp of baker's yeast
- Salt
- Warm water
- 150 ml of melted butter
- 50 ml of oil

2) Preparation method

Dilute the yeast in a little warm (not hot) water, and let it foam.

Mix the flour, semolina and salt in a kneading machine.

Add the yeast and the warm water little by little (it is better to use a kneading machine if you have one; otherwise, roll up your sleeves) and knead until you get a homogeneous, smooth, non-sticky dough.

Make small balls (the size of a mandarin) and oil with the previously prepared mixture of oil and butter.

Take one ball and flatten it on an oiled work surface. Start by rolling out the dough as thinly as possible with oil on your fingers. Fold both sides over and sprinkle with fine semolina. Put oil on your fingers and fold in the sides to form a square. Sprinkle with semolina.

Do the same for the rest of the balls.

Heat a special pan (called a m'semen pan) and cook the m'semen on both sides.

Leave to cool covered with a damp cloth. Just before serving, break the m'semen into small pieces by hand (crumbled or shredded) and keep in a damp place.

a) Ingredients for the sauce (marqa) or broth (roua الروى)

- 1 chicken (preferably free-range), whole or cut into pieces
- 3 to 4 large onions
- ½ teaspoon of ginger
- 1 sp of fenugreek halba حلبة
- Salt and pepper
- A few saffron pistils (optional)
- ½ teaspoon of ras el hanout راس الحانوت
- 60 ml of oil
- 100 g of lentils
- 1 cilantro and parsley bouquet garni
- ½ teaspoon of smen (salted butter)

b) Preparation

Put all the spices (ginger, saffron, turmeric, ras el hanout, salt and pepper) in a bowl with 2 tablespoons of olive oil and one chopped onion.

Mix everything together. Add the whole chicken or chicken pieces and leave to marinate for a few minutes.

Meanwhile, start to prepare and cook the m'semen pancakes:

Take the dough (see above) and divide it into small walnut-sized balls. Soak them in oil and leave them to rest for a few minutes. Dip your fingers in oil and flatten two balls. Sprinkle a pinch of fine semolina and place the two flattened balls on top of one another. Flatten them with your fingers to make a very thin layer of dough. Start cooking them one by one in a frying pan.

At the same time, start cooking the beldi chicken.

Put the marinated chicken, either whole or in pieces (as you prefer), in a large pot. Add the oil, the smen and the sliced onions. Fry for a few minutes.

Cover with one liter of water and add the lentils, fenugreek and the cilantro/parsley bouquet garni. Regularly check the level of water while it cooks. Do not hesitate to taste the sauce to adjust the seasoning.

When the m'semen pancakes are cooked, cut them into ribbons by hand or with scissors and leave them aside until the dish is ready to be prepared for serving.

When the chicken is cooked and the sauce is ready, start to prepare the rfissa in a wooden or terracotta bowl (q'assaa قاصعة) or in a taous earthenware dish (غطار الطاوس).

Arrange the m'semen pieces or trid ribbons in a dome or pyramid on the serving dish, and put the chicken pieces on top. Cover generously with the boiling sauce so that the trid pieces are thoroughly soaked and saturated.

VI. Moroccan lamb mechoui

1) Recipe

Seven versions:

1. Zemmour whole lamb mechoui cooked in a hole dug in the ground. The pit (hofra حنرة or zoubia زوبية) is covered with mud, and the meat is braised or smoked (smoking: smoke مدخن) with cardoon leaves خرشوف and herbs (thyme, bay leaf, rosemary and other plants هوسى ورثة و الازير و زعينة و زعير).
2. Sbayhi lamb mechoui الشوا صبايحي or makhzani lamb mechoui مخزني roasted on a rotating spit سبنود over coals. Cooked either whole or in quarters.
3. Whole lamb mechoui roasted in a traditional farnatchi oven نرنانشي / الحومة نران. Sometimes it is cut in half lengthwise, cooked on a taoua (metal plate) and brushed with beldi butter or smen, a lot of saffron and cumin. The expertise of the butcher, and sometimes of the terrah, is important when cooking mechoui.
4. Arassi double-cooked lamb mechoui عراسي: it is first cooked in a copper pot طنجرة with a lot of spices (pepper, cinnamon sticks, saffron pistils, cilantro/parsley bouquet garni, mace زوبويرة and cardamom قرفة) and a lot of beldi butter or smen. It is then roasted beneath the embers or ashes in a traditional oven to finish cooking and to brown (so that it becomes crispy).
5. Stuffed lamb mechoui معمّر حول
Boned and stuffed lamb. Several kinds of stuffing are used: minced meat, beef offal, cereals, couscous semolina, vermicelli, rice or vegetables. It is cooked in a traditional oven, as indicated for oven-roasted lamb mechoui.
6. Steamed lamb mechoui, known as ktaf m'bakhar كنف البخار or fi l'kaskas mechoui الكسكاس.
Pieces of lamb meat, preferably shoulder meat, are steamed in a perforated vessel or in a traditional couscous pot with herbs, spices and different vegetables, especially lots of onions, garlic and cumin.
7. Chouakdar الشواكدر, which is a double-cooked specialty from the city of Fès but still very widespread in the central region. The method is similar to the one for arassi mechoui عراسي mentioned above but in reverse order. The pieces of lamb meat are first roasted in an oven then cooked in a tagine or a pot with a lot of spices, beldi butter, smen, saffron and a lot of fried onions.

VII. Chicken seffa medfouna

1) Ingredients

- 500 g of angel hair vermicelli
- 3 tablespoons of oil
- 600 ml of water
- 1½ teaspoons of salt

Chicken sauce:

- 500 g of chicken
- 2 large onions (including one spring onion), chopped
- 2 tablespoons of olive oil
- 1 teaspoon of salt
- 1 cinnamon stick
- ¼ teaspoon of pepper
- ½ teaspoon of ginger
- ¼ teaspoon of turmeric
- A pinch of saffron
- 1 tablespoon of chopped cilantro
- 400ml of water

Garnish and decoration:

- 75 g of raisins soaked in water
- Almonds, blanched, toasted and crushed
- Powdered sugar
- Cinnamon powder

2) Preparation method

Fill the couscous pot with water, cover and bring to a boil.

In the meantime, put the vermicelli in a bowl, add the oil, and rub to coat the vermicelli.

When the water comes to a boil, place the vermicelli in the top part of the couscous pot. When steam starts to rise, cover the couscous pot and cook for 35 minutes.

Put the vermicelli in a bowl and moisten with hot salted water. Separate the pasta carefully with a fork. Mix with your hands (like couscous) until the liquid is absorbed.

Put the vermicelli back in the top part of the couscous pot and steam a second time following the same steps as before. Cook for 30 minutes.

Remove the vermicelli from the couscous pot and place in a bowl. Moisten with hot

water, and separate the pasta with a fork.

For the third steaming, add the raisins and cover with the vermicelli. When steam starts to rise, cover and cook for about 20-30 minutes.

When the vermicelli is cooked, place it in a bowl and add a few pieces of butter.

Prepare the almonds:

Plunge the almonds in boiling water for a few minutes. The almond skin will come off easily. Dry with paper towels or place in a hot, switched-off oven to dry.

Heat oil in a small frying pan, and lightly brown the almonds. Drain and coarsely grind half of the almonds in a blender. Set aside.

Prepare the chicken sauce:

Finely slice the onions.

Heat the oil in a pot or stewpot. Add the chicken pieces, and brown for a few minutes.

Add the sliced onions, spices and cilantro. Fry for a few minutes so that the flavors blend.

Add 500 ml of water, cover and cook for about 30 minutes or until the chicken falls apart.

Remove the chicken pieces, and let the sauce reduce.

Let the chicken cool before removing the bones and cutting it finely.

Presentation of seffa medfouna:

Place half of the vermicelli in a dish, make a well, and place the chicken and sauce in it.

Cover with the remaining vermicelli and make a pyramid shape.

Garnish with crushed almonds, toasted almonds and sprinkle with cinnamon and powdered sugar. Serve immediately.

VIII. Moroccan Kemia

1) Eggplant zaalouk زعلوك

Zaalouk زعلوك, eggplant purée, is an essential part of kemia.

Zaalouk is an eggplant caviar from Morocco.

The eggplant is first grilled, steamed or simply poached then crushed and mixed with spices (chermoula) and seasoned with garlic and olive oil.

It is usually eaten with bread.

There are some different methods and ingredients, but the base is always grilled or fried eggplant with spices.

The dish is served as a kemia starter or as an appetizer. It is one of the side dishes for the main course. For Moroccans, it is healthier to avoid frying the eggplant; it is preferable to grill, boil or steam it.

The recipe for zaalouk was described in the British Daily Telegraph in 2011 by Stevie Barley. The American, Paula Wolfert, winner of a number of cookbook awards, also described it as one of the best Moroccan side dishes.

Ingredients

- 1 kg of eggplant
- 1 tablespoon of salt
- 1 teaspoon of tomato paste
- 10 cl of water
- 1 clove of garlic, minced
- 1 rounded teaspoon of chermoula spices (mixture of cumin, paprika, harissa, etc.)
- Cilantro leaves, chopped

Preparation

Cut the eggplant into large cubes, salt it and leave it to sweat. Rinse the pieces of eggplant, squeeze them and pat them dry. Steam the eggplant in a couscous pot, drain it then chop coarsely.

Pour the olive oil into a saucepan over a low heat. Add the garlic clove, the crushed eggplant, the tomato paste (optional), the water and the chermoula spices. Cover and cook for 10 to 15 minutes. When cooked, add the chopped cilantro and a drizzle of olive oil. Remove from the heat. Serve the eggplant zaalouk warm or cold.

Utensils

The eggplant is crushed with the bottom of a tea glass.

Regional Jebli variant from the Loukkos valley: braised

2) Sweet pepper and tomato madkouka مَدْكَوُة

Key product: peppers, felfla elghiyatya

Small peppers with very little flesh, tasty and very fragrant, rustic agriculture, no use of pesticides, small local production, little market outside the region due to farmers' isolation in the mountains and competition from neighboring agricultural regions.

Region

Taza, Oued Amlil, etc.

a) Utensils

Walnut wood tagdaga, wooden mortar for crushing the mixture, which is blended with a drizzle of olive oil.

Using a knife is not permitted.

b) Preparation method

The ingredients must be braised before being peeled and crushed in a mortar. Once the mixture has been made into a paste, it is blended with olive oil.

Variants: chakchouka, which is a variant garnished with tomatoes introduced more recently in the Mediterranean; it is much more widespread and more modern than the historical madkouka recipe.

3) Bakoula بُوْلَة خَبِيْزَة

Moroccan mallow salad

Bakoula is a sort of salad and one of the salads known as kemia. It contains mallow and is a spicy salad that is often prepared in springtime because mallow is plentiful in Morocco at that time of year. Mallow can be replaced with spinach because it is impossible to find mallow out of season. This salad is served as a hot or cold starter (like zaalouk and pepper chakchouka) and eaten with bread.

Variants: with chard, purslane or spinach

a) Ingredients

- 3 bunches of mallow
- 4 garlic cloves, crushed
- 1 small bowl of parsley and cilantro, chopped
- 1 teaspoon of paprika (sweet pepper)
- 1 teaspoon of cumin
- Salt
- Chili pepper or harissa to taste
- 3 tablespoons of olive oil
- 2 tablespoons of lemon juice
- Slices of confit lemon peel

- Some green or purple olives

b) Preparation

Wash the mallow thoroughly and chop.

Steam the mallow (preferable) or simply poach it in a pot with a small amount of water.

Chop the garlic cloves. Put the olive oil in a saucepan over a medium heat. When hot, add the garlic cloves, the chopped mallow, the chermoula spices and half the parsley and cilantro. Add the lemon juice.

Mix well and cook for 15 minutes, stirring from time to time until all the water has evaporated.

When the water has evaporated, add the rest of the parsley and cilantro. Turn off the heat and drizzle with lemon juice and olive oil.

Before serving, garnish with strips of confit lemon peel and green olives.

4) Ma'assla or m'darbla pumpkin نزع م عجلة

Originally from the region of El Jadida, from the Bou Regreg to the Oum Er-Rbia has always been a very fertile agricultural region.

Probably brought to the Atlantic coast of Morocco from the Americas by the Portuguese. The Belghouwata have always had productive agriculture there. Cucurbits have been grown in the region for centuries.

Confit pumpkin was considered to be a dessert.

Cooked in two stages: the pumpkin is first steamed and the resulting fibers crushed and reduced with sugar and cinnamon to make the confit.

5) Confit onions in syrup

This preparation combines the sweetness of sugar and the pungency of vinegar.

Special method for confiting onions

Red onions are cut very finely and macerated in white vinegar. Sugar syrup is prepared with water or honey.

The onions are drained of excess vinegar, sprinkled with syrup and served.

6) Snails and snail broth غلالة و بيوش بيوش

Moroccan snails حلزون, babouche بيوش or gh'lala غلالة

For Moroccan snails

a) Ingredients

- 2 liters of water
- Bay leaves ورثة سبذنا موسى
- Salt

- Chili pepper سودانوية
- Thyme زعتر
- Oregano زعينة
- Caraway كروية
- Licorice عرق سوس
- Cinnamon stick
- Ginger stick
- Peppermint نلپو
- Pomegranate peel ثشرة الرمان
- Lemon zest ثشرة الحامض
- Orange zest برنؤال
- Half a lemon

Method:

First of all, put the snails in a bucket with a handful of flour or wheat bran نخالة and cover it securely with a cloth.

The next day, you will find that the flour is no longer there because the snails have, of course, eaten it. This method is good for getting rid of snail waste and, instead of flour, you can use wheat bran, herbs, cardoons or celery stalks.

Wash the snails seven times with clean water, rubbing them carefully between your hands each time.

Next, place them in a container and strain. Change the water and repeat. Next, place them in a strainer.

Put about 2 liters of water in a pot. Add the bay leaves, salt, chili pepper, thyme, oregano, caraway (karawiya), licorice, cinnamon stick, ginger sticks, peppermint leaves, a little pomegranate peel, half a lemon and the lemon and orange zest.

When the water is boiling well, add the snails quickly and all at once. Leave them until they are cooked. The color of the snails changes and becomes very brown. Immediately serve the broth separately because many people prefer to drink the broth, especially in winter. It is very useful because it protects from the cold.

7) Green and black olives, gherkins and baby onions

Olives are never served plain; they are always marinated.

Main olive marinades:

- Black: olive oil and thyme
- Green: coriander, cumin and harissa
- Meslalla: seasoned with oregano

Spreads:

Originating in Meknes and largely forgotten: green or black olive spreads.

Green tapenade with olive oil and green olives

History: tapenade was exported to Rome from Walili/Volubilis.

Caper purée

Wild capers from Safi. The sector has since become organized, and Safi capers are now a geographical indication.

8) Jben with zaatar

Fresh goat cheese served plain with olive oil and olives

Jben cheese is rarely used in Moroccan cuisine except in cheese bastilla.

Cheese bastilla: a traditional Tuareg dish. The original recipe does not appear to be very widespread and has even been forgotten, but it still lives on through fried rolls and briouats.

In the original jben recipe, the milk was curdled with lemon juice.

9) Fermented vegetables

Crunchy fermented vegetables with a vinegar and salt dressing (طرشي torchi or achard)

10) Karan كرنينة

a) Ingredients

- Chickpea flour
- Cumin or paprika
- Olive oil
- Eggs

b) Preparation

Put a yoghurt, salt, cumin and egg in a large bowl. Mix.

Add the chickpea flour and 1 jar of water. Mix well. Add the rest of the water and the oil. Beat quickly to avoid lumps.

Pour into an oiled ovenproof dish. Bake at 200°C for 45 minutes.

After baking, sprinkle generously with cumin.

Best eaten hot.

11) Moroccan salad

This salad is colored like the Moroccan flag and contains peppers and tomatoes.

The must-have Moroccan salad for all seasons.

A salad of crushed and chopped tomatoes, onions and cucumber, seasoned with cumin, salt, olive oil, vinegar and cilantro.

IX. Chebakia

1) Ingredients

- 250 g of flour
- 1 egg yolk
- 60 g of melted butter, cooled
- 1 large pinch of salt
- 3 g of baking powder
- 5 g of sugar
- 3 g of fresh baker's yeast (2 g of instant)
- 65 ml of water + 10 ml of orange blossom water
- 1 tablespoon of vinegar
- 50 g of whole sesame seeds, roasted or ground
- A few saffron pistils
- 1 pinch of cinnamon powder
- 1 pinch of aniseed powder
- 1 pinch of gum arabic
- Sunflower oil for frying
- Honey syrup (for dipping the chebakia)

2) Preparation method

The dough is prepared using flour, egg, orange blossom water, vinegar, saffron, gum arabic, green aniseed, almond, cinnamon, sesame seeds, olive oil and salt. The dough is then cut into rectangles, and four incisions are made using a pastry wheel to form five strips, which are skillfully intertwined to make the characteristic shape of this pastry.

The chebakia is fried in vegetable oil then dipped in honey and rolled in sesame seeds.

1. Sift the flour in a bowl. Add the sesame seeds, salt, sugar, baking powder, melted butter, cinnamon, aniseed and gum arabic. Mix together and rub between your hands to incorporate the butter.
2. Dilute the yeast and saffron in water and add them to the flour mixture. Add the egg yolk, vinegar and orange blossom water. Knead the dough, which must be slightly firm so that it is easier to shape.
3. Roll the dough into a ball, cover with a film and let it rest for about one hour. After about one hour, flour a work surface and roll the dough out thinly. This will crush the sesame seeds, which release their aroma.
4. The dough should be no more than 4 mm thick. Cut strips about 7 cm wide

then, using a pastry cutter, cut rectangles and make 5 incisions in each without cutting up to the edges. Put your fingers between the strips and turn them upside down in one go so that the smooth side is on top. Leave them to air dry for a few minutes before putting them in the fryer to cook them.

Shaping chebakia requires experience and know-how.

5. Once all the pieces have been shaped, heat the oil in the fryer and fry them until they are nicely browned. Then plunge them in the honey syrup.
6. Drain them and sprinkle with roasted sesame seeds.

X. Nougat, nougatine, Tangier nougat and halwa of Moulay Idriss

1) Ingredients

- Egg
- Sugar
- Almonds
- Peanuts
- Cashew nuts
- Walnuts

Variant:

- Syrup
- Sugar
- Flax seeds
- Sesame seeds

2) Preparation method

Gooley in Fès with Swiss-meringue-style egg white

The eggs are beaten with syrup and gum arabic until a ribbon can be formed.

Sprinkled with dried fruit, almonds, caramelized walnuts then crushed in a mortar.
Nougatine, crushed caramel.

Variant: jabane colobane is either a goeey, spreadable paste, served as an afternoon snack, or colored and rolled around a bamboo stick to dry and harden.

Tangier nougat is similar to marzipan. Egg white is whipped up with syrup, gum arabic and crushed dried fruit then poured into a mold until it cools.

There are also egg-free variants with flax seeds or peanuts, where the seeds and nuts are bound using syrup.

XI. Medfouna

1) Recipe

a) Preparation of the stuffing

Start with the stuffing to give it time to cool. Fry the chopped onions in a tablespoon of olive oil for about 10 minutes. Add the camel fillet, then the camel fat, salt and pepper. Add the tomato paste, cilantro, parsley and all the spices. Add three large glasses of water. Stir from time to time while it cooks. Cook for about 30 minutes until the sauce is completely absorbed. Turn off the heat and add more chopped cilantro and parsley. Set aside and leave to cool down.

b) Preparation of the bread

Sift the flour and mix in the semolina. Add the olive oil, aniseed, salt and the yeast diluted in a little water with sugar. Start kneading while gradually adding warm water. Knead for about 15 minutes to obtain a nice, soft dough that does not stick. Form two equally-sized balls and leave them to rest until they double in size. Roll each ball out into a circle directly on the baking tray and leave to rise for about 1 hour.

Spread the stuffing on one dough circle and cover it with the other. Seal the two tightly together. Sprinkle with a little semolina, prick with a fork and put in the oven. Bake until golden brown and serve immediately.

2) Cooking method

Cooked on embers in the communal oven by a fernatchi or cooked on scorching sand.

XII. Fried eggs with meat confit بالخليج بيض

1) Recipes

First, the meat is prepared by cutting it into strips to make kadid كاديد, a meat that is dried according to Moroccan traditions.

a) Coating

The pieces of dried meat (kadid) are then coated with spices and marinated for almost 7 days at room temperature. Every two days, the pieces of meat are kneaded manually, which allows the salt and spices to penetrate the meat more quickly and more uniformly. At this stage, the meat loses some of the moisture still present in the muscle tissue.

b) Cooking

After marinating, the meat is boiled in water (2 liters of water per kilo of meat). The pieces of meat must be completely covered with water. Cooking time is about 1 to 1.5 hours at a constant, moderate temperature between 75 and 80°C.

The meat is cooked when the water has completely evaporated.

c) Storing

Once the pieces of meat are cooked, they are soaked in a mixture containing 2 parts olive oil and 1 part pre-melted fat (beef). They are then stored in a tightly sealed terracotta jar in a dry, dark place at room temperature.

2) How to make traditional Moroccan khlea

- One kilo of beef or camel meat, preferably sliced
- A large amount of salt
- Crushed coriander seeds
- Dried garlic powder
- Ginger
- A little sweet paprika
- Ground turmeric (color)
- 1 cup of olive oil
- 250 g of fat
- A little ground cumin.
- 1 tablespoon of vinegar
- Enough water for cooking

Preparation method

Mix all the spices together with a little olive oil. Season the slices of meat thoroughly with this mixture. Leave overnight and through to the afternoon of the second day until the slices absorb the spices as desired. Place the slices in the sun for about a week until they are completely dry. This is called kadid كاديد. After a week, put the slices of meat in a pot with ground coriander seeds, some cumin and olive oil. Fry a little then add a large amount of water because it takes time for the meat to cook. Leave on a low heat, stirring from time to time so that the meat does not burn. Grind the fat in a meat grinder and add the fat. Cook until all the water evaporates. When there is no water left, the khlea is ready. Remove from the heat and leave to cool down. Store in well-sealed terracotta jars.

XIII. Harira

1) Ingredients

- 1 onion, chopped
- 1 small bunch of parsley, chopped
- 1 bunch of cilantro, chopped
- 100 g of dried chickpeas (soaked overnight in water and shelled) or canned chickpeas
- Spices:
 - ½ teaspoon of turmeric
 - ½ teaspoon of ginger
 - ½ teaspoon of pepper
- 2 teaspoons of salt
- 50 g of flour + a little water (for binding the soup)
- 150 g of the meat of your choice, diced
- A few stalks of celery (without leaves), chopped
- 50 g of lentils (preferably red)
- 1 to 2 tablespoons of olive oil
- ½ teaspoon of rancid butter (optional)
- 2 liters of water
- 700 g of tomatoes
- 1 tablespoon of tomato paste
- The juice of half a lemon (optional)

2) Preparation method

Moroccan soup consists of a mixture of legumes, tomatoes, vermicelli, meat, vegetables, onion and celery.

Preparation:

Put the olive oil, onion, meat, parsley and celery in a stewpot. Add the lentils, the dried chickpeas soaked overnight in water and the sauce made of tomato paste, rancid butter and spices (turmeric, pepper, ginger, salt and, optionally, a pinch of cinnamon).

Add a large amount of water (2 liters), cover and cook until the chickpeas are tender.

Preparation of the binder:

Mix the flour with water to make a liquid preparation with no lumps (put through a strainer if necessary).

Once the chickpeas and lentils are cooked, add rice or vermicelli (as you prefer) and cook the rice for a few minutes.

Add the binder (flour-based preparation) little by little while stirring so that the flour does not stick to the bottom. Add the binder progressively until you have a creamy soup (the more you add, the thicker the harira becomes).

Cook for another 2 to 3 minutes over a medium heat, stirring constantly. Add the beaten eggs at the end and cook for a few minutes.

At the end of cooking, add the chopped cilantro, a teaspoon of smen (salted butter) or olive oil, and lemon juice or vinegar to taste.

Serve hot with dates and chebakia.

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