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Anthropology of Food



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On-Line Resources

Spring 2010 Calendar (.pdf version)
Summer Session 2010 Calendar



Moroccan tea ritual
Louis John Endres
19th Century

Mediterranean *Diffa* Menu

from Greece, Turkey, Israel, Italy, France, Tunisia, Lebanon, Spain and Morocco
5:00 p.m., Monday, 12 April 2010
1006 Mississippi Avenue
Duluth, Minnesota 55811

Ron Haxton, *Chef du Jour*

APPETIZERS

HUMMUS WITH MELLOW GARLIC (MOROCCO)

MIXED OLIVES (ALL MEDITERRANEAN)

MUHAMMARA—RED PEPPER SPREAD (SYRIA)

CEDAR PLANKED ROASTED FRENCH BRIE WITH FRESH BERRIES AND ACADIA HONEY (FRANCE & USA)

QUINCE SPREAD WITH MANCHEGO (MOROCCO/SPAIN)

CAPRESE SKEWERS OF FRESH MOZZARELLA, GRAPE TOMATOES, AND TUSCAN SALAMI WITH BASIL PINE NUT PESTO AND AGED BALSAMIC SYRUP (ITALY)

WHITE BEAN DIP WITH TOASTED WALNUTS AND ROSEMARY (ALL MEDITERRANEAN)

HARISSA (TUNISIA) [no recipe]

SALADS

CLSSID *HORIATIKI* VILLAGE SALAD (GREECE)

GRATED ORGANIC CARROT AND POMOGRANATE SALAD WITH CUMIN AND ORANGE FLOWER WATER (MOROCCO)

TABOULI WITH PRESERVED LEMON AND TENDER ROMAINE LEAVES (TURKEY / LEBANON)

MAIN DISHES

SAFFRON RICE (ANDALUSIA, SPAIN)

LAMB TAGINE WITH SEVEN VEGETABLES—*Kseksou Bidawi* (MOROCCO)

VEGETABLE TAGINE (ADAPTED FROM ABOVE WITHOUT LAMB) (MOROCCO)

COUSCOUS WITH CILANTRO AND FRESH LEMON JUICE (EASTERN MEDITERRANEAN)

DESSERTS

GREEK WALNUT *SERAGLI* WRAPPED IN *FILO* (GREECE, VIA SONNY'S MINNEAPOLIS DELI)

MAJLOOL DATES WITH ALMOND PASTE FILLING (MOROCCO)

MINT TEA (MOROCCO)

© Ron Haxton 26 March 2010

HUMMUS WITH MELLOW GARLIC

(MOROCCO)

This version of hummus depends on four of the most popular ingredients in Middle Eastern cooking—garbanzo beans, tahini (sesame paste), garlic and olive oil. Tahini is a rich, nutty flavored ground **sesame** paste that amplifies the flavor of other foods. Hummus has become one of the most popular savory appetizers in the world. This Moroccan version avoids an excess of raw garlic. Instead, sliced garlic is gently cooked in warm olive oil with cumin and *Ras el hanout*. This creates a flavorful but mellower dish. Serve with toasted or plan pita, other Middle Eastern bread slices or any savory cracker or diagonally sliced organic carrots, English cucumber or vegetable spears.

Ingredients

1/3 c. plus 1 T.	extra virgin olive oil
4 lg.	garlic cloves peeled and thinly sliced
1 tsp.	cumin
1 tsp.	Moroccan <i>Ras el hanout</i> spice blend (optional)
2 15-oz. cans	chickpeas (garbanzos) drained and rinsed
3 T.	tahini
3 T.	fresh lemon juice or more to taste
1/4 c.	cool water
1 T.	soy sauce
1/2 tsp.	kosher salt, or more, to taste

Method

1. Combine the 1/3 c. of olive oil with the garlic and cumin/*Ras el hanout* in a sm. saucepan over med.-low heat and gently simmer (about 3 minutes at most) until garlic softens. DON'T let garlic brown or overcook! Take off heat and cool completely.
2. Put chickpeas, tahini, lemon juice, soy sauce and salt in a blender or food processor. Process until a grainy texture is achieved. Remove garlic from oil and add/pulse in processor. Add and process all BUT 1 T. cumin oil (*i.e.*, the oil that the garlic was originally toasted in, the olive oil that has had the cumin added to it) for 20 seconds. Add about 1/4 c. of cool water. Hummus should have a slightly grainy texture. Add lemon juice or salt to taste. Reserve 1 T. cumin oil.
3. For best results, let hummus sit at room temp for a few hours (at least) for flavors to meld. If possible refrigerate for a day or so ahead. Return to room temp. Adjust seasonings and spread in a decorative bowl and surround with dipping vegetables, breads, crackers, etc. For decorative touch drizzle the reserved cumin oil over hummus and, if available, a few T. of lightly toasted pine nuts, and/or minced flat leaf parsley and/or fresh pomegranate seeds.

MIXED OLIVES

(ALL MEDITERRANEAN)

It is always easy to buy an excellent selection of olives at any good deli or supermarket. Following is a good recipe for an olive mixture that is "home made." Almost any olive can be substituted for the Kalamatas or greens.

Ingredients

- 6-8 oz. (1 c.) large Kalamata black olives
- 6-8 oz. large green olives
- 1 preserved lemon rind in thin julienne strips (optional)
- 1 tsp. *Ras el hanout* Moroccan spice blend
(optional but preferable)
- 1 T. coriander seeds
- 2 cloves of peeled, sliced garlic
- 2 sm. dried red **chilies**
- 2 bay leaves
- 1 tsp. capers in brine, drained (optional)
- 1/2-1 c. extra virgin olive oil

Makes 6 to 12 servings

Method

1. Make two or three cuts lengthways in each olive and put them in a med. bowl. Cut the peel from a preserved lemon and julienne in thin strips, discard pulp. Combine with olives.
2. Crush the coriander seeds and add to olives. Mix Well.
3. Spoon the olive mixture into a clean wide-mouthed canning jar or other covered container, cover with olive oil, shake and cover tightly. Marinate in the refrigerator for at least a day, shaking periodically.

Adapted from *The Book of North African Cookery* by Leslie Mackley.

MUHAMMARA—RED PEPPER SPREAD
(SYRIA)

INGREDIENTS

- | | |
|--------|---|
| 1/2 c. | finely chopped drained toasted red peppers from jar |
| 1/2 c. | water |
| 2 T. | or more of pomegranate molasses |
| 2 T. | of chopped fresh organic flat leaf Italian parsley Sea salt and fresh ground pepper to taste. |

METHOD

1. Add roasted pepper to skillet. Add water and molasses. Simmer and cook until reduced to 2/3 c., stirring occasionally. About 4 minutes.
2. Mix in parsley. Season with salt and pepper to taste and add more molasses if needed.
3. transfer to a small bowl. Serve as a dip or accompaniment for any entre.

Adapted from *Bon Appetite* Magazine. April, 2009.

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CEDAR PLANKED ROASTED FRENCH BRIE WITH FRESH BERRIES AND ACADIA HONEY

(FRANCE & USA)

INGREDIENTS

1 sm.	food safe cedar plank
1 med.	brie cheese
1 pt.	mixed fresh berries, (combo of raspberries, blueberries, sliced strawberries, blackberries, etc.)
1-2 T.	fresh clear honey (clover, orange blossom, acacia, etc.)
	Extra virgin olive oil
	Sea salt
	Smoked black pepper
1	French Baguette

METHOD

1. Immerse cedar plank in water and soak 30 minutes to 1 hour.
2. Preheat grill or kitchen oven to 450 F.
3. Drizzle olive oil on the brie and rub over entire rind.
4. Season lightly with sea salt and smoked pepper.
5. In a sm. bowl, lightly coat berries with olive oil.
6. Place cheese on plank.
7. Place berries on and around the brie and drizzle with honey.
8. Place planked brie on grill or middle oven rack and close cover/door.
9. Warm through, approximately 15 to 20 minutes. Be careful NOT to melt.
10. Serve brie with sliced lightly oven toasted baguette.

Adapted from Kitchen Window recipe.

CAPRESE SKEWERS OF FRESH MOZZARELLA, GRAPE TOMATOES, AND TUSCAN SALAMI WITH BASIL PINE NUT PESTO AND AGED BALSAMIC SYRUP

(ITALY)

I N G R E D I E N T S

48 pieces	1/2 inch round fresh mozzarella
48	grape tomatoes (any color[s])
1 lb.	Spicy Italian round salami cut into 1 inch cubes (optional)
1/2 c.	fresh pesto
	salt and pepper
3 T.	extra virgin olive oil
48	6 inch bamboo skewers (soak in water for 30 minutes)
	Aged balsamic syrup (see recipe below)

Makes about 12+ servings

M E T H O D

1. Combine mozzarella, tomatoes, salami, pesto and oil in a med. bowl.
2. Toss all ingredients together and marinade for 15 minutes.
3. Season with salt and pepper.
4. Skewer one piece of salami, followed by a tomato and finished with a piece of mozzarella.
5. Repeat process with remaining ingredients and skewers.
6. Drizzle with balsamic syrup just before serving or alternatively provide syrup in a shallow side dish for dipping.

Note: It is a pretty presentation to invert half of a seeded cantaloupe on a plate and pincushion skewers into it for easy retrieval by guests.

AGED BALSAMIC SYRUP

I N G R E D I E N T S

2 c.	aged balsamic syrup
1	shallot sliced
1	garlic clove crushed

M E T H O D

1. Add all ingredients to a sm. sauce pan. Reduce over med. heat until is 1/2 of original volume or about 1 c.
2. Strain out garlic and shallot.
3. Return the remaining balsamic to pan and reduce a bit more until it coats the back of a spoon.
4. Remove from heat and cool to room temperature.

WHITE BEAN DIP
WITH TOASTED WALNUTS AND ROSEMARY
(ALL MEDITERRANEAN)

INGREDIENTS

15-20 oz. can	cannellini (white) beans (high protein, low fat, high fiber)
1/2 c.	walnuts or pistachios (Omega 3+)
1/2 c.	extra virgin olive oil (monounsaturated fat)
2	cloves garlic, minced
1 T.	balsamic vinegar
1 T.	fresh rosemary, chopped
1/2 tsp.	red or green Tabasco (optional)
	salt and pepper to taste

METHOD

1. In a small frypan, over medium heat, carefully toast walnuts until lightly browned and fragrant.
2. In a food processor, combine the drained beans with toasted walnuts. Pulse until coarsely pureed.
3. With the processor on, slowly add the olive oil through the feed tube.
4. Add the remaining ingredients and puree until almost smooth.
5. Adjust the seasonings.
6. Serve at room temperature.
7. Serve with toasted pita, crackers, and/or a combo of fresh vegetable spears, *i.e.*, red peppers, broccoli, romaine hearts, celery, cucumber, etc.

Adapted from KW recipe for Anthropology 3-888.

CLASSIC *HORIATIKI* VILLAGE SALAD

(GREECE)

INGREDIENTS

1 long	English cucumber or 2 med. regular cucumbers thinly sliced
4 med.	tomatoes cut into eighths
1 med.	red onion, halved and thinly sliced
1 med.	sweet (Walla Walla, etc.) onion halved and thinly sliced
2	sweet peppers (combo of green, red, orange, yellow, etc.), cored, halved, and thinly sliced
6-8	peppercinis
6-8	organic radishes, thinly sliced
about 12-18	pitted Kalamata olives
1 15 oz. can	sm. artichokes, drained
1/2 lb.	imported feta cheese, crumbled
6 to 8	anchovies (optional)

METHOD

1. Combine all ingredients except olives and feta in a large bowl and lightly toss.
2. Arrange olives, feta and anchovies (if using).
3. Serve with dressing (preferably oregano based) on the side or mixed with salad.

This recipe can be doubled and beyond.

GRATED ORGANIC CARROT AND POMOGRANATE SALAD WITH CUMIN AND ORANGE FLOWER WATER

(MOROCCO)

INGREDIENTS

- 1 lb. organic carrots, peeled and coarsely grated
- freshly squeezed juice of one lemon
- freshly squeezed juice of one orange
- 1 T. orange flower water
- 2 tsp. sugar or 2 tsp. agave nectar
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cumin
- 1/2 c. fresh pomegranate seeds
- sea salt and freshly ground black pepper to taste

serves 3-4

METHOD

1. Put the grated carrots in a med. bowl. Pour in the lemon and orange juices and the orange flower water.
2. Add the sugar and cumin and season with salt and pepper.
3. Cover the bowl and chill in the refrigerator for at least an hour before serving.
4. Toss the salad and tip it into a plate in a dome shape. Sprinkle the cinnamon over the top in strips from side to side. Sprinkle the pomegranate evenly over the top.
5. Serve chilled.

Recipe can be doubled or beyond.

Adapted from Ghillie Basan's *Flavors of Morocco: Delicious Recipes from North Africa*.

TABOULI WITH PRESERVED LEMON AND TENDER ROMAINE LEAVES

(TURKEY / LEBANON)

INGREDIENTS

1/2 c.	med. grain bulgur
1/4 c.	fresh lemon juice**
1 c.	finely diced seeded tomatoes
1/2 c.	finely slice scallions
2 pinches	ground cinnamon
	salt and freshly ground pepper
1/3 c.	extra virgin olive oil
2 c.	finely chopped flat leaf parsley
2 T.	finely slivered spearmint leaves
	sm. tender romaine leaves (optional)
	or pita slivers or baguette slices or crackers...

METHOD

1. Place the bulgur in a fine sieve, rinse under cold water, squeeze dry and place in a med. bowl to soak in lemon juice. Allow to sit for 30 minutes.
2. In another med. bowl combine the tomatoes, scallions, cinnamon and a few pinches of salt and pepper. Drizzle on the olive oil and toss.
3. Fold in the bulgur, parsley, and mint and mix well. Refrigerate, stirring occasionally.
4. Taste and correct the flavors with lemon juice, salt and pepper. Mound in a large shallow bowl and surround with crisp inner leaves of romaine lettuce.

***One optional ingredient is verjus or unfermented sour grape juice. In this recipe it can be used half and half with lemon juice. Verjus unlike vinegar won't ruin your palate for wine. It has a gentle fruity tartness.*

Adapted from Paul Wolfert's The Slow Mediterranean Kitchen.

SAFFRON RICE

Rozz Za'fran
(ANDALUSIA, SPAIN)

Andalusian influence is obvious in this rice dish, popular in northern Moroccan and southern Spain. This recipe uses the absorption method and uses short or medium grain rice.

INGREDIENTS

500 grams (2-1/2 c.)	short grain rice
2 to 3 T.	extra virgin olive oil
1/4 to 1/2 tsp.	ground saffron threads
1 oz.	unsalted softened butter

METHOD

1. Thoroughly wash the rice until the water runs clear and then drain well.
2. Over med. heat in a large saucepan heat the oil and add the rice, stirring so that the rice is well coated with the oil. Add 3-1/2 c. of water, the crushed saffron and 1/2 tsp. of salt and stir well.
3. Bring to a boil for 1 minute.
4. REDUCE HEAT TO LOW, COVER AND COOK FOR 10 TO 12 MINUTES OR UNTIL THE WATER HAS BEEN ABSORBED.
5. Turn off heat and leave pan covered for 10 minutes.
6. Add the butter fluff lightly with a fork.
7. Transfer to a heated med. shallow bowl.

Adapted from Tess Mallos *Food of Morocco*.

LAMB TAGINE WITH SEVEN VEGETABLES

Kseksou Bidawi
(MOROCCO)

In Morocco the number seven is considered auspicious. Hence, the seven vegetables in this popular dish. The Bidawi is translated as "in the style of Casablanca". A variety of vegetables and meats may be used in this dish. The recipe can be doubled or tripled.

INGREDIENTS

1 KG (2 lb. 4 oz.)	boneless leg or shoulder of lamb
3 T.	of extra virgin olive oil
2 onions	peeled and quartered
2 garlic cloves	finely chopped
1/2 tsp.	ground turmeric
1/2 tsp.	paprika, preferably smoked
1/4 to 1/2 tsp.	saffron threads
1	cinnamon stick
1 tsp.	<i>ras el hanout</i> Moroccan spice combo
26 oz (3 c.)	vegetable broth in combination with water (or choice of half broth and half water)
4	cilantro (coriander) sprigs
4	flat leaf parsley sprigs, tied in a bunch with the cilantro
400 grams (15 oz.) can	chopped tomatoes with juice
1-1/2 tsp.	freshly ground black pepper
3 large	organic carrots peeled and cut into thick sticks
3 sm.	turnips peeled and quartered
30 grams (1/4 c.)	black or golden raisins
4	courgettes (zucchini) unpeeled and cut into thick sticks
400 grams (14 oz.)	firm winter squash or butternut squash, peeled and cut into 1 inch chunks
420 grams (15 oz.) can	med. artichokes rinsed, drained and halved
3 large	organic parsnips, peeled and cut into thick sticks
1 lb. pkg.	frozen full stem okra, thawed with stems cut off (optional)
1 quantity recipe	med. grade couscous and/or saffroned rice (about 1 lb. or either) made with some type of broth

2 to 3 tsp. *harissa* (optional)

Serves 6-8

METHOD

1. Trim the lamb of excess fat if necessary and cut into 1 inch cubes.
2. Heat the oil in a large heavy saucepan or in a 5 qt. heavy French (Dutch) oven. Add the lamb, onion and garlic. Cook over med. heat, turning the lamb until it loses color.
3. Stir in the turmeric, paprika, ras el hanout and crushed saffron. Add 3 c. broth and/or water, then add the cinnamon stick, the bunch of herbs, tomatoes, pepper and 1 1/2 tsp. of salt or to taste.
4. Bring to a gentle boil, then lower heat, cover and SIMMER for about 1 hour.
5. Add the carrots, turnips and parsnips and cook for a further 20 minutes.
6. Add the raisins, zucchini, squash, artichokes, and okra (if using). Add broth and/or water if necessary to fully cover the ingredients. Cook for a further 20 minutes.
7. While the tagine is cooking, prepare the couscous and/or saffron rice recipes of your choice (...or recipes from the box of instant couscous or rice). Remove the herbs and cinnamon stick from the tagine. Discard both.
8. When it is assured the meat and vegetable are tender place into a large heated platter or shallow bowl.

Options: Either place couscous in separate heated bowl from tagine or make a large dent in the platter of couscous and ladle tagine with some of the liquid into the impression.

If there is excess liquid place in a sm. heated bowl and serve on the side. You may stir some of the optional *harissa* into the bowl for some sharper flavor.

Adapted from Tess Mallos *The Food of Morocco*.

TAGINE WITH SEVEN VEGETABLES

(ADAPED FROM ABOVE)
(MOROCCO)

In Morocco the number seven is considered auspicious. Hence, the seven vegetables in this popular dish. The Bidawi is translated as "in the style of Casablanca". A variety of vegetables may be used in this dish. The recipe can be doubled or tripled.

INGREDIENTS

3 T.	extra virgin olive oil
2 onions	peeled and quartered
2 garlic cloves	finely chopped
1/2 tsp.	ground turmeric
1/2 tsp.	paprika, preferably smoked
1/4 to 1/2 tsp.	saffron threads
1	cinnamon stick
1 tsp.	<i>ras el hanout</i> Moroccan spice combo
26 oz (3 c.)	vegetable broth in combination with water (or choice of half broth and half water)
4	cilantro (coriander) sprigs
4	flat leaf parsley sprigs, tied in a bunch with the cilantro
400 grams (15 oz.) can	chopped tomatoes with juice
1 1/2 tsp.	freshly ground black pepper
3 large	organic carrots peeled and cut into thick sticks
3 sm.	turnips peeled and quartered
30 grams (1/4 c.)	black or golden raisins
4	courgettes (zucchini) unpeeled and cut into thick sticks
400 grams (14 oz.)	firm winter squash or butternut squash, peeled and cut into 1 inch chunks
420 grams (15 oz.) can	med. artichokes rinsed, drained and halved
3 large	organic parsnips, peeled and cut into thick sticks
1 lb. pkg.	frozen full stem okra, thawed with stems cut off (optional)
1 quantity recipe	med. grade couscous and/or saffroned rice (about 1 lb. or either) made with some type of broth 2 to 3 tsp. of <i>harissa</i> (optional)

Serves 6-8

METHOD

1. Heat the oil in a large heavy saucepan or in a 5 qt. heavy French (Dutch) oven. Add the lamb, onion and garlic. Cook over med. heat.
2. Stir in the turmeric, paprika, *ras el hanout* and crushed saffron. Add 3 c. broth and/or water, then add the cinnamon stick, the bunch of herbs, tomatoes, pepper and 1 1/2 tsp. of salt or to taste.
3. Bring to a gentle boil, then lower heat, cover and SIMMER for about 1 hour.
4. Add the carrots, turnips and parsnips and cook for a further 20 minutes.
5. Add the raisins, zucchini, squash, artichokes, and okra (if using). Add broth and/or water if necessary to fully cover the ingredients. Cook for a further 20 minutes.
6. While the tagine is cooking, prepare the couscous and/or saffron rice recipes of your choice (...or recipes from the box of instant couscous or rice). Remove the herbs and cinnamon stick from the tagine. Discard both.
7. When it is assured the vegetables are tender place into a large heated platter or shallow bowl.

Options: Either place couscous in separate heated bowl from tagine or make a large dent in the platter of couscous and ladle tagine with some of the liquid into the impression.

If there is excess liquid place in a sm. heated bowl and serve on the side. You may stir some of the optional *harissa* into the bowl for some sharper flavor.

Adapted from Tess Mallos *The Food of Morocco*.

COUSCOUS WITH CILANTRO AND FRESH LEMON JUICE

(EASTERN MEDITERRANEAN)

INGREDIENTS

2 T. extra virgin olive oil
2 garlic cloves minced
1/2 tsp. turmeric
1-2/3 c. vegetable/chicken broth, water or mixture of the two
1 tsp. finely grated/zested lemon peel
1 tsp. course kosher salt
1-1/2 c. plain couscous
1/4 c. chopped fresh cilantro
2 T. fresh lemon juice.

About 6 servings

METHOD

1. Heat oil in med. sauce over med. high heat. Add garlic and turmeric. Stir 1 minute. Add broth and/or water, lemon peel and 1/2 tsp. course salt. Bring to boil. REMOVE PAN IMMEDIATELY FROM HEAT. Quickly stir in couscous.
2. Cover stirred couscous and let stand until liquid is absorbed, about 5 minutes. Fluff with fork to break up. Mix in cilantro (if using) and lemon juice.
3. Season with pepper and salt if necessary.

Adapted from *Bon Appetit Magazine*, April 2009.

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MAJOOL DATES WITH ALMOND PASTE FILLING

(MOROCCO)

Dates and nuts have been nutritious staples of the Moroccan diet for millennia. During the Muslim observance of Ramadan, they are served with soup to break the day's fast. According to a Moroccan saying, date palms must have their heads in fire and their feet in water—the hot Moroccan sun to bring the fruit to succulent sweetness, and groundwater for their roots to maintain growth. The best dates for stuffing are the succulent Medjools variety native to all the oases across Moroccan and the Algerian Sahara. Luckily, for North America, Medjools are grown in California's Coachella Valley (our own American oasis) near Palm Springs having been planted there from stock collected in the late 1800's at the Algerian oasis of Biskra.

Ingredients

2/3 c. (7 oz.)	almond paste (see recipe below)
1 T.	orange water
3 drops	green food coloring (optional)
24	dates preferably Medjools, sliced open (not in half) and pitted
few drops	almond extract
	grated zest of 1 orange
6 T.	fine granulated sugar

Almond paste

1/2 lb.	slivered blanched almonds
1/3 c.	powdered sugar
1-1/2 T.	unsalted butter, melted

Method

1. In a spice grinder or food processor, grind the almonds until they achieve paste-like consistency. Transfer to bowl. Add powdered sugar and melted butter and blend by hand. Add orange flower water, almond extract and zest. Blend well.
2. Take half of the amount into second bowl and add drips of green coloring.
3. By hand, blend both mixtures into a thick, sticky dough. Cover with plastic wrap to prevent drying. Set aside.
4. Spread fine granulated sugar on a plate.
5. When ready to stuff, form one heaping tsp. of paste into an oval spindle shape and gently stuff the paste into date. Lightly compress the date to force the almond paste to bulge out slightly. Lightly press tines of fork into paste to create imprint. Gently roll in granulated sugar.

Note: Paste can also be put between walnut halves like a sandwich. Serve all at room temperature.

MINT TEA

Atay B'Nahna
(MOROCCO)

It is hard to imagine Moroccan cuisine or hospitality without copious amounts of mint tea.

Morocco's national drink is made with Chinese green tea such as a gunpowder or a young Hyson.

This tea is combined with large amounts of Moroccan's most ubiquitous herb—spearmint.

A newer ingredient on the American market might replace the equally large amounts of granulated sugar traditionally added to the tea. That ingredient is agave nectar, a natural sweetener with fewer calories than sugar. An interesting historic footnote: Tea was introduced to Morocco by the British at almost the same time as the American colonies.

The Brits attempted to both dominate and tax the tea with somewhat the same results.

One of the very first foreign rulers to congratulate the Americans on the Declaration of Independence from Britain was the Sultan of Morocco. He gave the new American ambassador a crate of tea as a reminder of our mutual involvement with the Brits.

In some parts of Morocco various ingredients may be added to tea for fragrance and taste such as orange blossoms, annis seeds, lemon verbena, cinnamon and saffron.

INGREDIENTS

2 heaping tsp. Chinese green tea
5 c. near boiling water
1/2 c. sugar (to taste) or alternatively 1/3 c. of agave nectar
15 fresh spearmint sprigs
Serves 4

METHOD

1. In a prewarmed teapot, combine the tea and the boiling water.
2. Let steep for two minutes. Add the sugar, mint and any other ingredients. Let stand for three or four minutes. Serve immediately.

For authenticity serve in Moroccan style tea glasses if possible.

Adapted from Kitty Morse *Cooking at the Kasbah*.



Spices at central market in Agadir

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