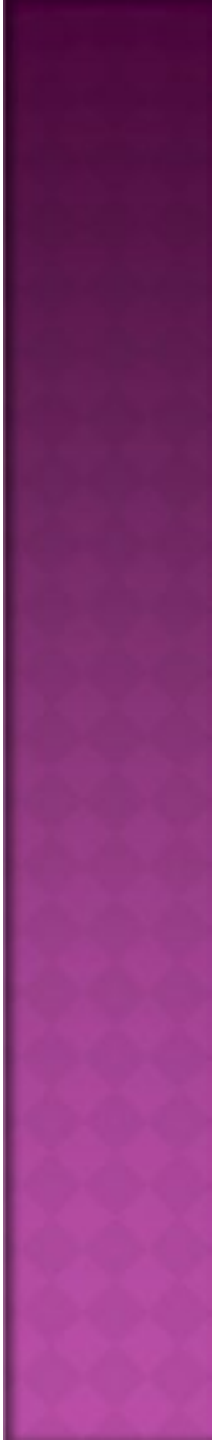




MOROCCO

The Kingdom of Morocco



MOROCCO

- ◉ **Morocco**, officially the **Kingdom of Morocco**, is a country located in North Africa. It has a population of nearly 33 million and an area of 710,850 km², including the disputed Western Sahara which is mainly under Moroccan administration.
- ◉ Morocco has a coast on the Atlantic Ocean that reaches past the Strait of Gibraltar into the Mediterranean Sea. It is bordered by Spain to the north (a water border through the Strait and land borders with three small Spanish-controlled exclaves, Ceuta, Melilla, and Peñón de Vélez de la Gomera), Algeria to the east, and Mauritania to the south.

CULTURE



- Morocco is an ethnically diverse country with a rich culture and civilization. Through Moroccan history, Morocco hosted many people coming from East (Phoenicians, Carthaginians, Jews and Arabs), South (Sub-Saharan Africans) and North (Romans, Vandals, Andalusia (including Moors and Jews)). All those civilizations have had an impact on the social structure of Morocco.



- ◉ Each region possesses its own specificities, thus contributing to the national culture and to the legacy of civilization. Morocco has set among its top priorities the protection of its diverse legacy and the preservation of its cultural heritage.



CUISINE



INGREDIENTS



- Morocco produces a large range of Mediterranean fruits and vegetables and even some tropical ones. Common meats include mutton and lamb, beef, chicken, camel, rabbit and seafood, which serve as a base for the cuisine.
- Characteristic flavourings include lemon pickle, cold-pressed, unrefined olive oil and dried fruits. It is also known for being far more heavily spiced than Middle Eastern Cuisine.



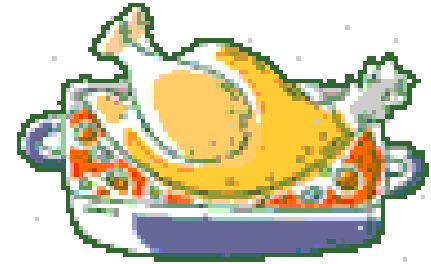


USE OF SPICES

- Spices are used extensively in Moroccan food. Some of them are home-grown.
- Common spices include *karfa* (cinnamon), *kamoun* (cumin), *kharkoum* (turmeric), *skinjbir* (ginger), *libzar* (pepper), *tahmira* (paprika), anise seed, sesame seeds, *qesbour* (coriander), *maadnous* (parsley), *zaafran beldi* (saffron) and mint.



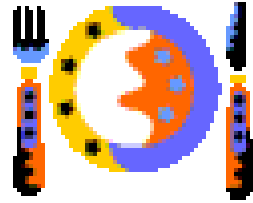
STRUCTURE OF MEALS



- ◉ A typical meal begins with a series of hot and cold salads, followed by a tagine.
- ◉ Often, for a formal meal, a lamb or chicken dish is next, followed by couscous topped with meat and vegetables. A cup of sweet mint tea usually ends the meal. Moroccans usually eat with their hands and use bread as a utensil.



MAIN DISHES



- ◉ The main Moroccan dish most people are familiar with is couscous, an old delicacy probably of Berber origin.
- ◉ Among the most famous Moroccan dishes are Couscous, Pastilla (also spelled Bsteeya or Bestilla), Tajine, Tanjia and Harira. Although the latter is a soup, it is considered as a dish in itself and is served as such or with dates especially during the month of Ramadan.



SALADS & DESSERTS

- ◉ Salads include both raw and cooked ingredients, served either hot or cold. Cold salads include *zaalouk*, an eggplant and tomato mixture, and *taktouka* (a mixture of tomatoes, green peppers, garlic and spices).
- ◉ Usually, seasonal fruits rather than cooked desserts are served at the close of a meal.



DRINKS

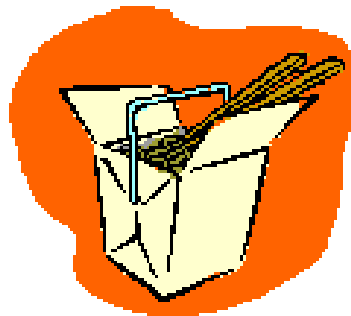
- ◉ The most popular drink is green tea with mint. Traditionally, making good mint tea in Morocco is considered an art form and the drinking of it with friends and family is one of the important rituals of the day.
- ◉ Moroccan tea pots have long, curved pouring spouts and this allows the tea to be poured evenly into tiny glasses from a height.



SNACKS & FASTFOOD



- Selling fast food in the street has long been a tradition, and the best example is Djemaa el Fna square in Marrakech. Starting in the 1980s, new snack restaurants started serving "Bocadillo" (a Spanish word for a sandwich, widely used in Morocco). Though the composition of a bocadillo varies by region, it is usually a baguette filled with salad and a choice of meats, fish (usually tuna), or omelette.

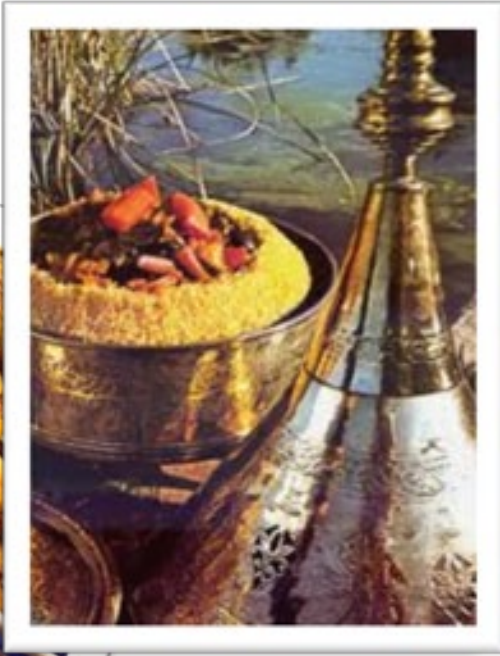


MOROCCAN FOOD ABROAD

- Couscous is one of the most popular North African dishes globally. Markets, stores and restaurants in Europe, especially in France and lately the UK feature lamb tajines, bastilla, and couscous.





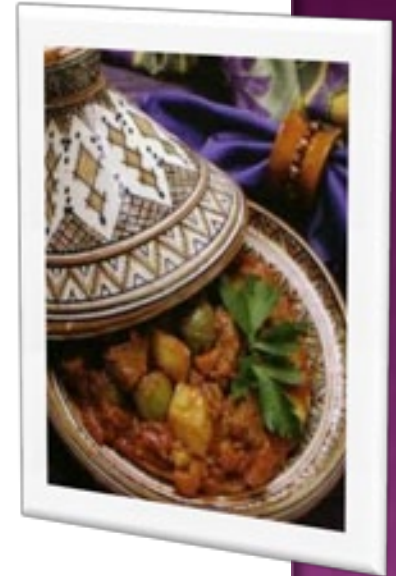


LAMB OR BEEF TAGINE WITH POTATOES - MOROCCAN MEAT AND POTATO TAGINE

- ◉ Prep Time: 15 minutes
- ◉ Cook Time: 3 hours, 30 minutes
- ◉ Total Time: 3 hours, 45 minutes
- ◉ Yield: 4 servings



- Ingredients:
- 1 lb. (about 1/2 kg) lamb, beef or goat meat
- 1 1/2 lbs. (700 g) potatoes, peeled and sliced
- 1/3 cup olive oil
- 1 large onion, sliced
- 3 cloves garlic, pressed or finely chopped
- 2 teaspoons salt, or to taste
- 1 teaspoon ginger
- 1 teaspoon turmeric
- 1/2 teaspoon pepper
- pinch of saffron threads, crumbled (optional)
- small handful of parsley and cilantro sprigs, tied into a bouquet
- large handful of red or green olives
- 1/2 or 1 whole preserved lemon, quartered





- ◉ Preparation:
- ◉ Pour the olive oil into the base of a tagine; arrange the onion slices across the bottom and distribute the garlic on top. Add the potato slices (you can arrange them neatly if you like) and place the meat on top of the potatoes in the center.
- ◉ Sprinkle the spices as evenly as possible over the meat and potatoes. Add the parsley bouquet, the olives, the preserved lemon, and about 1 1/2 cups of water.
- ◉ Cover the tagine and place on a diffuser over medium-low to medium heat and allow the tagine to reach a simmer. This can take some time so be patient. Once a simmer is achieved, reduce the heat to the lowest temperature necessary to maintain the simmer, and cook for 3 to 4 hours, or until the meat is very tender and can be broken with the fingers.

ENJOY YOUR
MEAL !

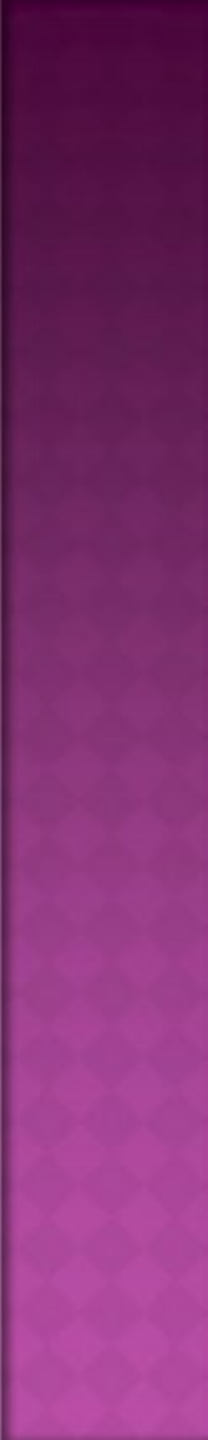


MOROCCAN PROVERBS

- A stone from the hand of a friend is an apple.
Abundance of money is a trial for a man.
Among walnuts only the empty one speaks.
An agreement is a kind of debt.
An old cat will not learn how to dance.
Either do as your neighbors do, or move away.
If a man leaves little children behind him, it is as if he did not die.

- If a man once fall, all will tread on him.
If you are a peg, endure the knocking; if you are a mallet, strike.
Instruction in youth is like engraving in stone.
Little by little, the camel goes into the couscous.
The falcon does not struggle when he is caught.
The pumpkin gives birth and the fence has the trouble.
The quarrel of lovers is the renewal of love.
The tar of my country is better than the honey of others.
Work and you will be strong; sit and you will stink.





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