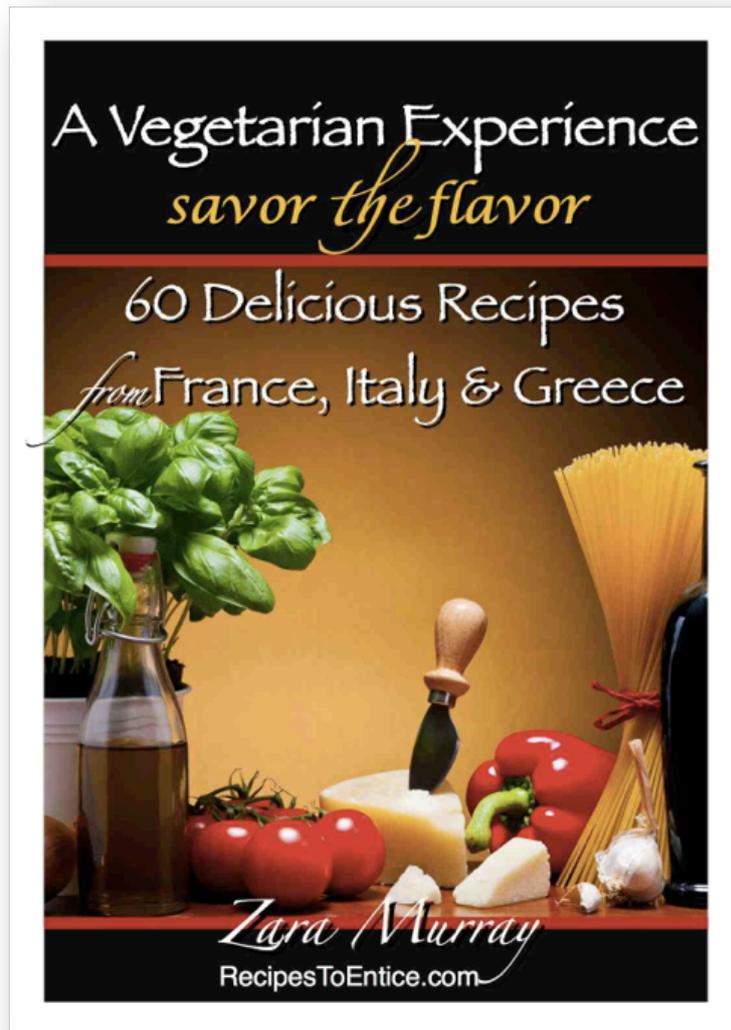


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I hope you enjoy your Moroccan adventure.

Zara Murray

# Five Moroccan-Inspired Breakfast Recipes



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# Msemen

This dish can be served plain or stuffed with whatever filling you like.

I've also included a link to a site with photos of how to shape the dough if you need this instruction: [moroccanfood.about.com](http://moroccanfood.about.com).

## Ingredients:

- ❖ 3½ cups flour
- ❖ ½ cup fine semolina
- ❖ 2 teaspoons sugar
- ❖ 2 teaspoons salt
- ❖ ¼ teaspoon yeast
- ❖ 1½ cups warm water

## For folding and cooking the dough:

- ❖ 1½ cups vegetable oil
- ❖ ¼ cup very soft unsalted butter
  
- ❖ ½ cup fine semolina

Combine all the dry ingredients into a large mixing bowl.

Add the warm water and mix together to form a pliable and smooth dough. Add more water if necessary. Be careful not to make the dough too sticky. If this happens add some extra flour, a little at a time, to get the dough to the correct consistency.

When ready, place your dough on a lightly floured work area. Knead for approximately 10 minutes if kneading by hand or allow 5 minutes if using a mixer with a dough-hook until it is smooth and elastic.

Mix together the oil and melted butter in a small bowl which you'll use with your hands to spread over the dough.

**TIP:** Your hands need to be well greased for this dish.

## Method:

Divide the dough into small balls, about the size of a plum or golf ball. Working with one ball of dough at a time, make sure your hands are well greased with oil/butter mixture and flatten the ball so it is very thin. Rub some more oil on top and fold the dough into thirds. Add more butter/oil mixture, sprinkle some of the semolina on this strip and fold again into thirds. You will end up with a small square-shaped crepe-like dough. Continue this process for remaining balls of dough.

Oil your hands and gently flatten the first square of dough. Repeat the process for each parcel. When ready to cook, add a small amount of oil to a heated pan. On medium heat, cook each pancake until golden brown.

**TIP:** You need to ensure you use sufficient oil/butter mixture at all times otherwise the dough may tear or not cook properly.

# Beghir With Honey Butter And Fruit

## Beghir: Ingredients:

- ❖ 2 cups fine semolina
- ❖ 1 cup all-purpose flour
- ❖ 1 tablespoon dry yeast
- ❖ 1/4 teaspoon baking powder
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon sugar
- ❖ 1 egg
- ❖ 1 cup milk, gently warmed
- ❖ 2 cups water, gently warmed

## Honey Butter: Ingredients

- ❖ 3/4 cup butter, room temperature
- ❖ 1/4 cup honey

In a small bowl, cream butter and honey together with either an electric mixer or a whisk and refrigerate until ready to use.

## Method:

Combine dry ingredients into a mixing bowl, add the warmed milk and water and whisk until well-blended. Set aside for about 20 to 30 minutes.

Heat a non-stick skillet or frying pan over medium-high heat, add some butter and ladle crepe mixture until you see little bubbles. This is similar to cooking crepes, except these crepes are only cooked on one side.

Continue cooking until all batter is used. They don't take very much time to cook. Serve with honey butter and some berries in season or whatever fruit you desire.

Dust with powdered sugar for presentation (optional).

# Ultimate Shakshuka

According to Google, this dish belongs to North Africa and Israel. It's included here for your enjoyment.

## Ingredients:

- ❖ 10ml (2 tsp) olive oil
- ❖ 1 white onion, finely chopped
- ❖ 3 garlic cloves, chopped
- ❖ 1 teaspoon cumin seeds
- ❖ 1 teaspoon turmeric
- ❖ 1 red pepper, sliced
- ❖ 1 green pepper, sliced
- ❖ 3 jalapeño chilies, finely chopped
- ❖ 6 ripe tomatoes, finely chopped
- ❖ 1 teaspoon harissa paste
- ❖ Salt and pepper
- ❖ Water, up to 200 ml
- ❖ 6 eggs

## **Harissa paste:**

Harissa is a hot chili paste that is commonly found in North African cooking, mainly Moroccan, Algerian, and Tunisian cuisine. It is added to couscous, soups, pastas and other recipes.

It can also be purchased in Middle Eastern stores in a can.

If you would like to make your own, go to [Aboutfood.com](http://Aboutfood.com).

## Method:

Gently sauté the onion and garlic for about 10 to 15 minutes or until soft and translucent. Add cumin seeds and turmeric and cook for another minute, stirring. Add in peppers and jalapeño peppers and cook for a further 5 to 10 minutes. Add in the tomatoes and harissa paste and gently simmer for another 20 minutes. Add in seasoning to taste. You may need to add extra water if the mixture becomes too dry.

When ready to serve, make a small indentation in the sauce for each egg and add the eggs, one at a time. Cover the pan and poach the eggs – about 5 minutes for soft yolks and about 10 minutes for hard yolks.

Delicious served with your favorite crusty bread.

# Spicy Moroccan Eggs

## Ingredients:

- ❖ 2 teaspoons rapeseed oil
- ❖ 1 large onion, halved and thinly sliced
- ❖ 3 garlic cloves, sliced
- ❖ 1 tablespoon rose harissa
- ❖ 1 teaspoon ground coriander
- ❖ 2/3 cup vegetable stock
- ❖ 14 ozs. (400g) can chickpeas – keep liquid
  
- ❖ 2 x 14 ozs. (400g) cans cherry tomatoes
- ❖ 2 courgettes, finely diced
- ❖ 200g bag baby spinach
- ❖ 4 tablespoons chopped coriander
  
- ❖ 4 large eggs

## **Rose Harissa:**

*“A key ingredient in North African cooking, Rose Harissa is made from chili peppers and a mix of over 40 herbs and spices. The addition of rose petals give a special sweetness and softens the chili kick. This fragrant, versatile and enlivening paste can be used as an ingredient, seasoning, relish or rub. Scrambled eggs, grilled meat and fish, plain couscous, roasted vegetables, soups, flatbreads: they all make for exceptionally happy harissa pairings”.*

It seems that you cannot purchase this in the US but is readily available in the UK. <http://www.belazu.com>, and according to the comments on Belzu's website (link above) it is pretty amazing.

I found a recipe online if you would like to make your own. Click on this link and go to [a Vegan Blog](#). This recipe doesn't have as many spices in it; the Belazu Rose Harissa has a combination of about 40 herbs and spices.

## **Method:**

In a large pot, heat the oil and sauté the onion and garlic until soft and translucent, about 8 minutes or so, stirring.

Add the harissa and ground coriander, stir well, then add the vegetable stock and chickpeas including their liquid. Cover and simmer for 5 minutes or so. To thicken the stock slightly, mash some of the chickpeas (about a third).

Add the tomatoes and courgettes to the pan, and gently cook for 10 minutes until the courgettes are tender.

Fold in the spinach, cook for a few minutes, then stir in the chopped coriander. Make four hollows in the mixture and add an egg to each hollow. Cover and cook for a couple of minutes. Allow to sit for 2 minutes or so, then serve.

# Herbel - Moroccan Wheat Soup with Milk

## Ingredients:

- ❖ 9 ozs. (250g) wheat kernels (wheat berries)
  
- ❖ 1 1/2 liters (6 cups) water
- ❖ 1 1/2 teaspoons salt
  
- ❖ 1 liter (4 cups) milk
- ❖ 4 tablespoons sugar, or to taste
- ❖ 2 tablespoons butter
  
- ❖ 1 to 2 tablespoons orange flower water (optional)
- ❖ butter and honey (optional)

**Pre Planning:** wheat kernels need to be soaked overnight. You will need to wash them several times until water runs clear, then cover with cold water and leave to soak for at least 10 hours, preferably overnight.

## Method:

When ready to cook, add the drained wheat to a large pot with 6 cups of salted water and bring to a boil over high heat. Reduce and simmer until most of the water has been absorbed by the wheat and grain is tender (approximately 40 minutes).

In another pot, heat the milk almost to boiling, then add the hot milk, sugar and butter to the wheat mixture (herbel) and stir to mix well.

Gently simmer the herbel for about 15 minutes, stirring from time to time. Milk should just cover the herbel mixture.

Remove the herbel from the heat and add orange flower water. This dish can be served warm or cold. Can also be served with honey and butter, if desired.

**TIP:** If you find that the soup has thickened, you can add more milk to thin it down.