

Modern African Cookbook

Quick and Easy African Recipes

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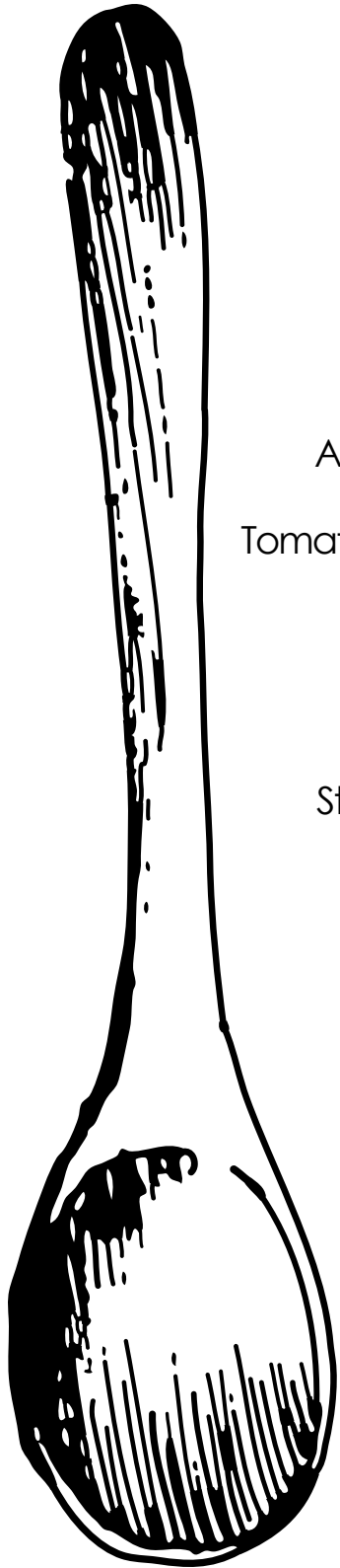
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Chili Sausage and Potato Stew



Prep Time: 5 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 374.9

Fat 17.8g

Cholesterol 279.0mg

Sodium 152.7mg

Carbohydrates 40.5g

Protein 14.4g

Ingredients

- 3 - 4 tbsps olive oil
- 4 medium potatoes, cubed
- 1 - 2 tbsp tomato paste
- 1 - 4 tsp harissa
- 3 - 4 garlic cloves, skinned and crushed
- 2 - 3 dried chilies, seeded and chopped
- 2 tsps crushed caraway seeds
- 2 tsps paprika
- 6 small spicy sausage, sliced
- 6 eggs
- salt

Directions

1. Place skillet over medium heat. Heat in it the oil.
2. Cook in it the potatoes for 3 min. Stir in the tomato paste with harissa, garlic, caraway seeds and paprika.
3. Season them with a pinch of salt. Add enough water to cover the potatoes.
4. Put on the lid and let them cook for 45 min over low heat. Stir in the sausages and let them cook for 16 min.
5. Get a mixing bowl: Whisk in it the eggs with a pinch of salt and pepper.
6. Add it to the stew and mix them well. Let them cook until the eggs are done.
7. Adjust the seasoning of your stew then serve it warm with some bread.
8. Enjoy.





Golfo de las yeguas

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SPICY HARISSA COUSCOUS



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 805.1

Fat 35.6g

Cholesterol 82.2mg

Sodium 564.5mg

Carbohydrates 89.1g

Protein 33.7g

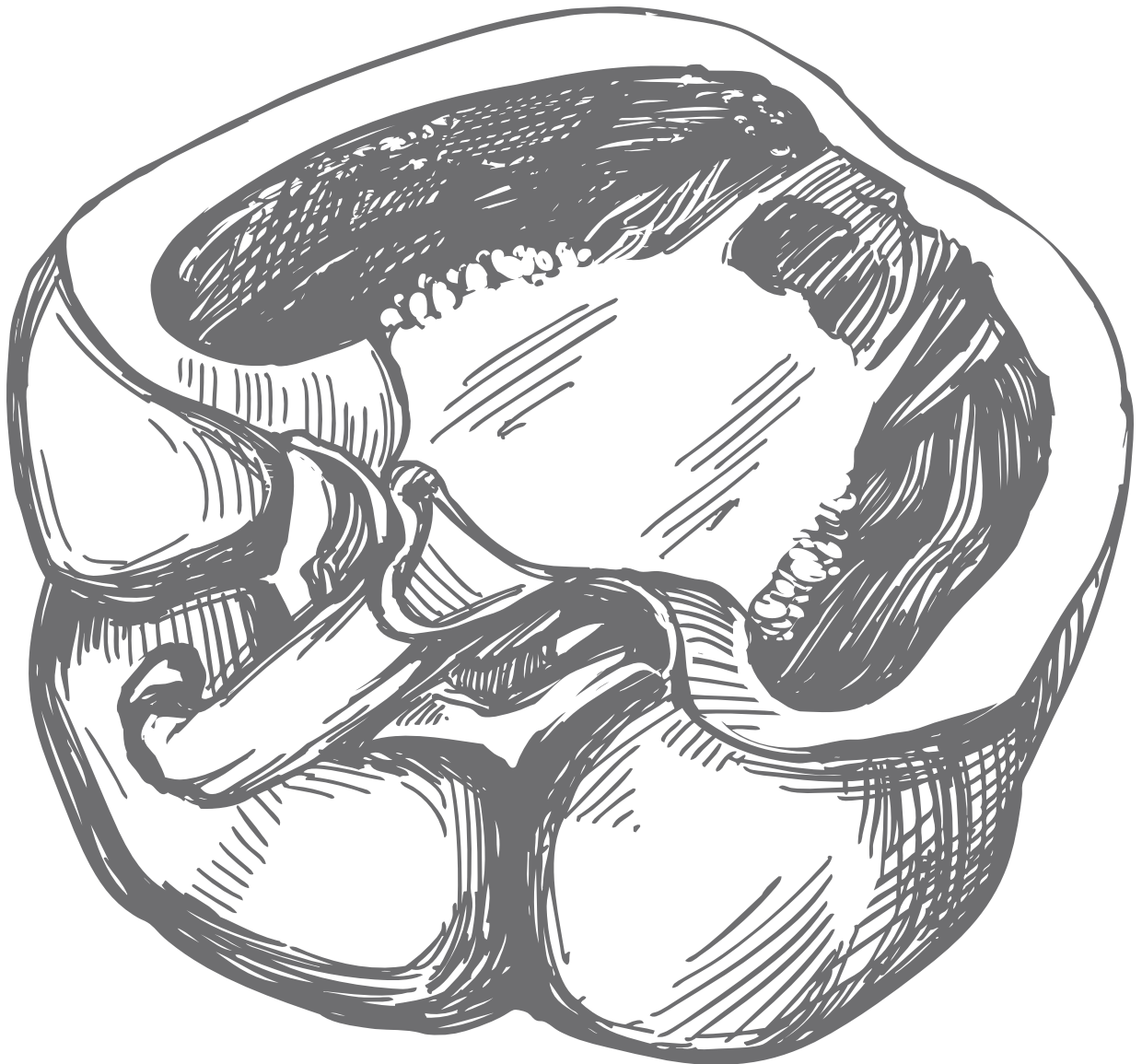
Ingredients

2 cups couscous	1 tbsp turmeric
4 medium potatoes, cubed	1 pinch saffron, ground
2 cups baby carrots	1/2 tsp chili powder
1 large turnip	1/2 tsp harissa, see appendix
2 - 3 green peppers, cored and quartered	1 (15 ounces) cans chickpeas, drained
1 (10 ounce) cans tomato paste	1/4 cup salted butter
1/2 cup olive oil, to cover pot bottom	salt and pepper
1 large onion, chopped	water
2 whole boneless chicken breasts	
2 tbsps ras el hanout spice mix, see appendix	

Directions

1. Get a mixing bowl: Place in it the couscous and cover it with hot water. Place it aside.
2. Place a stew pot over medium heat. Heat in it the olive oil. Cook in it the onion with a pinch of salt for 2 min.
3. Stir in the chicken breasts and cook them for 3 min on each side.
4. Get a small mixing bowl: Stir in it the saffron with a splash of hot water.
5. Stir it into the pot with spices, a pinch of salt and pepper.
6. Cover the chicken with water then cook them until they start boiling. Stir in the tomato paste with veggies.
7. Stir in it the potatoes and cover the pot with a steamer.
8. Stir 1/2 cup water into the soaked couscous. Pour it in the steamer and let it cook for 28 min.

9. Transfer the couscous to a large serving plate. Add to it the butter with a pinch of salt.
10. Mix it well with a fork. Place it aside.
11. Stir the chickpeas with harissa into the veggies stew. Spoon it over the couscous then serve it hot.
12. Enjoy.



SUMMER FENNEL Salad



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe: 4

Calories 169.6

Fat 16.9g

Cholesterol 0.0mg

Sodium 31.3mg

Carbohydrates 4.3g

Protein 0.7g

Ingredients

1 fennel bulb, sliced	salt
5 tbsps olive oil	pepper
3 tbsps white vinegar	

Directions

1. Arrange the fennel slices on a serving plate.
2. Get a mixing bowl: Whisk in it the oil with vinegar, a pinch of salt and pepper.
3. Drizzle the dressing over the fennel slices. Serve it immediately.
4. Enjoy..

North African Eggplants



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 431.6

Fat 32.1g

Cholesterol 47.3mg

Sodium 1044.5mg

Carbohydrates 11.0g

Protein 25.2g

Ingredients

1 lb. eggplant
1 large green bell pepper, chopped
1 garlic clove, crushed
1/2 cup olive oil
1/3 cup red wine vinegar
1 tsp dried oregano, crushed
1 tsp salt

1 (12 1/2 ounce) cans albacore tuna in water, drained
1 large tomatoes, seeded & chopped
1/4 cup feta cheese, crumbled
crisp salad greens

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Slice the eggplants in half and place them on a baking tray.
3. Coat them with olive oil and bake them for 30 min to 45 min until they become soft.
4. Place them aside to cool down for few minutes. Peel them and cut them into dices.
5. Get a mixing bowl: Whisk in it the garlic, oil, vinegar, oregano, and salt.
6. Add the roasted eggplant dices with tomato and tuna and stir them to coat. Refrigerate it for 60 min.
7. Arrange some green leaves on a serving plate. Top it with the eggplant salad.
8. Garnish it with crumbled feta cheese. Serve it.
9. Enjoy.

BEEF STEW Sousse



Prep Time: 20 mins

Total Time: 1 hr 35 mins

Servings per Recipe: 6

Calories 564.0

Fat 27.4g

Cholesterol 50.6mg

Sodium 751.5mg

Carbohydrates 54.7g

Protein 26.6g



Ingredients

- 1/4 cup olive oil
- 1 lb. stewing beef, cubed
- 2 medium onions, chopped
- 4 garlic cloves, crushed
- 1/2 cup chopped cilantro leaf
- 1 hot pepper, of your choice, chopped
- 38 ounces canned chickpeas, undrained
- 4 medium tomatoes, diced
- 1/4 tsp pepper
- 1/2 tsp cumin
- 1/2 tsp thyme
- 2 cups low sodium chicken broth
- salt
- 1/4 cup green olives, pitted and chopped
- 2 tbsps lemon juice

Directions

1. Place a stew pot over medium heat. Heat in it the oil. Brown in it the beef for 4 min.
2. Stir in the hot pepper with onion, and cilantro. Cook them for 3 min.
3. Stir in the garlic with a pinch of salt. Cook them for 4 min.
4. Add the tomatoes with chickpeas, thyme, pepper, cumin, broth, a pinch of salt and pepper.
5. Cook them until they start boiling. Put on the lid and lower the heat.
6. Let them cook for 60 min. Add the lemon juice with green olives. Let them cook for an extra 6 min.
7. Serve your stew warm with some bread.
8. Enjoy.

Lulu's Oven Tagine

 Prep Time: 30 mins
 Total Time: 1 hr

Servings per Recipe: 4

Calories	445.4
Fat	27.0g
Cholesterol	399.2mg
Sodium	567.3mg
Carbohydrates	27.0g
Protein	23.9g

Ingredients

6 eggs, raw	
2 eggs, hard-boiled, peeled and chopped	
1 tomatoes, deseeded and chopped	
1/2 onion, chopped	
1 -2 garlic clove, chopped	
1 chili pepper, chopped	
2 -3 potatoes, peeled and chopped	
1/2 cup parsley, chopped	
6 ounces cheese, grated	
1 1/2 cups ground meat	
	Spices
	cumin
	turmeric
	coriander seeds
	harissa, see appendix
	salt and pepper
	Oil
	2 tbsps vegetable oil

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the potatoes with turmeric, cumin, a pinch of salt and pepper for 4 min. Stir in the onion with meat. Cook them for 3 min. Stir in the harissa with garlic, chili pepper and a splash of water.
3. Let them cook for another 3 min. Stir in the parsley with cheese, tomato, and chopped eggs then turn off the heat.
4. Get a mixing bowl: Whisk in it 6 eggs with a pinch of salt and pepper.
5. Add it to the potato mixture and combine them well. Spoon the mixture into a greased casserole dish.
6. Sprinkle the cheese on top. Bake it for 25 to 32 min. Serve it warm.
7. Enjoy.

KEBABS

Tunisiens



Prep Time: 1 hr



Total Time: 1 hr 30 mins

Servings per Recipe: 10

Calories 380.6

Fat 27.5g

Cholesterol 100.9mg

Sodium 96.0mg

Carbohydrates 6.0g

Protein 26.3g

Ingredients

2 medium red bell peppers

1 cup dried currant

14 ounces sweet peppadew peppers

1 cup extra-virgin olive oil

kosher salt

3 lbs. chicken thighs, skinless boneless,
trimmed and cut lengthwise into strips



3 lbs. chicken breasts, skinless boneless,
lightly pounded and cut into lengthwise
strips

Tunisian relish

Directions

1. Before you do anything, preheat the oven broiler.
2. Place in it bell peppers and broil them until they become black. Peel them, seed and rinse them.
3. Get a mixing bowl: Place in it the currents with 1/2 cup of hot water. Let them sit for 6 min. Strain them.
4. Get a blender: Combine in it the currents with roasted peppers and pickled peppers with their juice, 1 cup of olive oil, and a pinch of salt. Blend them smooth to make the marinade.
5. Press the chicken strips onto wooden or metal skewers.
6. Place them in a roasting pan and cover them with half of the marinade. Place it in the fridge for 5 h.
7. Before you do anything else, preheat the grill and grease it.
8. Drain the chicken skewers and grill them for 5 to 6 min on each side.
9. Serve them with the remaining pepper marinade and some pita bread.
10. Enjoy.

Sweet Pepper Relish

 Prep Time: 20 mins
 Total Time: 20 mins

Servings per Recipe: 1

Calories	584.0
Fat	49.8g
Cholesterol	0.0mg
Sodium	1398.7mg
Carbohydrates	39.0g
Protein	2.8g

Ingredients

1 cup dried currant	1/4 cup sherry wine vinegar
2 cups green olives, pitted, chopped	kosher salt
1 cup sweet pepper, chopped	
1/2 cup extra-virgin olive oil	

Directions

1. Get a mixing bowl: Place in it the currants. Cover them with hot water and let them sit for 6 min.
2. Drain them and place them in a mixing bowl.
3. Stir in the olives with sweet pepper, olive oil, vinegar, and a pinch of salt.
4. Place the relish in the fridge overnight then serve it.
5. Enjoy.





PUMPKIN Sauce



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 2

Calories 186.8

Fat 10.6g

Cholesterol 0.0mg

Sodium 4.2mg

Carbohydrates 24.4g

Protein 3.6g

Ingredients

1 1/2 lbs. pumpkin, peeled, seeded and diced

1/4 tsp caraway seed

1/4 tsp ground coriander

1 1/2 tbsps olive oil

1 garlic clove, minced

1/2 tsp harissa, see appendix



3 tbsps lemon juice

salt, to taste

Directions

1. Place a large skillet over medium heat. Stir in the pumpkin with 1/3 cup of water.
2. Cook them until they start boiling. Put on the lid and lower the heat.
3. Let them cook until the pumpkin becomes soft. Strain it and place aside.
4. Wipe the skillet clean and heat in it the oil. Toss in it the coriander and cumin seeds for 3 min.
5. Add the garlic and cook them for 1 to 2 min. Stir in the pumpkin and press it with a fork to mash it.
6. Mix them well and let them cook for 1 min. Spoon the mixture into an airtight jar and serve it with some bread.
7. Enjoy.

Tomato Salsa Tunisian Style

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	368.3
Fat	36.7g
Cholesterol	0.0mg
Sodium	1564.7mg
Carbohydrates	10.7g
Protein	2.3g

Ingredients

2 tomatoes, chopped
1/4 cup olive oil
1 tbsp white wine vinegar
3/4 tsp caraway seed, ground
3/4 tsp ground coriander
2 tbsps parsley, chopped
2 tbsps green onions, chopped

1 garlic clove, chopped
1 tsp salt
1/2 tsp hot chili pepper, minced
1/2 tsp ground black pepper
1/4 tsp sugar

Directions

1. Get a serving bowl. Toss in it all the ingredients.
2. Place the salsa in the fridge for 2 h. Serve it with some bread.
3. Enjoy.

WEEKEND

Potato Turnovers (Brik)



Prep Time: 45 mins



Total Time: 54 mins

Servings per Recipe: 4

Calories 287.0

Fat 12.5g

Cholesterol 202.6mg

Sodium 862.6mg

Carbohydrates 30.3g

Protein 13.4g

Ingredients

Harissa

1 tsp caraway seed

1 tsp cumin seed

1 tsp ground ancho chili pepper

3/4 cup chopped bottled roasted red pepper

2 tbsps water

1/2 tsp sugar

1 garlic clove, crushed

Brik

2 cups Yukon gold potatoes, cubed

2 tps extra virgin olive oil

1/2 tsp ground turmeric

1/4 tsp kosher salt

1/8 tsp ground red pepper

1/4 cup chopped parsley

1/3 cup sliced green onion

4 sheets frozen phyllo dough, thawed
cooking spray

4 large eggs, chilled

1/2 cup feta cheese, crumbled

1/4 tsp black pepper

1 large egg white

1 tsp water

1/4 cup chopped cilantro

Directions

1. To prepare the harissa:
2. Place a pan over medium heat. Toast in it the cumin and caraway seeds for 30 sec.
3. Get a blender: Combine in it the toasted seeds with the remaining harissa ingredients.
4. Blend them smooth. Pour the mixture into a small bowl. Place it in the fridge until ready to serve.
5. To prepare the potato turnovers:
6. Before you do anything, preheat the oven to 450 F.
7. Place a pan over medium heat. Heat in the oil. Cook in it the potatoes with turmeric, salt and red pepper for 7 min.

8. Stir in the green onion with parsley. Cook them for 3 min. Turn off the heat and place the filling aside to lose heat.
9. Place a phyllo sheet on an oil greased plate. Spray it with a cooking spray.
10. Place 1/4 of the filling in the middle. Make a hole in the center of it.
11. Pour an egg in it then top it with cheese. Pull the sides of the phyllo sheet on top of the filling.
12. Roll it and secure it with a cotton thread in the shape of a parcel. Place it on a baking sheet.
13. Repeat the process with the remaining ingredients.
14. Get a mixing bowl: Whisk in it the egg white with 1 tsp of water. Coat the parcels with the mixture.
15. Bake them for 10 min until they become golden and crunchy. Serve your potato parcels warm with harissa sauce.
16. Enjoy.



TUNISIAN HOUSE

COUSCOUS



Prep Time: 10 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 718.6

Fat 28.5g

Cholesterol 0.0mg

Sodium 1295.5mg

Carbohydrates 99.5g

Protein 16.9g

Ingredients

- 1/4 cup dill, chopped
- 1/4 cup fennel leaves, chopped
- 1/2 cup parsley, chopped
- 1/4 cup celery leaves, chopped
- 1/4 cup carrot greens, chopped
- 1/2 cup scallions, chopped
- 1/2 cup olive oil
- 1 cup onion, chopped
- 3 tbsps tomato paste
- 2 tbsps garlic, crushed
- 2 tsps sweet paprika
- 2 tsps salt
- 2 tsps ground coriander
- 1 tsp ground caraway
- 1 1/2-2 tsps red pepper flakes, dried
- 2 1/2 cups medium grain couscous
- 3 cups water, divided
- 1 green chile, stemmed, seeded and minced
- 1 red bell pepper, stemmed, seeded, and cut into 6 parts
- 6 garlic cloves, peeled and left whole

Directions

1. Bring a saucepan of water to a boil. Place over it a steamer.
2. Place in it the greens, scallions, and leeks for 12 min with the lid on.
3. Place them aside to lose heat for a while. Drain them well.
4. Place a large pan over medium heat. Heat in it the olive oil. Cook in it the onion for 3 min.
5. Stir in the tomato paste and cook them for 2 min.
6. Stir in the garlic with paprika, coriander, caraway, red pepper flakes, and salt. Cook them for 1 min. Stir in 1 cup of water. Put on the lid and let them cook for 16 min.
7. Turn off the heat and add the couscous. Combine them well.
8. Fold the steamed veggies with green chili, red pepper, garlic, 1 cup of water and a pinch of salt into the mixture. Put on the lid and let them sit for 12 min.
9. Once the time is up, serve your couscous salad warm. Enjoy.

Roasted Tomato Salad



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 105.4

Fat 7.4g

Cholesterol 0.0mg

Sodium 134.2mg

Carbohydrates 9.3g

Protein 1.7g

Ingredients

- 2 large red peppers, halved
- 1 fresh red chili, halved
- 3 plum tomatoes, halved and seeded
- 4 garlic cloves, unpeeled
- 2 tsps dried ground coriander
- 1 tsp caraway seed
- 1/4 tsp cinnamon
- 2 tsps lemon juice
- 2 tsps olive oil
- salt & ground black pepper
- 2 tsps capers

Directions

1. Before you do anything, preheat the oven broiler.
2. Lay the bell peppers and garlic with chili and tomatoes on a baking sheet.
3. Broil them for 5 to 8 min until they become soft.
4. Allow the veggies to cool down for a while then peel them.
5. Dice the peppers and place them aside.
6. Get a blender: Place in it the tomatoes with chili, garlic, coriander, caraway seeds, and cinnamon.
7. Blend them smooth. Pour the mixture into a serving bowl.
8. Stir into it the peppers with a pinch of salt and pepper. Serve your salsa warm or cold.
9. Enjoy.

HOW TO MAKE Almond Syrup



Prep Time: 20 mins



Total Time: 2 hrs 50 mins

Servings per Recipe: 10

Calories 478.5

Fat 21.5g

Cholesterol 0.0mg

Sodium 146.6mg

Carbohydrates 68.7g

Protein 8.7g

Ingredients


8 cups water
3 cups almonds, ground
3 cups sugar

Directions

1. Place a heavy saucepan over medium heat. Stir in it the water with sugar until it dissolves.
2. Add the almonds and bring them to a boil. Let them cook for 5 min.
3. Turn off the heat and let the syrup cool down for 2 h 30 min.
4. Use a fine cheesecloth to strain the syrup.
5. Pour it in a sterilized jar and let it sit for 4 h in the fridge before using it.
6. Enjoy.

Tunisian Beignets (Donuts)

 Prep Time: 25 mins

 Total Time: 1 hr

Servings per Recipe: 24

Calories 158.0

Fat 3.5g

Cholesterol 23.2mg

Sodium 89.3mg

Carbohydrates 30.7g

Protein 2.0g

Ingredients

Dough

3 eggs

2 ounces vegetable oil

2 ounces orange juice

2 tbsps grated coconut

1/4 cup sugar

9 ounces all-purpose flour

1 1/2 tsps baking soda

vegetable oil

Glaze

1 cup sugar

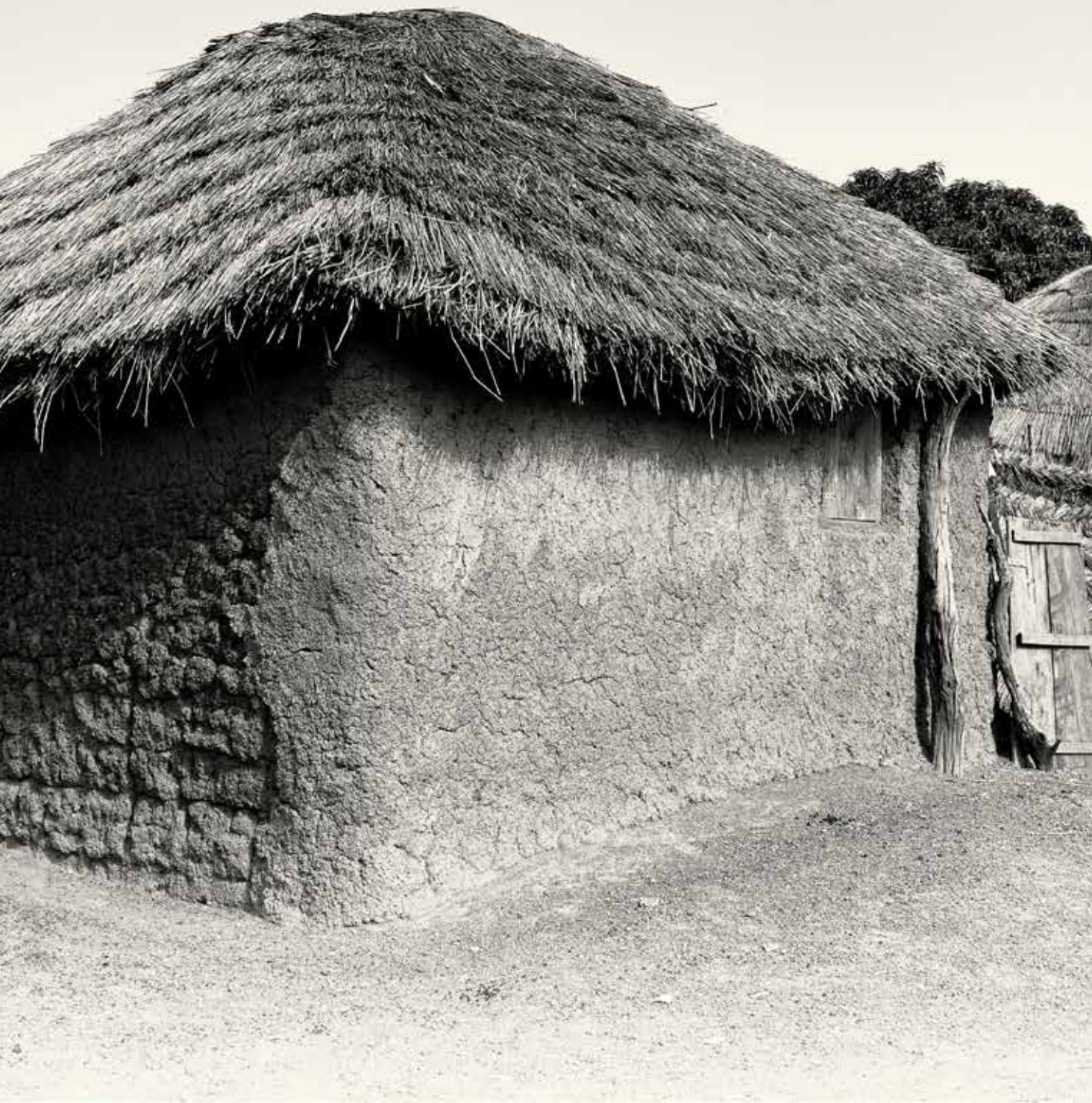
2 cups water

2 tbsps lemon juice

1 cup honey

Directions

1. To prepare the dough: Get a blender: Pour in it the eggs with oil, orange juice, 1 tbsp of coconut, 1 tbsp of sugar and a pinch of salt.
2. Blend them smooth until they become frothy. Pour the mixture into a mixing bowl.
3. Add the flour with baking powder. Combine them until you get a smooth dough.
4. Transfer it to a lightly floured board. Knead it for 3 min until it becomes soft and shape it into a ball.
5. Place the dough ball in a greased bowl. Cover it with a cling wrap and let it rise for 60 min.
6. Place a heavy saucepan over medium heat. Stir in it all the syrup ingredients. Cook them until they start boiling. Place a large deep pan over high heat. Heat in it about 2 inches of oil.
7. Shape the dough into walnut size balls. Press them slightly with your hands to flatten them. Poke each one of them with the handle of a spoon to make a hole in the center.
8. Gently drop the donuts in the hot oil. Cook them until they become golden brown.
9. Drain the donuts and place them in the hot syrup. Let them sit for few seconds then drain them. Serve your donuts warm with some tea. Enjoy.





KINGS OF TUNISIA

BBQ



Prep Time: 0 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 164.5

Fat 5.3g

Cholesterol 211.6mg

Sodium 953.3mg

Carbohydrates 5.5g

Protein 23.5g

Ingredients

24 raw king prawns
2 garlic cloves, crushed
1 tbsp olive oil
1 tsp ground cumin
1/2 tsp ground ginger
1 tsp paprika

1/4 tsp cayenne pepper
2 tbsps coriander, chopped
2 lemons, cut into wedges

Directions

1. Discard the prawn head and slice their back butterfly style.
2. Get a mixing bowl: Mix in it the garlic with olive oil, ginger, cumin, paprika, cayenne pepper, coriander and a pinch of salt.
3. Add the prawns and toss them to coat. Cover the bowl with a cling foil. Place it aside to 25 min.
4. Before you do anything, preheat the grill and grease it.
5. Thread the prawns onto skewers. Grill them for 2 to 3 min on each side. Serve them warm.
6. Enjoy.

Tunisian Morning Pastries (Abraj)



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 201.0

Fat 6.5g

Cholesterol 0.0mg

Sodium 73.5mg

Carbohydrates 34.5g

Protein 2.9g

Ingredients

Pastry

9 oz. semolina flour
1/4 cup all-purpose flour
1/2-1 tsp salt
1/2 cup olive oil, warmed
warm water

Filling

3 cups pitted dates
3 oranges, zest of
1 tsp ground cinnamon
2 tbsps olive oil
1 tsp orange blossom water

Directions

1. To prepare the filling:
2. Get a blender: Place in it the dates and orange zest, cinnamon and orange blossom water. Blend them smooth. Pour in the olive oil and blend them smoothly.
3. To prepare the dough:
4. Get a mixing bowl: Stir in it the flour with semolina and salt. Pour in the olive oil and mix them well.
5. Add warm water gradually while mixing all the time until you get a smooth dough.
6. Shape it into 4 pieces. Knead each dough piece for 2 min until they become soft.
7. Flatten each piece into a 6 inches circle.
8. Place a dough circle on a greased baking sheet. Spread over it half of the filling. Cover it with another dough circle.
9. Repeat the process with the remaining dough circles and filling to make another loaf.
10. Press the edges with a fork to seal them. Slice them into 8 pieces.
11. Place a large skillet over medium heat. Place in it some of the date bread pieces.
12. Cook them for 4 to 6 min on each side until they are fully cooked. Serve your date bites with some tea.

PAPRIKA

Grilled Chops



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 1118.6

Fat 97.1g

Cholesterol 267.0mg

Sodium 1940.6mg

Carbohydrates 1.6g

Protein 56.2g

Ingredients

2 tbsp ground cumin

1 tbsp kosher salt

1 tsp paprika

1 pinch cayenne

48 oz lamb chops

2 tbsp unsalted butter, melted

Directions

1. Before you do anything preheat the grill and grease its grates.
2. Get a small mixing bowl: mix in it the cayenne pepper with cumin, paprika and salt.
3. Place the chops on a baking sheet. Brush the top parts with half of the melted butter. Sprinkle on it half of the spice mix.
4. Place the spiced side directly on the grill and cook them for 5 min.
5. Brush the other side carefully with the remaining butter and sprinkle the rest of the spice mix on top.
6. Flip the chops and cook them for 6 min on the other side. Serve them warm.
7. Enjoy.

Sweet and Salty Steak Sauté



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 235.9

Fat 11.3g

Cholesterol 66.9mg

Sodium 608.5mg

Carbohydrates 8.6g

Protein 24.8g

Ingredients

1 lb beef cube steak (4)
1/4 tsp salt
1/4 tsp pepper
3 tsp vegetable oil, divided
1 small bell pepper, thinly sliced
1/2 tsp ground cumin
1/4 tsp ground cinnamon

1/2 C. water, divided
1 C. salsa
1 tbsp brown sugar
2 tbsp fresh cilantro, chopped

Directions

1. Season the steak with some salt and pepper.
2. Place a large pan over medium heat. Heat in it 2 tsp of oil. Add the steak dices and cook them for 8 min. drain them and place them aside.
3. Heat the remaining oil in the same pan. Stir in the pepper, cumin, cinnamon and 1/4 C. water. Let them cook for 6 min.
4. Combine in the salsa, brown sugar and other 1/4 C. water. Cook them until they start boiling. Let them cook for 2 min.
5. Lower the heat and combine in the cilantro. Cook the steak sauté for an extra 1 min then serve it warm.
6. Enjoy.

CHICKPEA Chicken Tagine



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 750.5

Fat 27.0g

Cholesterol 215.8mg

Sodium 1059.0mg

Carbohydrates 42.1g

Protein 82.1g

Ingredients

1/2-1 lb dried garbanzo beans

2 - 3 lbs skinless chicken

MARINADE

1 tsp black pepper

3/4 tsp ginger

1/2 tsp salt

3 medium garlic cloves, crushed

2 tbsp olive oil

1 tbsp lemon juice

SAUCE

2 medium garlic cloves

1 tsp turmeric

1 tsp salt

1/4 tsp ginger

1/2 onion, chopped

1/4 C. parsley, finely chopped

1 cinnamon stick

3 - 4 tbsp sweet butter

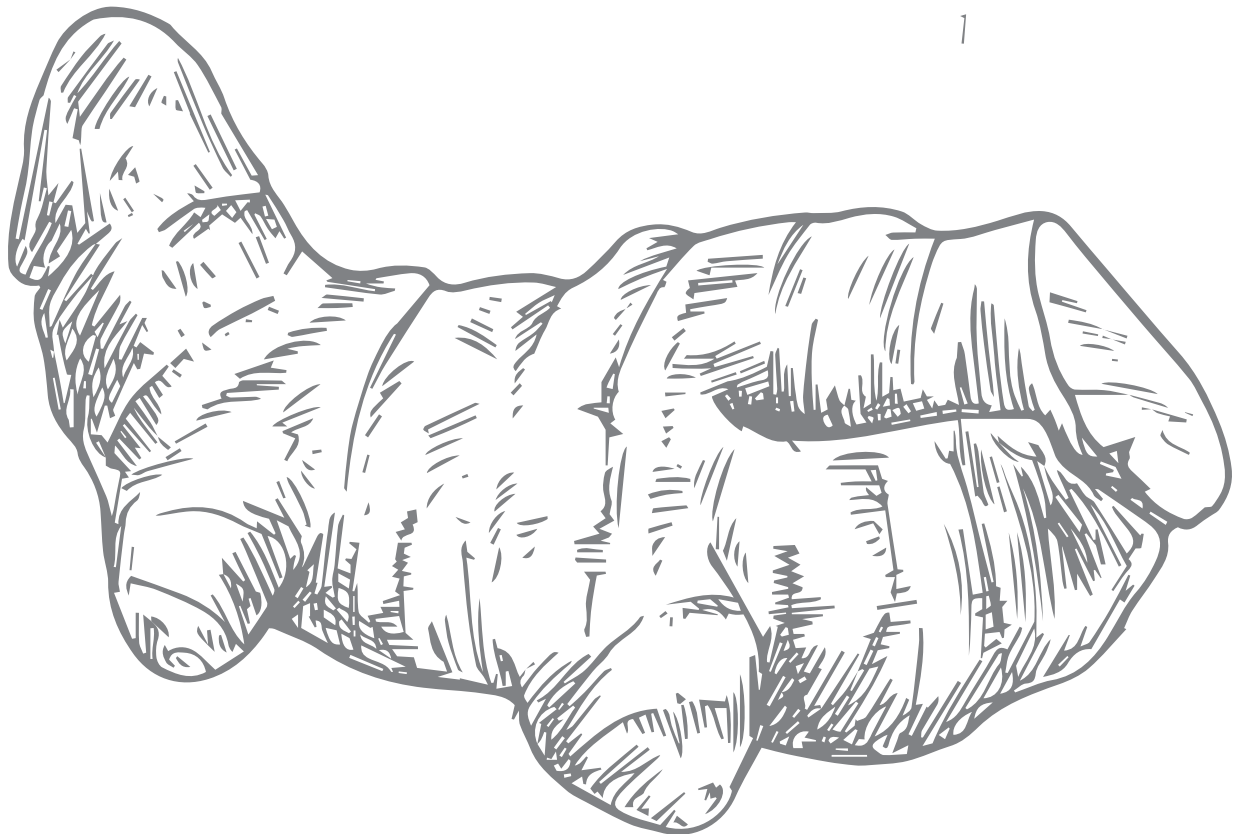
2 tbsp cornstarch

Directions

1. Get a large bowl: place in it the chickpeas and cover them water. Let them sit for an overnight.
2. Get a small mixing bowl: whisk in it the salt, ginger, pepper, garlic, oil, & lemon juice. Use a metal skewer to poke the chicken several times to make holes in it.
3. Brush the chicken with some of the spice mix. Place it in a casserole dish and pour the remaining lemon mix on top.
4. Cover the chicken casserole with a plastic wrap and place it aside for 2 h 15 min.
5. Pour the chickpeas in a colander and discard the water. Transfer the chickpeas with 1/2 tsp of salt into a large saucepan.
6. Cover it with water then put on the lid. Let it cook for 47 min until it becomes soft over low medium heat.
7. Once again, discard the cooking water and rinse the chickpeas with some fresh water then

discard their skin.

8. transfer the marinated chicken to a large pot or tagine then add to it 3 C. of water, alt, turmeric, ginger, parsley, 2 cloves garlic, cinnamon stick, & butter.
9. Cook them until they start boiling. Lower the heat and cook the stew for 65 min.
10. Once the time is up, drain the chicken and place it aside.
11. Whisk the cornstarch with a splash of water in a small bowl. Add it to the chickpeas sauce in the pot and cook it for 5 min over medium heat until it become thick.
12. Place the chicken back in the pot then heat it. Serve it warm.
13. Enjoy.



ZESTY

Carrots Salad



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 8

Calories 70.6

Fat 5.2g

Cholesterol 0.0mg

Sodium 40.6mg

Carbohydrates 6.0g

Protein 0.6g



Ingredients

- 1 lb carrot
- 3 tbsp olive oil
- 2 garlic cloves
- 1 pinch cayenne pepper
- 1 pinch cumin
- 1 pinch paprika
- 1 tbsp lemon juice
- Salt, to taste
- Pepper, to taste
- 1/4 C. chopped fresh parsley

Directions

1. Discard the peel of the carrots then slice them into quarters. Place a large saucepan over medium heat. Place in it the carrots and cover them with water.
2. Cook them until they start boiling. Let them cook for 4 min.
3. Drain the carrots from the water and place them aside to drain.
4. Place a large skillet over medium heat. Heat the oil in it. Add the carrot with the oil, garlic, cayenne, cumin and paprika.
5. Let them cook for 5 to 10 until the carrots are soft. Stir in the lemon juice with a pinch of salt and pepper.
6. Place the carrot salad in the fridge until it cools down completely. Sprinkle the cilantro on top then serve it.
7. Enjoy.

Creamy Spaghetti

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 4

Calories	247.7
Fat	14.2g
Cholesterol	30.5mg
Sodium	516.2mg
Carbohydrates	32.2g
Protein	3.2g

Ingredients

4 lbs spaghetti squash (whole)	3/4 tsp salt
4 tbsp unsalted butter, cut into pieces	2 tbsp fresh cilantro, chopped
2 garlic cloves, minced	
1 tsp ground cumin	
1/2 tsp ground coriander	
1/8 tsp cayenne	

Directions

1. Use a skewer or sharp knife to make several holes in the squash. Place it in the microwave and microwave it on the highest setting for 8 min.
2. Flip the squash and cook it for 12 min until it becomes soft. Place the squash aside to lose heat.
3. Place a small saucepan over medium heat. Heat the butter in it. Sauté in it the garlic for 45 sec.
4. Combine in the spices and turn off the heat. Slice the squash in half then shred it using a fork or spiralizer.
5. Toss the spaghetti squash in a large mixing bowl with the butter mix and cilantro. Serve it warm.
6. Enjoy.





LEMON Rice



Prep Time: 5 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 335.8

Fat 10.7g

Cholesterol 22.9mg

Sodium 522.0mg

Carbohydrates 54.1g

Protein 5.7g

Ingredients

1 1/2 C. long grain brown rice
2 3/4 C. water or 2 3/4 C. vegetable
stock
3/4 tsp salt
1/2 tsp pepper
1 tsp ground coriander

1/2 tsp ground cardamom
3 tbsp butter, cut into pieces
1/4 C. preserved lemon, minced, garnish

Directions

1. Grease a rice cooker with a cooking spray.
2. Stir in the water with rice, cardamom, coriander, salt and pepper. Put on the lid and cook it according to the instructions of the manufacturer.
3. Once the time is up, stir in the butter and fluff the rice with a fork. Put on the lid and let it sit for 12 min. serve it warm with minced lemon.
4. Enjoy.

Honey Chicken Stew



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 357.6

Fat 13.8g

Cholesterol 68.4mg

Sodium 466.4mg

Carbohydrates 26.6g

Protein 33.3g

Ingredients

4 boneless skinless chicken breast halves
Salt and pepper
2 tbsp olive oil
1 1/4 C. green onions, sliced
3 large garlic cloves, chopped
1 tbsp all-purpose flour
1 tsp ground ginger
1 1/2 tsp ground cinnamon
1 tsp ground cumin

2 C. chicken broth
1 C. apricot, chopped
3 tbsp fresh lemon juice
3 tbsp honey
1/3 C. slivered almonds, toasted

Directions

1. Cut the chicken breasts into dices. Toss them in a mixing bowl with a pinch of salt and pepper.
2. Place a large pan over medium heat. Heat the oil in it. Cook in it the chicken dices for 14 to 20 min. drain it and place it aside.
3. Stir the garlic with onion into the same pan. Cook them for 4 min.
4. Combine in the flour, cinnamon, cumin, and ginger. Pour in the broth gradually while mixing all the time.
5. Add the lemon juice with apricots and honey. Cook them until they start boiling. Keeps it boiling for 6 min until it becomes thick?
6. Stir the cooked chicken and cook them for 1 min. sprinkle the almonds on top then serve it.
7. Enjoy.

NUTTY

Dates Stew



Prep Time: 35 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 6

Calories 688.8

Fat 30.8g

Cholesterol 169.4m g

Sodium 242.0mg

Carbohydrates 41.1g

Protein 63.2g



Ingredients

- 3 1/2 lbs chicken breast halves, thighs, and drumsticks
- 1/2 tsp turmeric
- 1 tbsp all-purpose flour
- 1/8 tsp cayenne pepper
- 1 tbsp extra-virgin olive oil
- 3 C. low chicken broth
- 2 lbs shallots, peeled
- 5 tbsp fresh lemon juice, divided
- 3 cinnamon sticks
- 12 dates, pitted, halved
- 1 1/2 tsp ground ginger
- 1/4 C. almonds, toasted, coarsely chopped
- 1 tsp ground cumin
- 1/4 C. chopped fresh cilantro

Directions

1. Season the chicken breasts with a pinch of salt and pepper. Place a large saucepan over medium high heat. Heat the oil in it. Brown in it the chicken for 12 min. drains it and places it aside.
2. Reserve 2 tbsp of the fat in the pan and discard the excess. Sauté the shallots in the same pan for 7 min over medium heat.
3. Combine in the cinnamon sticks, ginger, cumin, turmeric, and cayenne. Cook them for 2 min while stirring all the time. Stir in the broth with 3 tbsp of lemon juice. Cook them until they start boiling over high heat. Put on the lid and lower the heat and let it cook for 20 min.
4. Add the chicken breasts top pan then cook them again until they start boiling. Lower the heat and put on the lid.
5. Let the stew cook for 27 min. drain the shallot with chicken and place them aside. Cook the remaining broth in the pot until it start boiling.
6. Keep it boiling until it starts becoming thick. Combine in the dates with the remaining lemon juice. Lower the heat and cook them for 3 min until the dates soften. Pour the date's sauce mix over the chicken and shallots. Sprinkle the cilantro with almonds on top. Serve them warm. Enjoy.

Navel Almonds Salad

 Prep Time: 30 mins
 Total Time: 30 mins

Servings per Recipe: 4

Calories	265.8
Fat	10.8g
Cholesterol	0.0mg
Sodium	3.0mg
Carbohydrates	41.7g
Protein	6.8g

Ingredients

6 navel oranges	1 tbsp of fresh mint, shredded
2 tsp orange blossom water	1/4 tsp ras el hanout spice mix, see appendix
8 dates, pitted and thinly sliced lengthwise	
3 oz slivered almonds, lightly toasted	

Directions

1. Discard the orange peel and pith. Slice it into sections and place them in a mixing bowl. Press whatever left from the oranges to extract the juice and add it to the bowl.
2. Add the orange blossom and mix them. Cover the bowl and place it in the fridge for 15 to 30 min.
3. Spoon the mix into a serving dish. Sprinkle on top of it the dates with almonds, mint and ras el hanout. Place it in the fridge until it becomes cold.
4. Enjoy.

GRILLED

Sherry Steak



Prep Time: 35 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 4

Calories 856.4

Fat 56.0g

Cholesterol 139.4mg

Sodium 712.7mg

Carbohydrates 8.5g

Protein 74.3g



Ingredients

- 3 - 4 lbs flank steaks
- 1 small onion, minced
- 1/2 C. olive oil
- 1/4 C. lemon juice
- 4 tbsp minced ginger
- 2 tbsp soy sauce
- 2 tbsp flat leaf parsley, chopped
- 3 garlic cloves, minced
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp sherry wine
- 1 tsp dried oregano
- 1 tsp turmeric
- 1 tsp ground black pepper
- 1/4 tsp grated nutmeg (optional)

Directions

1. Get a casserole dish, place the steaks in it.
2. Get a small mixing bowl: whisk in it the rest of the ingredients to make the marinade. Pour it all over the steaks to coat them with it.
3. Cover the dish and place it in the fridge for an overnight.
4. Before you do anything preheat the grill and grease its grates. Drain the steaks from the marinade and grill them for 9 to 12 min on each side.
5. Wrap the steaks in a piece of foil and place them aside to rest for 5 min. serve them warm.
6. Enjoy.

Golden Fish Fillets with Cilantro Dressing

 Prep Time: 6 mins
 Total Time: 12 mins

Servings per Recipe: 2
Calories 430.9
Fat 22.6g
Cholesterol 124.6mg
Sodium 183.6mg
Carbohydrates 2.6g
Protein 52.3g

Ingredients

1/4 C. coarsely chopped fresh cilantro
1/4 C. coarsely chopped fresh parsley
leaves
1 clove garlic, minced
2 tbsp fresh lemon juice
1/2 tsp paprika
1/2 tsp ground cumin
1/8 tsp cayenne, to taste
3 tbsp vegetable oil, plus

Additional oil, for frying the fish
1 lb skinless firm-fleshed white fish fillets
All-purpose flour, seasoned with
Salt and pepper, for dredging the fish

Directions

1. Get a blender: combine in it the coriander, the parsley, the garlic, the lemon juice, the paprika, the cumin, the cayenne, 3 tbsp of the oil, and salt and pepper.
2. Process them until they become smooth. Pour the mix into a serving bowl and place it in the fridge until ready to serve.
3. Place a large pan over medium heat. Fill 1 inch of with oil and heat it.
4. Dust the fish fillets with flour then fry them until they become golden brown. Serve them warm with the cilantro dressing.
5. Enjoy

NUTTY

Couscous with Chicken Stew



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 558.6

Fat 29.7g

Cholesterol 77.0mg

Sodium 583.9mg

Carbohydrates 48.2g

Protein 27.6g

Ingredients

- 1 tbsp sweet paprika
- 2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 2 lbs chicken, cut into 2 inch pieces
- 2 tbsp olive oil
- 1 large onion, thinly sliced
- 4 garlic cloves, crushed
- 2 lemons (1 thinly sliced, the other juiced)
- Salt & freshly ground black pepper
- 2 1/2 C. chicken stock
- 1 C. large green olives
- 1 tbsp butter
- 1 1/2 C. couscous
- 1/4 C. pine nuts, toasted
- 1 C. fresh parsley

Directions

1. Get a large mixing bowl: mix in it the paprika, turmeric, coriander, cumin and cinnamon. Add the chicken pieces and stir them well.
2. Place a large pan over medium heat. Heat the oil in it. Sauté in it the chicken pieces for 5 min.
3. Stir in the lemon with garlic, onion, a pinch of salt and pepper. Let them cook for 7 min while stirring from time to time.
4. Pour in 1 C. of stock with lemon juice and olives. Turn off the heat and adjust the seasoning of the stew.
5. Pour the rest of the stock in a large saucepan with butter. Cook them over medium heat until it starts boiling.
6. Combine in the couscous and put on the lid. Remove the pan from the heat and place it aside to sit for 6 min.
7. Use a fork to fluff the rice and remove the grains. Stir the pine nuts into it.
8. Spoon the couscous into a serving bowl then top it with the chicken. Garnish it with parsley and serve it warm. Enjoy.

Blushing Potato Salad



Prep Time: 40 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 373.9

Fat 20.1g

Cholesterol 0.0mg

Sodium 239.8mg

Carbohydrates 45.3g

Protein 6.5g

Ingredients

2 lbs beets

Salt

1/2 medium Spanish onion, diced

4 tomatoes, skinned, seeded and diced

2 garlic cloves, minced

4 tbsp Italian parsley, chopped

4 tbsp cilantro, chopped

4 medium potatoes, boiled

2 tbsp vinegar

8 tbsp olive oil

Salt

Fresh ground black pepper

Cayenne pepper

20 black olives, for garnish

Directions

1. Discard the ends of the beets then place them in a large saucepan. Cover them with water and cook them for 35 min until they soften.
2. Pour the beets in a colander to drain it and rinse it with some cold water.
3. Get a small mixing bowl: whisk in it the vinegar, oil, salt, pepper, and cayenne to the vinaigrette... place it aside.
4. Get a large mixing bowl: stir in it the beets, onion, tomato, garlic, cilantro and parsley. Combine in half of the vinaigrette and stir them well.
5. Place the mix in the fridge for 35 min.
6. Cut the potatoes into chunks then toss it with the remaining vinaigrette. Place it in the fridge for 25 min.
7. Transfer the beets with potato to serving bowl. Garnish it with olives and serve it.
8. Enjoy.



ISANCOM
SUNNY



ALGERIAN

Glazed Rounded Flatbread



Prep Time: 20 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 15

Calories 348.8

Fat 18.8g

Cholesterol 101.0mg

Sodium 194.5mg

Carbohydrates 43.2g

Protein 4.3g

Ingredients

Flatbread

1 C. egg

1 C. sugar

1 C. butter or 1 C. margarine

1 C. of freshly ground almonds

1 C. stale bread

1 1/2 tsp. baking powder

1 lemon, zest of, large

1/2 tsp. vanilla essence

Syrup

2 C. granulated sugar

4 C. water

1 1/2 tbsp. orange blossom water

Directions

1. Before you do anything, preheat the oven to 350 F
2. To prepare the syrup:
3. Place a heavy saucepan over medium heat. Combine in it the water with sugar.
4. Heat in it until it starts boiling. Stir in the blossom water and cook them for 2 min.
5. Turn off the heat and let the syrup cool down completely.
6. To prepare the bread:
7. Get a large mixing bowl: Cream in it the eggs in until they become pale.
8. Add the sugar with butter and beat them until they become smooth
9. Stir in the bread with almonds, lemon zest, and vanilla extract.
10. Pour the batter into a greased baking pan. Bake it for 42 min until it becomes golden.
11. Once the time is up, pour the syrup over the hot bread. Let it sit in the turned off oven for 6 min.
12. Once the time is up, serve it warm with toppings of your choice.
13. Enjoy.

Hot Chickpea Salad



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 226.2

Fat 6.1g

Cholesterol 0.0mg

Sodium 543.2mg

Carbohydrates 39.9g

Protein 6.2g

Ingredients

- 1 1/2 lbs. carrots, quartered and sliced
- 2 tbsp golden raisins
- 2 tbsp canola oil
- 2 onions, sliced
- 1/2 tsp hot red pepper flakes
- 1/2 tsp caraway seed
- 1/2 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 19 oz. chickpeas, drained and rinsed
- 1 pinch cayenne pepper
- 1 lemon

Directions

1. Place a large salted saucepan of water to a boil. Cook in it the carrots until they become soft.
2. Drain them and place them aside to cool down for a while. Place 1/2 C. of the cooking water aside.
3. Get a mixing bowl: Place in it the raisins and cover them with hot water. Let them sit for 12 min then drain them.
4. Place a skillet over medium heat. Heat in it the oil. Cook in it the onion for 12 min.
5. Stir in the raisins with carrot water, red pepper flakes, caraway seeds, cumin, paprika, and a pinch of salt.
6. Cook them until they start boiling. Stir in the carrot slices and let them cook for 5 min.
7. Add the chickpeas with a pinch of cayenne pepper. Cook them for 3 min.
8. Serve your chickpeas salad warm with some lemon wedges.
9. Enjoy.

POTATO SALAD

in North Africa



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 208.2

Fat 7.5g

Cholesterol 1.9mg

Sodium 18.9mg

Carbohydrates 32.6g

Protein 4.3g

Ingredients

1 1/2 lbs. potatoes

1/4 tsp harissa, see appendix

1 tsp ground cumin

1 large lemon, juice

2 tbsp extra virgin olive oil

1/4 C. plain yogurt


2 tbsp cilantro, minced

Directions

1. Bring a large salted saucepan of water to a boil. Cook in it the potatoes until they become soft.
2. Drain them, peel them and dice them.
3. Get a mixing bowl: Mix in it the harissa with lemon juice, cumin, oil, yogurt, and cilantro.
4. Add the potatoes with a pinch of salt and pepper. Toss them to coat.
5. Serve your salad chilled or warm.
6. Enjoy.

Ginger Shrimp

 Prep Time: 15 mins

 Total Time: 20 mins

Servings per Recipe: 4

Calories 240.0

Fat 14.9g

Cholesterol 220.8mg

Sodium 258.8mg

Carbohydrates 1.5g

Protein 24.1g

Ingredients

1 lb. unshelled shrimp, peeled
2 garlic cloves, chopped
4 tbsp olive oil
1 tsp cumin
1/2 tsp ground ginger
1 tsp paprika
1/4 tsp cayenne

1 bunch cilantro, chopped
salt and pepper
lemon wedge

Directions

1. Before you do anything, preheat the oven broiler.
2. Use a knife to cut a slit in the middle of the shrimp in the shape of a butterfly.
3. Get a mixing bowl: Whisk in it the oil with garlic, cumin, ginger, paprika, cayenne, cilantro, a pinch of salt and pepper.
4. Place the shrimp on a baking tray. Drizzle over them the oil mixture and toss them to coat.
5. Cook the shrimp in the oven broiler for 5 min. Serve them warm with some lemon.
6. Enjoy.

NORTH AFRICAN Florets



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 171.1

Fat 13.8g

Cholesterol 0.0mg

Sodium 628.3mg

Carbohydrates 11.0g

Protein 3.6g

Ingredients

8 oz. tomatoes, chopped

2 large garlic cloves, finely chopped

4 tbsp. olive oil

1 tsp. paprika

1 tsp. salt

1 tsp. black pepper

1 tsp. harissa

1 cauliflower, medium-sized, trimmed, cut into florets

Directions

1. Bring a large salted pot of water to a boil. Cook in it the cauliflower for 8 min.
2. Place a small pan over medium heat. Heat in it the oil. Cook in it the garlic 1 min.
3. Stir in the tomatoes, salt, pepper, paprika, and harissa. Lower the heat and cook them for 10 to 12 min.
4. Once the time is up, drain the cauliflower and add it to the pan.
5. Toss them to coat and serve them hot.
6. Enjoy.

LAMB

Batna



Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories	350.0
Fat	19.6g
Cholesterol	86.4mg
Sodium	96.6mg
Carbohydrates	23.4g
Protein	21.0g

Ingredients

2 1/2 lbs. lamb, cubed
3 tbsp. butter
1/2 tsp. ground cinnamon
3 C. water
1/4 C. sugar
16 prunes, soaked and drained
2 tbsp. raisins

2 tbsp. almonds
1 pear, peeled and cubed
1/4 C. orange juice
1 tsp. orange blossom water

Directions

1. Place a large skillet over medium heat. Heat in it the butter until it melts.
2. Cook in it the lamb for 6 min. Stir in the cinnamon with sugar and water.
3. Cook them for 42 min while stirring often with the lid on.
4. Once the time is up, stir in the prunes, raisins, almonds, pear, and orange blossom water.
5. Cook them for an extra 16 min until the sauce becomes thick.
6. Stir in the orange juice and cook it for 5 min.
7. Adjust the seasoning of your stew then serve it hot.
8. Enjoy.

HOT

Carrot Mash



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 205.8

Fat 14.2g

Cholesterol 0.0mg

Sodium 720.5mg

Carbohydrates 19.7g

Protein 2.0g

Ingredients

1 3/4 lbs. carrots, peeled and chopped

1 tsp salt

1/4 C. olive oil

3 tbsp white wine vinegar

1 garlic clove, crushed

1 tsp harissa



2 tsp cumin, ground

black olives

Directions

1. Place a large salted saucepan of water over medium heat. Bring it to a boil.
2. Cook in it the carrots until they become soft. Drain them and mash them with a food processor or potato masher.
3. Get a mixing bowl: Combine in it the mashed carrots with olive oil, vinegar, garlic, seasoning, and harissa.
4. Adjust the seasoning of your carrot mash then serve it with some toast.
5. Enjoy.

Radish Salad

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 2

Calories	486.1
Fat	34.6g
Cholesterol	201.3mg
Sodium	839.0mg
Carbohydrates	10.7g
Protein	32.9g

Ingredients

2 eggs, hard-boiled, peeled and chopped	3 tbsp olive oil
1 tomato, chopped	1 tbsp white vinegar
1 green pepper, chopped	1 tbsp dried mint
1/2 yellow onion, chopped	1/4 tsp salt
1-2 jalapeno, chopped	1 (6 oz.) cans tuna packed in oil, drained
5 radishes, chopped	feta cheese
10 olives, chopped	

Directions

1. Get a mixing bowl: Whisk in it the olive oil with vinegar, mint, and salt.
2. Add the remaining ingredients and toss them to coat.
3. Adjust the seasoning of your salad then serve it.
4. Enjoy.





ALGIERS

Café Couscous



Prep Time: 15 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 4

Calories 361.6

Fat 2.5g

Cholesterol 0.0mg

Sodium 681.7mg

Carbohydrates 75.6g

Protein 13.3g

Ingredients

1 large onion, chopped
1/2 tsp. turmeric
1/4 tsp. cayenne
1/2 C. vegetable stock
1/2 tbsp. cinnamon
1 1/2 tsp. black pepper
1/2 tsp. salt
5 tbsp. tomato puree
3-4 whole cloves
3 medium zucchini

4 small yellow squash
3/4 large carrot
4 medium yellow potatoes, skins on
1 red bell pepper
1 (15 oz.) cans garbanzo beans
1 C. couscous

Directions

1. Place a pot over medium heat. Stir in it a splash of stock with onion.
2. Cook it for 3 min. Stir in the seasonings and cook them for 2 min while stirring.
3. Stir in the tomato paste and cook them for 2 min.
4. Stir in the veggies with a pinch of cinnamon. Cover them with water and heat them until they start boiling.
5. Lower the heat and put on the lid. Cook them for 60 min over low heat.
6. Once the time is up, stir in the garbanzo beans and cook them for 5 to 6 min.
7. To make the couscous add it to a bowl with just enough boiling water to cover everything. Let the mix sit for about 10 mins.
8. Fluff it with a fork and transfer it to a serving plate.
9. Pour over it the veggies stew then serve it hot.
10. Enjoy.

COUSCOUS Ghardaïa



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 226.4

Fat 5.6g

Cholesterol 1.5mg

Sodium 86.0mg

Carbohydrates 38.6g

Protein 6.9g

Ingredients

2 tbsp. olive oil
1 medium onion, chopped
8 oz. mushrooms, sliced
1 grated carrot
2 garlic cloves, minced
1/2 tsp. cumin
1/2 tsp. ground coriander
1 lemon, zest of

1 lemon, juice of
1/2 C. raisins
1 1/4 C. chicken stock
1 C. couscous

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onion with carrots and mushrooms for 5 min.
3. Stir in the seasonings with lemon zest, raisins, and couscous. Cook them for 2 min.
4. Stir in the lemon juice with stock. Lower the heat and cook them for 3 to 4 min.
5. Put on the lid and turn off the heat. Let it sit for 5 to 6 min. Serve it warm.
6. Enjoy.

ALGERIAN Lunch Box (Mint Salad)



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 301.6

Fat 30.7g

Cholesterol 0.0mg

Sodium 353.5mg

Carbohydrates 8.0g

Protein 1.5g

Ingredients



1 large cucumber, peeled, halved lengthwise, seeded, thinly sliced
1/2 green capsicum, cored, seeded and cut in half lengthwise
1/3 C. pitted and coarsely chopped green olives
4 large fresh mint leaves, finely chopped
2 tbsp. finely chopped fresh coriander leaves (cilantro)
1/2 tsp. paprika
1/4 C. extra virgin olive oil

3 1/2 tsp. white wine vinegar
salt & freshly ground black pepper

Directions

1. Get a mixing bowl: Combine in it the cucumber with green pepper, olives, and mint.
2. Stir in the coriander, paprika, olive oil, and vinegar.
3. Sprinkle over them some salt and pepper then stir them well.
4. Serve your salad right away.
5. Enjoy.

Tomato Braised Egg Skillet (Shakshouka I)

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 4
Calories 252.8
Fat 15.5g
Cholesterol 186.0mg
Sodium 85.8mg
Carbohydrates 20.5g
Protein 9.4g

Ingredients

3 tbsp. olive oil
1/2 tsp. cumin seed
1 tbsp. paprika
1 onion, thinly sliced
1 tbsp. harissa, for a spicier, deeper flavor
2-3 garlic cloves, minced
3 tomatoes, peeled, seeded and diced
1 potato, small diced cubes
1 green bell pepper, diced
1 red bell pepper, diced
1 yellow bell pepper, diced, if not using

add more red and green bell pepper
1-2 chili pepper, for those that like heat
1 C. water
kosher salt
fresh ground pepper
4 eggs
parsley or cilantro, chopped
black olives
capers

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the cumin seeds for 20 sec. Add the paprika and cook them for 10 sec.
3. Stir in the garlic with the onion and cook them for 6 min.
4. Stir in the tomato and cook them until they start simmering. Stir in the peppers with potato, water, salt, and pepper.
5. Lower the heat and put on the lid. Cook them for 12 min while adding more water if needed.
6. Once the time is up, crack the eggs on top and put on the lid. Cook them for 10 to 12 min until they are done.
7. Serve your chakchouka pan hot with some bread.
8. Enjoy.

MYRIAM'S Salad



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 2

Calories 93.4

Fat 2.9g

Cholesterol 0.0mg

Sodium 14.1mg

Carbohydrates 16.7g

Protein 3.2g

Ingredients

3 large green bell peppers

2 vine ripened tomatoes

1-2 garlic clove, minced

2-3 tbsp. water

1 tsp. olive oil

salt

vinegar

Directions

1. Place the bell peppers on the stove and grill them until they become black.
2. Transfer them to a plastic bag and seal it. Let it rest for 5 to 6 min.
3. Once the time is up, peel them, rinse them and chop them.
4. Place a skillet over medium heat. Heat in it the oil.
5. Stir in it the tomatoes with peppers and garlic. Cook them for 3 min.
6. Stir in a pinch of salt and cook them for 16 min while often stirring.
7. Serve your tomato salad warm.
8. Enjoy.

FATIMA'S Borek



Prep Time: 25 mins

Total Time: 50 mins

Servings per Recipe: 1

Calories 68.5

Fat 2.2g

Cholesterol 5.6mg

Sodium 158.4mg

Carbohydrates 9.6g

Protein 2.3g

Ingredients

20-24 spring rolls, pastry sheets

2 1/2-3 C. mashed potatoes

3/4-1 C. cheddar cheese, grated

1/2 medium brown onion, finely chopped

1 medium pickled gherkin, finely chopped

3 tbsp. fresh parsley, finely chopped

1 tbsp. margarine or 1 tbsp. butter

salt

black pepper

flour, & water for the paste

Directions

1. Get a large mixing bowl: Combine in it the potato with cheese, onion, gherkin, parsley, margarine, a pinch of salt and pepper.
2. Place a roll on board. Place on one side of it 2 tsp. of the filling.
3. Pull one corner of the sheet over the filling and press it.
4. Pull the other corner over it and coat the inside with the flour paste.
5. Press it to seal it then place it aside. Repeat the process with the remaining ingredients.
6. Place a large deep pan over medium heat. Heat in it 1 1/2 inch of oil.
7. Cook in it the rolls until they become golden brown. Serve them warm.
8. Enjoy.

EGYPTIAN

Stuffed Grape Leaves (Dolmas)



Prep Time: 1 hr



Total Time: 1 hr

Servings per Recipe: 20

Calories 111.5

Fat 7.0g

Cholesterol 20.1mg

Sodium 135.8mg

Carbohydrates 6.0g

Protein 5.4g

Ingredients

- 1 1/4 lbs ground beef
- 3/4 C. long grain rice, cooked
- 1 small onion, chopped fine
- 2 garlic cloves, crushed or minced)
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground cumin
- 1 (1 quart) jar pickled grape leaves, in brine, well rinsed and drained, stems cut off
- 2 tbsp olive oil
- 1 tbsp lemon juice

Directions

1. Get a large mixing bowl: Combine in it the beef with rice, onion, garlic, cumin, salt and pepper. Mix them well.
2. Shape some of mix into strip like your index finger. Place a grape leaf over a working surface. Place the stuffing log in the middle of the leaf.
3. Lay the bottom and upper sides over the filling and roll it. Place it in a greased casserole dish. Repeat the process with the rest of the ingredients.
4. Lay the stuffed leaves in a greased casserole pan without leaving any emptiness between them. Pour enough water to cover the stuffed leaves.
5. Drizzle the lemon juice with olive oil and stir them gently. Place it over high medium heat. Cook it until it starts boiling. Lower the heat and cook it for 22 min.
6. Serve your stuffed leaves warm.
7. Enjoy.

Egyptian Koras (Vanilla Bread)



Prep Time: 3 hr



Total Time: 3 hr 10 mins

Servings per Recipe: 1

Calories 260.6

Fat 11.3g

Cholesterol 29.1mg

Sodium 20.0mg

Carbohydrates 34.0g

Protein 5.5g

Ingredients

1 kg all-purpose flour
1 C. ghee or 1 C. butter
1/2 C. cream
1 pinch salt
1/2 tsp vanilla
2 tbsp instant yeast
3 - 4 tbsp sugar

1/2 liter sour milk or 1/2 liter yogurt
1 tbsp anise
1 tbsp fennel seed
1 tbsp sesame seeds

Directions

1. Get a large mixing bowl: Combine in it the flour with sugar, seeds, yeast, vanilla and salt. Mix them well.
2. Place a small saucepan over medium heat. Melt the butter in it. Transfer it to the flour mix. Mix them well.
3. Combine in the yogurt with cream. Mix them well with your hands until you get a smooth dough. Place a kitchen towel over the dough and let it rise for 30 min.
4. Divide the dough into several egg sized pieces. Cover them with a kitchen towel and let them rise for 2 h 10 min.
5. Place a piece of dough in a floured working surface. Roll it in the shape of circle with your hands. Repeat the process with the rest of the dough.
6. Place the dough circles on greased baking sheets and let them rest for 1 h.
7. Before you do anything preheat the oven to 356 F.
8. Get a small mixing bowl: Whisk in it some milk with vanilla and an egg. Make several parallel lines with a knife on top of the bread circles.
9. Brush them with the vanilla mix. Cook them in them for 16 min. Serve your bread warm with some sweet or savory toppings.
10. Enjoy.





ALEXANDRIA

Chocolate Cake



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 551.6

Fat 18.4g

Cholesterol 126.7mg

Sodium 453.0mg

Carbohydrates 90.3g

Protein 7.9g

Ingredients

3 C. all-purpose flour
2 1/2 C. granulated sugar
3/4 C. brown sugar
1 tbsp pumpkin pie spice or 1 tbsp apple
pie spice
1 1/2 tsp baking powder
1 1/2 tsp baking soda

1/2 tsp salt
6 oz milk chocolate chips
1 (15 oz) cans pumpkin
3/4 C. melted butter or 3/4 C. margarine
6 eggs, slightly beaten or 6 equivalent
egg substitute

Directions

1. Before you do anything preheat the oven to 350 F. Grease a loaf pan.
2. Get a mixing bowl: Combine in it pumpkin, melted butter and eggs. Mix them well.
3. Get a large mixing bowl: Mix in it the flour with white and brown sugar, baking powder and soda, salt. Add the pumpkin mix. Whisk them well. Fold in the chocolate chips.
4. Pour the batter into the loaf pan. Cook it in the oven for 1 h 5 min. Allow the cake to cool down completely then serve it.
5. Enjoy.

Ful Mudammes

(Fava Bean Spread)



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 139.4

Fat 0.7g

Cholesterol 0.0mg

Sodium 14.9mg

Carbohydrates 25.8g

Protein 8.9g

Ingredients

- | | |
|--|---|
| 1 (15 oz) cans cooked fava beans or 1 1/2 C. cooked fava beans | 1 dash cinnamon |
| 1 small onion, chopped | 1 dash clove |
| 3 garlic cloves, chopped | 1 dash turmeric |
| 1 large tomatoes, chopped | 1 dash cayenne |
| 1/2 tsp chili powder | 1 tbsp lemon juice |
| 1/2 tsp curry powder | salt |
| 1/2 tsp cumin | 1 small potato, peeled and cooked, added when onion is cooking (optional) |

Directions

1. Place a large pan over medium heat. Heat a splash of oil in it. Sauté in it the onion for 3 min. Stir in the garlic and cook them for 1 min.
2. Stir in the tomato and cook them for 4 min until it softens. Stir in the lemon juice with spices, a pinch of salt and pepper.
3. Cook them for 18 min over low heat while stirring them occasionally. Serve it with some extra olive oil.
4. Enjoy.

OMM 'ALI (Bread Pudding)



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 281.6

Fat 24.0g

Cholesterol 16.1mg

Sodium 260.1mg

Carbohydrates 12.0g

Protein 8.1g

Ingredients

- 1 packet roqaq (Bread crackers)
- 1 C. mixed nuts
- 1 tbsp coconut, grated
- 1 tbsp unsalted butter or 1 tbsp fresh cream
- 1 C. milk, sweetened

Directions

1. Before you do anything preheat the oven to 365 F. Grease a casserole dish.
2. Place 2 sheets of the roqaq on a baking sheet and dry them in the oven for 3 min until they become crispy. Repeat the process with the rest of the crackers.
3. Press the crackers with your hands. Lay it in the greased dish then top it with the nuts and coconut.
4. Place a small saucepan over medium heat. Heat the milk in it. Drizzle it all over the pudding mix then dot it with butter.
5. Cook in it the oven until it becomes golden brown on top. Serve it warm.
6. Enjoy.

Egyptian Lentil Hot Pot



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 214.5

Fat 8.3g

Cholesterol 20.3mg

Sodium 75.1mg

Carbohydrates 26.7g

Protein 9.5g

Ingredients

5 C. vegetable stock
1 C. brown lentils, washed and drained
2 large onions, chopped
2 medium tomatoes, finely chopped
4 garlic cloves, crushed
4 tbsp butter
2 tsp cumin

1 pinch salt and pepper, to taste
4 tsp lemon juice

Directions

1. Place a large saucepan over medium heat. Pour in it the stock and cook it until it starts boiling. Stir in the lentils and 2/3 of the onions, tomatoes, and garlic.
2. Cook them until they start boiling again. Lower the heat and cook them for 15 to 25 min until the lentils are done.
3. Place a large skillet over medium heat. Place in it the butter and heat it until it melts. Add the rest of the onion and cook it for 4 min.
4. Get a food processor: Allow the soup to cool down slightly then blend it smooth in batches. Pour the soup back into the saucepan.
5. Cook the soup for 5 min. Add the cumin, salt, pepper, lemon juice and remaining 2 tbsp of butter. Serve your soup hot and top it with the sautéed onion.
6. Enjoy.

BANGAR BIL ZABADI (Classical Beet Salad)



Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 71.7

Fat 2.1g

Cholesterol 7.9mg

Sodium 73.8mg

Carbohydrates 10.6g

Protein 3.5g

Ingredients

1/2 lb beet, boiled and diced
3 1/2 oz tomatoes, diced
3 1/2 oz cucumbers, diced
1 C. yoghurt

1 garlic clove, minced
salt, to taste

Directions

1. Get a small mixing bowl: Whisk in it the yogurt with garlic and a pinch of salt to make the dressing.
2. Get a serving bowl: Toss in it the veggies with the yogurt dressing. Place it in the fridge for 1 h 10 min. Serve it.
3. Enjoy.

Fahmi's Zucchini (Kosa Matbukha Bi I Zabadi)



Prep Time: 5 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 88.3

Fat 5.6g

Cholesterol 7.3mg

Sodium 42.6mg

Carbohydrates 6.7g

Protein 3.8g

Ingredients

2 lbs zucchini, medium sized
1 lb yoghurt
1 egg white
salt, to taste
1 tsp cornstarch

1/2 C. mint leaf, chopped
2 tbsp olive oil

Directions

1. Before you do anything preheat the oven to 350 F.
2. Get a small mixing bowl: Whisk in it the yoghurt, egg white, cornstarch and salt.
3. Place a large saucepan over medium heat. Heat the oil in it. Cut the zucchini into slices and cook them until they become golden brown on both sides.
4. Lay the zucchini slices in a greased casserole dish. Spread the yogurt mix over it. Cook it in the oven for 18 min.
5. Top it with the mint leaves. Cook it in the oven for 6 min then serve it warm.
6. Enjoy.

ALTERNATIVE Koshari



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 231.9

Fat 1.0g

Cholesterol 0.0mg

Sodium 269.7mg

Carbohydrates 50.4g

Protein 6.9g

Ingredients



2 C. cooked rice
2 C. cooked penne pasta
2 tbsp white vinegar
1 tsp ground cumin, divided
1/2 tsp garlic powder
1 C. cooked lentils
1 (15 oz) cans crushed tomatoes
1/2 C. water
1 1/2 tbsp sugar

3/4 tsp ground cinnamon
1/2 tsp salt
1/4 tsp crushed red pepper flakes
3 medium yellow squash, cut into 1/2-
inch pieces
2 medium onions, thinly sliced

Directions

1. Get a large mixing bowl: Whisk in it the vinegar, 1/2 tsp cumin, and garlic powder. Stir in the lentils.
2. Place a saucepan over medium heat: Cook in it the tomatoes, water, sugar, cinnamon, salt, remaining 1/2 tsp cumin and red pepper for 6 min. Fold in the squash.
3. Divide the warm rice over serving plates then top them with warm pasta, lentils and tomato sauce. Serve your Koshari warm.
4. Enjoy.

Dukka (Egyptian Spice Blend)

 Prep Time: 25 mins
 Total Time: 25 mins

Servings per Recipe: 1

Calories	1471.8
Fat	124.9g
Cholesterol	0.0mg
Sodium	2407.0mg
Carbohydrates	86.7g
Protein	45.3g

Ingredients

4 oz sesame seeds	1 tsp sea salt
3 oz hazelnuts or 3 oz roasted chickpeas	1/2 tsp ground black peppercorns
2 oz coriander seeds	1 tsp dried thyme or 1 tsp mint
1 oz cumin seed	

Directions

1. Place a small pan over medium heat. Toast in it the sesame seeds. Place it aside.
2. Add the hazelnuts and toast them for 6 min. Discard their skin. Place them aside.
3. Add the coriander with cumin seeds and toast them until they become dark in color. Place them aside to lose heat.
4. Get a food processor or coffee grinder: Combine in it all the ingredients and grind them until they become coarse. Store them in a jar for up to 90 days.
5. Enjoy.





EGYPTIAN

Raspberry and Peach Fruit Cups



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 532.9

Fat 20.5g

Cholesterol 3.6mg

Sodium 698.0mg

Carbohydrates 79.7g

Protein 10.5g

Ingredients

2 C. raspberries
3 tsp caster sugar
2 peaches

4 C. strawberries
8 biscuits

Directions

1. Place a heavy saucepan over medium heat. Stir in it the sugar with raspberries. Bring them to a simmer over low heat. Simmer them for 6 min. Place the mix aside to lose heat.
2. Get a blender: Combine in it the peaches with the raspberries mix. Blend them smooth. Pour the mix in a fine mesh sieve and strain it.
3. Transfer the strained sauce into a mixing bowl. Stir into it the strawberries. Divide the mix between serving glasses.
4. Top them with the ginger biscuits. Chill them in the fridge until ready to serve.
5. Enjoy.

Egyptian Rice Pudding



Prep Time: 2 hr 10 mins



Total Time: 2 hr 20 mins

Servings per Recipe: 6

Calories 325.2

Fat 9.2g

Cholesterol 34.1mg

Sodium 119.5mg

Carbohydrates 52.1g

Protein 9.1g

Ingredients

3/4 C. rice flour
3/4 C. sugar
6 C. milk
2 whole green cardamom pods, lightly crushed
1 pinch saffron thread
3 tbsp rose water

chopped pistachios, to garnish

Directions

1. Place a heavy saucepan over medium heat. Stir in it the sugar with flour and milk. Cook them until they start boiling while mixing all the time.
2. Stir in the saffron with cardamom. Cook them for 2 min while stirring all the time. Fold in the rosewater.
3. Divide the pudding between serving glasses. Chill them in the fridge for 2 h 30 min. Serve them with your favorite toppings.
4. Enjoy.

NORTH AFRICAN Eggplants



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 4

Calories 431.6

Fat 32.1g

Cholesterol 47.3mg

Sodium 1044.5mg

Carbohydrates 11.0g

Protein 25.2g

Ingredients

1 lb. eggplant
1 large green bell pepper, chopped
1 garlic clove, crushed
1/2 cup olive oil
1/3 cup red wine vinegar
1 tsp dried oregano, crushed
1 tsp salt
1 (12 1/2 ounce) cans albacore tuna in water, drained
1 large tomatoes, seeded & chopped

1/4 cup feta cheese, crumbled
crisp salad greens

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Slice the eggplants in half and place them on a baking tray.
3. Coat them with olive oil and bake them for 30 min to 45 min until they become soft.
4. Place them aside to cool down for few minutes. Peel them and cut them into dices.
5. Get a mixing bowl: Whisk in it the garlic, oil, vinegar, oregano, and salt.
6. Add the roasted eggplant dices with tomato and tuna and stir them to coat. Refrigerate it for 60 min.
7. Arrange some green leaves on a serving plate. Top it with the eggplant salad.
8. Garnish it with crumbled feta cheese. Serve it.
9. Enjoy.

Handmade Pasta with Sauce



Prep Time: 45 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 8

Calories	811.6
Fat	32.8g
Cholesterol	144.7mg
Sodium	855.1mg
Carbohydrates	79.8g
Protein	46.3g

Ingredients

Pasta

17.5 oz. plain flour
1/2 tsp. salt
water
corn flour, to aid rolling out
1 tbsp. ghee

Sauce

3 1/3 lb. chicken pieces
2 onions, finely chopped
1 garlic clove, minced
1 tbsp. sunflower oil or 1 tbsp. vegetable oil

1 C. of tinned chickpeas
1/4 tsp. black pepper
2 1/4 tsp. ras el hanout spice mix
4 C. water
1 tsp. cinnamon
17.5 oz. long turnips, cut into 6ths
9 oz. potatoes, quartered
9 oz. zucchini, cut into 6ths
1 1/2 tsp. salt

Directions

1. To prepare the pasta:
2. Get a large mixing bowl: Combine in it the flour with salt.
3. Add the water gradually while mixing until you get a soft and smooth dough.
4. Split the dough into 4 pieces. Sprinkle some corn flour on a working surface into a 2 mm thick circle.
5. Repeat the process with the remaining dough pieces then run them through a pasta machine.
6. Place them aside to dry for a few minutes. Adjust the pasta machine to make fine ribbons then run through it the dough sheets.
7. Toss the noodles with some corn flour and place it aside and let it rest for 10 to 12 min.
8. Drizzle over it the melted ghee and toss them to coat.
9. Prepare a steamer. Place in it the noodles and cook it for 8 to 10 min until it done.
10. Place a large skillet over medium heat. Heat in it the oil.
11. Cook in it the chicken with garlic and onion for 10 to 12 min.
12. Stir in the chickpeas with veggies, water, and spices. Cook them for 32 min over low heat with the lid on.
13. Transfer the noodles to a serving plate. Top it with the chicken stew then serve it hot.
14. Enjoy.

5-INGREDIENT Semolina Bread



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 2

Calories 899.0

Fat 22.3g

Cholesterol 0.0mg

Sodium 1167.0mg

Carbohydrates 145.6g

Protein 25.3g

Ingredients

10.5 oz. fine semolina

oz. medium semolina

3 tbsp. olive oil

1 tsp. salt

1/2 C. water

Directions

1. Get a mixing bowl: Combine in it the semolina with salt. Add the olive oil and mix them well.
2. Add the water gradually while mixing until you get soft elastic dough.
3. Knead it until it becomes soft. Cover it with a kitchen towel and let it rest for 32 min.
4. Split the dough into 2 pieces and roll them into 1/4 inch thick disks.
5. Place a grill pan over medium heat.
6. Cook in it each bread loaf for 10 to 12 min on each until they become golden brown on each side.
7. Serve bread warm with stew, bbq, cheese or olive oil.
8. Enjoy.

How to Make Harissa



Prep Time: 40 mins



Total Time: 45 mins

Servings per Recipe: 8

Calories 73.4

Fat 2.7g

Cholesterol 0.0mg

Sodium 451.1mg

Carbohydrates 12.5g

Protein 2.0g

Ingredients

4.5 oz. dried hot red chili peppers, seeded
and stemmed
1/2 head garlic
1 1/2 tsps caraway seeds
1 1/2 tsps ground coriander

1 1/2 tsps salt
1 tsp water
1-3 tbsp olive oil

Directions

1. Get a bowl: Place in it the chili peppers and cover them with hot water. Let them sit for 30 min.
2. Strain them and transfer them to a food processor.
3. Add the garlic with the remaining ingredients. Blend them smooth.
4. Adjust the seasoning of your harissa then serve it.
5. Enjoy.

SMOKED Chili Harissa



Prep Time: 25 mins

Total Time: 35 mins

Servings per Recipe: 1

Calories	1115.6
Fat	111.4g
Cholesterol	0.0mg
Sodium	1200.5mg
Carbohydrates	32.2g
Protein	7.2g

Ingredients

4 smoked chili peppers, seeded
8 dried hot red chili peppers
1 tbsp cumin seed
2 tsp coriander seeds
1 tsp caraway seed

8 garlic cloves
1/2 C. olive oil
1/2 tsp salt

Directions

1. Place the chili peppers in a bowl. Cover them with hot water. Let them sit for 25 min then drain them.
2. Place a pan over medium heat. Cook in it the cumin, coriander, and caraway seeds 2 min.
3. Get a food processor: Place in it the toasted seeds with chilies, garlic, olive oil, and salt.
4. Process them until they become smooth. Spoon the mixture into an airtight container.
5. Store it in the fridge for up to 60 days.
6. Enjoy.

North African Spice Mix (Ras El Hanout)



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories	19.1
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	583.9 mg
Carbohydrates	3.8 g
Protein	0.4 g

Ingredients

- 2 tsp ground nutmeg
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp ground ginger
- 2 tsp turmeric
- 2 tsp salt
- 2 tsp cinnamon
- 1 1/2 tsp sugar
- 1 1/2 tsp paprika
- 1 1/2 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp cardamom powder
- 1 tsp ground allspice
- 1/2 tsp ground cloves

Directions

1. In a bowl, add all the ingredients and mix well.
2. Transfer the mixture into a glass jar and seal tightly.
3. Store in a cool, dry place.





HOT

Minty Carrots



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 189.8

Fat 7.7g

Cholesterol 0.0mg

Sodium 505.7mg

Carbohydrates 30.2g

Protein 3.1g

Ingredients

2 1/2 lbs. carrots, peeled and sliced
1/2 tsp. hot sauce
2 tbsp. light olive oil
3 garlic cloves, sliced thinly
1 lemon, juice of
2 tsp. cumin seeds, toasted

1/2 tsp. sugar
1/2 tsp. salt
2 tbsp. mint, finely chopped

Directions

1. Prepare a steamer. Cook in it the carrots for 5 to 6 min until they become slightly soft.
2. Place them aside along with 5 tbsp. of the steaming water.
3. Place a pan over medium heat. Toast in it the cumin seeds for 1 min. Place them aside.
4. Place a stew pot over medium heat. Heat in it the oil. Cook in it the carrots for 1 to 2 min.
5. Stir in the steaming water with hot sauce, lemon juice, cumin seed, sugar, and salt.
6. Toss them to coat. Stir in the carrots and put on half a cover.
7. Let them cook 8 to 10 min until they become soft.
8. Add the mint leaves and serve them right away.
9. Enjoy.

Buttery Lentil Bowls



Prep Time: 20 mins

Total Time: 3 hr 20 mins

Servings per Recipe: 6

Calories 391.4

Fat 15.5g

Cholesterol 58.6mg

Sodium 1096.5mg

Carbohydrates 31.7g

Protein 29.5g

Ingredients

2 tbsp. olive oil

1 lb. lean lamb, cut into 1/2- 3/4 inch cubes

salt, to taste

pepper, to taste

8 C. chicken broth

1 C. lentils, soaked for 2 h and drained

1 medium onion, minced

1 carrot, scraped, and finely chopped

1 garlic clove, minced

2 tbsp. butter

1/4 tsp. cumin

1/4 tsp. cinnamon

1 C. orzo pasta

Directions

1. Place a pot over medium heat. Heat in it the oil.
2. Brown in it the lamb pieces with a pinch of salt and pepper for 4 min.
3. Stir in half of the broth and put on the lid. Cook them for 30 to 35 min until the meat becomes tender.
4. Add the rest of the broth with lentils. Cook them for 16 min.
5. Place a large pan over medium heat. Heat in it the butter until it melts.
6. Cook in it the garlic with carrot and onion for 3 min. Transfer it to the lamb pot with orzo.
7. Put on half a lid and let them cook for 10 to 12 min until the lentils and meat are done.
8. Adjust the seasoning of your soup then serve it hot.
9. Enjoy.

PEANUT SOUP

from Lagos



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 241

Fat 17.5

Carbohydrates 0g

Protein 921

Cholesterol 10.8

Sodium 13



Ingredients

- 4 C. chicken broth
- 1 jalapeño pepper, seeded and minced
- 1/2 C. chopped green bell pepper
- 1/2 C. chopped onion
- 1/2 C. crunchy peanut butter

Directions

1. In 1-quart pan, add the broth and chili peppers and bring to a boil.
2. Stir in the bell pepper and onion and again bring to a boil.
3. Reduce the heat to low and simmer, covered for about 10 minutes.
4. Reduce the heat to low and stir in the peanut butter.
5. Cook until peanut butter is melted, stirring continuously.

Authentic Nigerian Jollof (Nigerian Traditional Dinner) (Chicken and Rice)

 Prep Time: 30 mins
 Total Time: 1 hr

Servings per Recipe: 8
Calories 703
Fat 22.8
Cholesterol 71
Sodium 942
Carbohydrates 96.3
Protein 31.7

Ingredients

Chicken:

2 lb. chicken drumsticks
1/2 large onion, diced
1 (2 inch) piece fresh ginger root, peeled and thinly sliced
2 cubes chicken bouillon, crushed
2 cloves garlic, diced
1 tbsp curry powder
1 tsp herbes de Provence
freshly ground black pepper
1 pinch cayenne pepper
1 C. water

Rice:

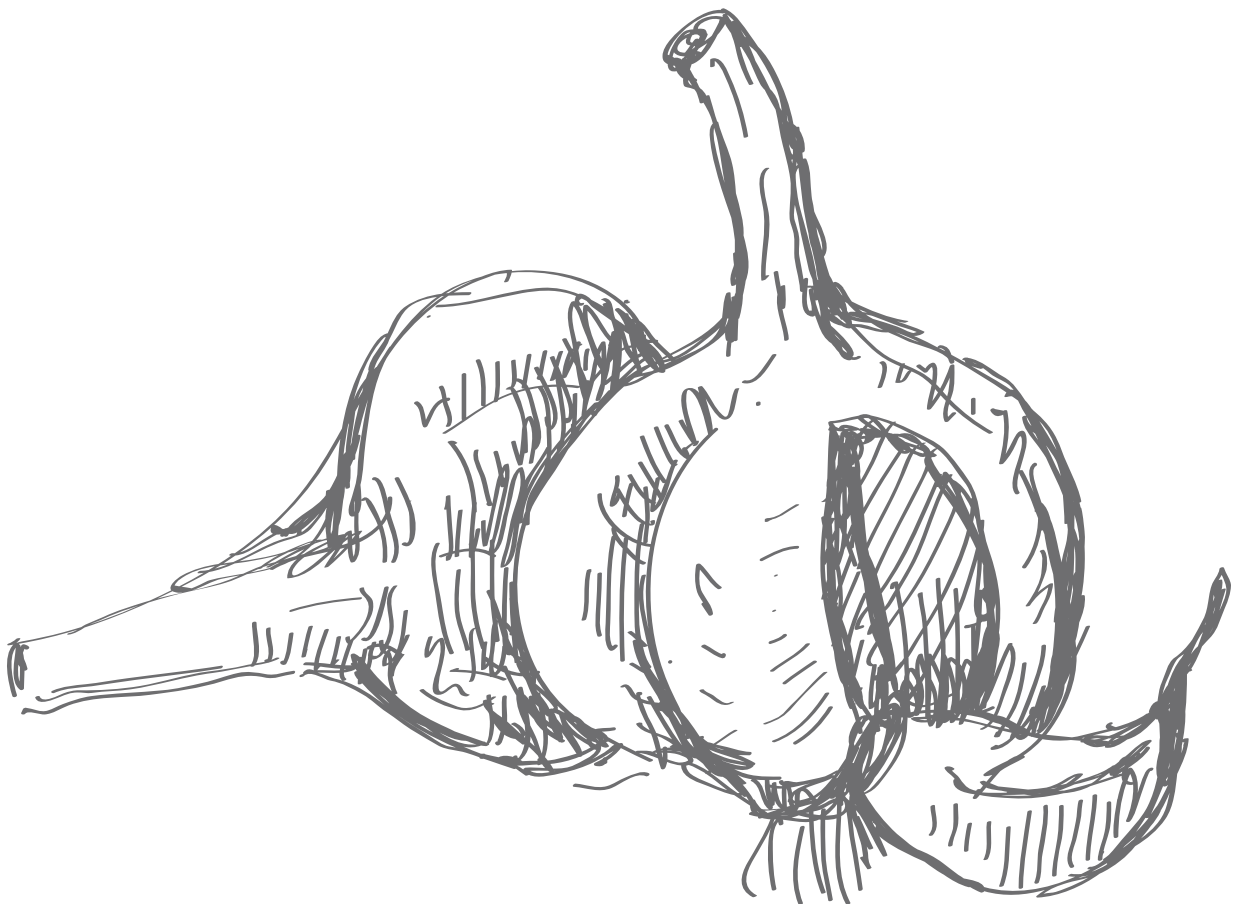
3 tbsp vegetable oil
1/2 large onion, diced

1 (14 oz.) can tomato sauce
1 (14 oz.) can coconut milk
1 tsp herbes de Provence
1 tsp salt
1/2 tsp ground black pepper
3 C. parboiled rice
1 (10 oz.) package frozen mixed vegetables (carrots, corn, peas)
Plantains:
4 ripe plantains, peeled and cut diagonally into 1/2-inch slices
1/2 C. canola oil for frying

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a large Dutch oven, mix together the chicken, 1/2 onion, ginger, garlic, crushed bouillon cubes, curry powder, 1 tsp of the herbes de Provence, cayenne pepper and black pepper and cook for about 5 minutes.
3. Stir in the water and bring to a gentle boil.
4. Cook, covered for about 15 minutes.
5. Remove from the heat and with a slotted spoon, transfer the chicken into a baking dish using.
6. Through a fine-mesh sieve, strain cooking liquid.

7. Reserve 1 1/2 C. of the liquid, discarding the solids.
8. Cook the chicken in the the oven for about 30 minutes.
9. In a large pan, heat 3 tbsp of the vegetable oil over medium -low heat and cook 1/2 of the onion for about 5 minutes.
10. Stir in the tomato sauce and cook for about 5-7 minutes, stirring continuously.
11. Stir in the coconut milk, reserved chicken broth, 1 tsp of the herbes de Provence, salt and black pepper and bring to a gentle boil.
12. Stir in the rice and cook for about 15- 20 minutes, stirring occasionally.
13. Stir in the frozen vegetables and cook for about 5 minutes.
14. In a large pan, heat 1/2 C. of the canola oil over medium heat and fry the plantains for about 2-3 minutes per side.
15. Transfer the plantain onto paper towels lined plate to drain.
16. Serve the jollof rice with a garnishing of the friend plantains.



Alternative Jollof



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 597.8

Fat 18.3g

Cholesterol 7.5mg

Sodium 550.6mg

Carbohydrates 96.4g

Protein 12.4g

Ingredients

- 2 C. rice (long grained)
- 1/4 C. groundnut oil
- 1/2 tbsp butter
- 1 tsp dried thyme
- 1/4 tsp curry powder (optional)
- 1 onion, sliced
- 1 celery, diced
- 1 green pepper, diced (remove the seeds & white stuff)
- 2 -3 garlic cloves
- 1 C. chicken breast, diced not cooked preferably
- 1/2 inch piece ginger, peeled and grated
- 1 tbsp ground paprika (smoked)
- 2 tbsp cayenne
- 3 tbsp tomato paste
- 2 large tomatoes, chopped finely
- 1 carrot, cubed
- 1 chicken bouillon cube
- 1 bay leaf
- 2 C. chicken stock
- 2 C. water
- 1/2 C. portobello mushroom (optional)
- peas
- salt
- 1/4 C. cilantro (to garnish)

Directions

1. In a heat resistance pan, heat the oil and butter and cook the chicken breast, green pepper, onion, celery, ginger, garlic, cayenne and paprika for about 3 minutes.
2. Stir in the chopped carrots and a little salt and sauté for about 1 minute.
3. Add the tomatoes, tomato paste, thyme, curry powder and bay leaf and cook for about 3 minutes.
4. Add the frozen veggies and stir to combine.
5. Stir in the rice and sauté for about 2 minutes.
6. Add 3 C. of the stock, water, bouillon cube, salt and cook, covered for about 30 minutes.
7. Cook until the rice is soft.
8. Serve with a garnishing of the cilantro.

NIGERIAN Coconut Cake Pops (Shuku Shuku)



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 80.3

Fat 4.8g

Cholesterol 35.5mg

Sodium 60.5mg

Carbohydrates 8.4g

Protein 1.3g

Ingredients

1 C. unsweetened flaked coconut

1/4 C. caster sugar

3 egg yolks

1/2 C. self-raising flour

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, add the sugar, coconut and egg yolks and mix until a stiff dough is formed.
3. Make about 1-inch balls from the dough and coat each ball with the flour evenly.
4. Arrange the balls onto a baking sheet about 2-inch apart.
5. Cook in the oven for about 20 minutes.

Benin City Fruit Salad



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 10

Calories 136.5

Fat 1.5g

Cholesterol 0.0mg

Sodium 13.0mg

Carbohydrates 32.3g

Protein 1.5g

Ingredients

4 ripe papayas, peeled, seeded and cut into bite-size pieces
2 red apples, cored and chopped
2 ripe bananas, peeled and sliced
1 (16 oz.) cans pineapple tidbits, well-drained

1 C. fresh orange juice
1 tbsp granulated sugar
1/2 tsp ground cinnamon
1/3 C. sweetened flaked coconut

Directions

1. In a large bowl, add all the ingredients except the shredded coconut and toss to coat well.
2. Refrigerate, covered to chill before serving.
3. Serve with a sprinkling of the shredded coconut.

180-TL

STEAK
SPICES
180-TL

OTTOMAN
SPICES
80-TL

RAZELEL
HANUT
220-TL

CURRY
140-TL

JASMINE
380-TL

POMEGRANATE
TEA
560-TL





KARKADE

گرکدیه

ROSA SECCA

NIGERIAN Banana Skillet



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 41

Calories 865.2

Fat 48.7g

Cholesterol 131.1mg

Sodium 386.7mg

Carbohydrates 111.9g

Protein 0.8g

Ingredients

1 bunch banana

16 oz. brown sugar

1 C. butter

8 oz. whipped cream

Directions

1. Peel the bananas and split down the middle and then cut in half.
2. In a skillet, melt 1 stick of the butter over medium - high heat.
3. Coat the banana slices with the melted butter.
4. Place the banana slices in the skillet and sprinkle with some brown sugar.
5. Flip and sprinkle with brown sugar.
6. Cook for about 1 minute, without stirring.
7. Flip and again sprinkle with brown sugar.
8. Repeat the procedure until all the sugar is used and banana slices are caramelized.
9. Serve hot with a topping of the whipped cream.

Suya Jel (Chicken Kebabs)



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 243.8

Fat 12.6g

Cholesterol 72.6mg

Sodium 136.4mg

Carbohydrates 6.8g

Protein 26.4g

Ingredients

- 1 tbsp garlic powder
- 1 tbsp ground ginger
- 1 tbsp paprika
- 2 tbsp cayenne powder
- 1 tbsp dried onion flakes
- 2 tbsp peanuts, finely minced
- 1 lb boneless skinless chicken breast
- 2 tbsp peanut oil

Directions

1. Set the broiler of your oven
2. In a large bowl, mix together all spices.
3. Cut the chicken into thin pieces and sprinkle with the spice mixture.
4. Keep aside for about 5 minutes.
5. Thread the chicken onto pre-soaked wooden skewers and coat with the oil.
6. Cook the skewers under broiler for about 3 minutes per side.

CARROT and Ginger Soup



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 3

Calories 381.2

Fat 26.4g

Cholesterol 0.0mg

Sodium 558.8mg

Carbohydrates 29.1g

Protein 13.1g



Ingredients

- 1 tbsp olive oil
- 1 C. chopped yellow onion
- 3/4 C. chopped peeled carrot
- 1 - 2 tsp minced peeled fresh ginger
- 1 dash cayenne pepper
- 1 C. chopped peeled sweet potato
- 2 1/2 C. water, divided
- 1/2 C. tomato juice
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 C. creamy peanut butter
- 5 green onions, chopped

Directions

1. In a large pan, heat the oil and cook the onions and carrots for about 3 minutes, stirring occasionally.
2. Stir in the ginger and cayenne and cook for about 1 minute.
3. Stir in the sweet potato, tomato juice, 2 C. of the water, salt and pepper and bring to a boil.
4. Reduce the heat and simmer for about 15 minutes, stirring occasionally.
5. Remove from the heat and keep aside to cool slightly.
6. In a food processor, add the soup with the peanut butter and pulse until smooth.
7. Transfer the mixture into another pan over low heat and cook until heated through. (You can add remaining 1/2 C. water to thin the soup).
8. Serve hot with a topping of the green onions.

Lemony Eggplant Dip

 Prep Time: 30 mins
 Total Time: 45 mins

Servings per Recipe: 2

Calories	73.7
Fat	1.2g
Cholesterol	0.0mg
Sodium	588.8mg
Carbohydrates	16.2g
Protein	2.8g

Ingredients

1 eggplant, large
1 tsp sesame seeds, mashed
1/2 tsp salt
1 garlic clove, mashed

4 tbsp lemon juice
2 tbsp parsley, fresh and finely chopped

Directions

1. In a steamer, steam the eggplant for about 25 minutes.
2. Carefully, scrape out the soft flesh from the skin and transfer into a bowl.
3. Add the sesame paste, garlic, lemon juice and salt and stir to combine.
4. Serve with a sprinkling of the parsley.

WEST AFRICAN Kidney Beans



Prep Time: 1 day



Total Time: 1 day 3 hrs

Servings per Recipe: 4

Calories 247.2

Fat 15.8g

Cholesterol 0.0mg

Sodium 1399.8mg

Carbohydrates 22.7g

Protein 9.6g

Ingredients

- 1 1/2 C. dried kidney beans
- 1 small green pepper, seeded & diced
- 2 tsp salt
- 1 tsp ground cumin
- 2 tbsp oil
- 0.5 (5 1/2 oz.) cans tomato paste
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1/4 tsp cayenne
- 1 tsp fresh lemon juice
- 1/4 C. peanut butter, smooth is best
- 1 C. frozen corn

Directions

1. In a large bowl of water, soak the beans overnight.
2. Drain the beans well.
3. In a large pan, add the beans and 6 C. of the water and bring to a boil.
4. Reduce the heat and simmer for about 2-2 1/2 hours, stirring occasionally.
5. In a skillet, heat the oil over medium heat and sauté the green pepper, onion and garlic until the onion is just translucent.
6. Add the cumin and stir to combine.
7. Stir in the lemon juice, tomato paste, cayenne and 1/2 C. of the water and bring to a gentle boil.
8. Reduce the heat and simmer for about 15 minutes.
9. Meanwhile, in a small bowl, add the peanut butter.
10. Slowly, add about 6 tbsp of the cooking liquid from the beans and mix well.
11. Add the peanut butter mixture into the beans and stir to combine.
12. Add the onion mixture and corn in the pan of the beans and bring to a gentle boil.
13. Reduce the heat to low and simmer, covered for about 10 minutes, stirring occasionally.
14. Serve hot.

Nigerian Vegetable Salad



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 8

Calories 181.7

Fat 9.9g

Cholesterol 1.9mg

Sodium 148.2mg

Carbohydrates 21.4g

Protein 4.9g

Ingredients

2 tbsp fresh lemon juice
2 tbsp red wine vinegar
1 tbsp Dijon mustard
1/4 tsp sugar
1/8 tsp fresh ground black pepper
1/4 C. extra virgin olive oil
2 ground dried chile
1/2 C. prepared seafood cocktail sauce
1/4 C. mayonnaise
salt
1/4 tsp fresh ground black pepper
SALAD
1 C. Yukon gold potato, 3/4-inch peeled,
cooked till tender

1 C. sweet potato, 3/4-inch, peeled, cooked till
tender
1 C. cauliflower, lightly cooked florets
1 C. broccoli, lightly cooked florets
4 carrots, peeled and sliced into ribbons
3 small canned beets (1/4-inch slices)
10 bibb lettuce
10 leaves red cabbage
VINAIGRETTE DRESSING
1 tbsp fresh thyme, chopped

Directions

1. For the vinaigrette: in a bowl, add the thyme, oil, lemon juice, vinegar, Dijon mustard, sugar and 1/8 tsp of the black pepper and beat until well combined.
2. For the salad: in a large bowl, mix together the potatoes, cauliflower, broccoli and carrots.
3. Add the dressing and gently, toss to coat well.
4. Arrange lettuce and cabbage leaves alternately onto a large chilled platter and top with the potato mixture, followed by the beets.
5. Serve the vegetables as a salad.

BEEF BITES

with Orangy Lentils Casserole



Prep Time: 1 hr



Total Time: 2 hrs

Servings per Recipe: 6

Calories 796.4

Fat 36.3g

Cholesterol 133.8mg

Sodium 202.1mg

Carbohydrates 81.7g

Protein 40.6g

Ingredients

MEATBALLS

2 lbs minced beef
1 garlic clove, peeled & crushed
1 tsp ground cumin
1 tsp ground coriander
1 tsp cinnamon
1 large white onion, peeled & finely diced
1 egg, beaten
2 oz flour
Salt & pepper
2 tbsp olive oil

LENTILS

1 tbsp olive oil
1 garlic clove, peeled & crushed
1 white onion, peeled & diced
2 tsp ground cumin
2 tsp ground coriander
1 tsp cayenne pepper
4 oz split red lentils

16 oz chopped tomatoes
1 pint vegetable stock
1 cinnamon stick
8 oz no-soak whole dried apricots
1 lb cherry tomatoes, on the vine

CARAMELISED VEGETABLE

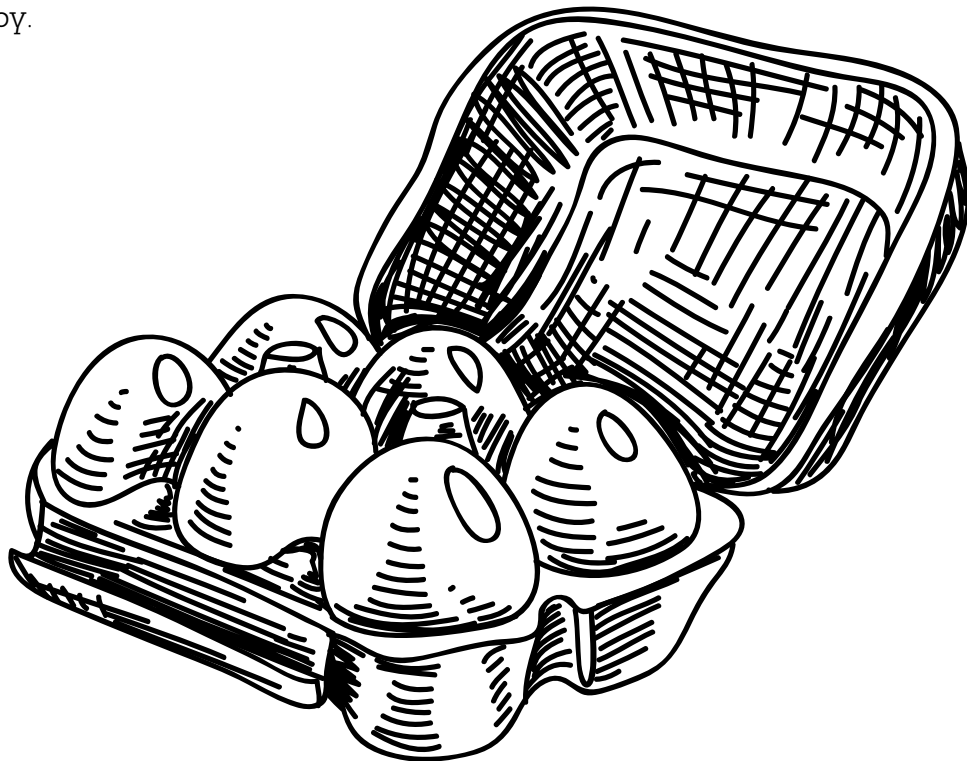
ACCOMPANIMENT

2 tbsp olive oil
2 fennel bulbs, sliced, keep the fronds
2 white onions, peeled & quartered
4 carrots, peeled & cut into 1-inch chunks
2 oz brown sugar
3 fluid oz vegetable stock
1 orange, juice and zest of, grated
Salt & pepper
Fennel bulb, green fronds from
1 tsp fennel seed (optional)

Directions

1. Before you do anything preheat the oven to 360 F.
2. To prepare the meatballs:
3. Get a large mixing bowl: combine in it the garlic, cumin, coriander and cinnamon, salt & pepper.
4. Combine in the spices with onion and beaten egg. Stir them well. Shape the mix into small

- sized meatballs and place them on a lined baking sheet.
5. Place a large skillet over medium heat. Heat the oil in it. Cook in it the meatballs nit they become golden brown. Place them aside.
 6. To prepare the lentils:
 7. Place a large skillet over medium heat. Heat the oil in it. Sauté in it the onion with garlic for 3 min.
 8. Stir in the spices with lentils and cook them for 1 min.
 9. Combine in the tinned tomatoes, vegetable stock, cinnamon stick & the dried apricots. Let them cook for an extra 3 min.
 10. Spoon the mix into a casserole dish then laid the meatballs on top with the cherry tomatoes. Cover the dish with a piece of foil.
 11. Place the casserole in the oven and cook it for 65 min. discard the foil and cook it for another 10 min.
 12. Place a large skillet over medium heat. Heat the oil in it. Sauté in it the onion with carrots and fennel bulb.
 13. Cook them for 1 min. combine in the brown sugar then cook them over high heat until the sugar dissolves.
 14. Lower the heat and stir in the stock. Put on the lid let them cook for 32 min.
 15. Once the time is up, stir in the orange juice and cook them for 6 min uncovered.
 16. Serve it with the lentils casserole warm.
 17. Enjoy.



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