

COUSCOUS (NORTHERN AFRICA (MOROCCO, ALGERIA, AND TUNISIA))

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1: Couscous | www.enganchecubano.com

Couscous is a National dish of North Africa (Tunisia/Libya/Algeria/Morocco/Mauritania). It is popular in France and other European countries also.

Food , Tunisia Cousous is one of the most common meals in the Maghreb. It is often eaten in Morocco on Fridays and in Tunisia on Sundays. The specific about it is that it is prepared in a pot with two levels so that the couscous can be boiled with the steam of the vegetables. This cooking pot is also named: Here is a simple-to-follow recipe for cooking Tunisian couscous. Meat- lamb, beef, chicken, even fish. You can even do a meatless version of the dish. Add 2 full tablespoons of tomato paste and fry it gently. Add water until less than a quarter of the pot is left. If you have decided to use beef, please allow more time for the meat to be cooked. Then sprinkle with enough water to moisten the couscous but not entirely soaked. The couscous is placed on top of the sieved pot so it can be steam cooked. Once the meat is almost ready, add the vegetables. You can add chopped onions, carrots, garlic, whole potatoes, cabbage and even chickpeas as an alternative- you can add peas, pumpkin or zucchini. Everything should be chopped in big pieces. Once everything is ready, pour the couscous into a large pot and stir it. Add a portion of the salsa and stir again. The couscous should be slightly moist. If it gets too watery, leave it for a while so the excessive water gets absorbed before stirring it again. Each plate is filled with couscous, meat, vegetables and fried peppers Enjoy your Tunisian couscous! About the Author Joshua Mok is a cultural enthusiast and adventurer who can speak 6 different languages. Joshua currently lives in Tunisia and has firsthand experience with the language, people, and culture of North Africa. At Mosaic North Africa, Joshua is combining his business marketing expertise with his passion for travel to help others discover and enjoy the cultural and historical beauties of Tunisia, Morocco and Algeria.

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2: Recipe for Moroccan Couscous - Mosaic North Africa

But, if campaign for heritage status turns out anything like Algeria and Morocco's current feud over the folk music genre rai, couscous won't be enough. Tags food, Libya, morocco, north.

Email North African countries are increasingly coveted for the local cuisine and eating habits. The importance given to the art of cuisine is deeply rooted in the local culture for so many cultural and historical reasons. Recipes from the Maghreb Region will allow you to experience the secrets and treasures of North Africa that will take you on a beautiful gastronomic trip to the African side of the Mediterranean. Here are our picks for the best foods to try in North Africa Couscous Made from dried, steamed durum wheat flour, couscous is widely preferred and eaten in North Africa, mainly in Morocco and Algeria, where it is traditionally served on Friday lunch. Made from a mixture of meat, vegetables and steamed wheat semolina, Couscous recipes are very numerous. It can also be consumed alone, flavored or natural, hot or cold, and as a dessert or side dish. This is a very balanced dish. Be careful, though, not to overdo it even if it is a delight. During large feasts, such as weddings, Couscous is widely served as a symbol of happiness and festivity. Tagine Of Berber origin, Tagine takes its name from the terracotta dish in which it simmers. The Tagine holds a special place in the cuisine here. There are at least Tagine recipes. It is a sweet or salty preparation where all the meat, all the fish, and the vegetables are used. Spices are the essential touch to give Tagine its wonderful taste. Couscous is generally prepared on Fridays and during feasts, whereas Tagine is cooked throughout the week as it is part of the daily eating habits in North Africa. La Pastilla Pastilla is the third typical dish on our list. It is widely known as the dish of the great occasions. Originally from Fez, this specialty is usually prepared during large ceremonies, including weddings, or also prestigious meetings and conferences. It is a laminated filo pastry stuffed with meat, fish or chicken. It is wholly covered with sugar and cinnamon. Generally, sharing a Pastilla meal means sharing love, joy, and happiness. Koshari Koshari is a traditional Egyptian dish based on rice, pasta, lentils and chickpeas, to which you can add vinegar and a layer of Egyptian garlic, mixed with spicy tomato sauce. Everything is usually filled with fried onions, which helps to give the dish a special flavor. Koshari is an ideal dish for vegans and vegetarians given the lack of meat, but this rule has recently been broken by adding fried liver or shawarma meat, considering their economic costs. Koshari is considered a national dish in Egypt, as well as now being prepared in other parts of the Middle East. In fact, while talking about their trips to Egypt, visitors cannot forget to share their passion for Koshari. Rfissa Rfissa is a famous dish in North Africa, mainly Morocco. Although it is known a lot in the region of Casablanca, this dish is widely prepared and eaten all over Morocco mainly during birth occasions. Rfissa is given to women after giving birth because it is traditionally believed that this dish has a magical power for women since it makes them quickly regain their energy. Rfissa is an old dish that has been able to survive as it is a tasty meal adored by tourists. The dish consists of thin Msemen sheets generously sprinkled with chicken sauce and lentils, all well fragrant. Only professional chefs can prepare such a delicious and rich meal. Tanjia Tanjia is a typically masculine Moroccan dish prepared mainly by men in Marrakech. Traditionally and historically, the Tanjia is the dish of craftsmen, who used to prepare it the day before each Friday. In any case, one thing is certain "this dish is native of Marrakech. Besides, some butchers of the Ochre City are true specialists of the Tanjia. The secret behind this dish is that cooking must take a long time, no less than six hours. Tanjia is a true delight, mainly when it is eaten using traditional Moroccan bread. The Harira is widely prepared during sacred occasions and dinners. It is a thick and very peppery soup made up of meat cut into small pieces, eggs, lentils, flour, leaven, and chopped parsley. Mrouzia Mrouzia, or lamb with raisins and almonds, is one of the most important dishes of North African cuisine. It is a savory dish predominated by the sweet aromas of honey and cinnamon. Although it belongs to the category of Tagines, Mrouzia is a special dish made for lovers of delicately sweet and savory flavors with the most amazing mixture of spices. It is a national food that is eaten everyday, but more during the holy month of Ramadan. It is prepared from a sheet of very fine dough made of

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flour and semolina of wheat. The dough is composed of a mixture, half flour, half fine semolina of wheat, warm water, and salt. The Brik leaf can be filled with tuna, meat, beans, cheese or cream. In Tunisia, Briks are everywhere, as unique and special as the Tunisians themselves. Ful Medames The Ful Medames is a very popular dish of Egyptian origin that is distinguished by its slow cooking, since the dried fava beans need to be soaked for more than seven hours. It is cooked with olive oil, garlic, onions, diced tomatoes or hard-boiled or mirrored eggs. Ful Medames is a traditional food that is usually served with pita bread.

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3: Recipe for Tunisian Couscous - Mosaic North Africa

Couscous is a staple food throughout the North African cuisines of Algeria, Morocco, Tunisia, Mauritania, Libya, and Egypt. [5] [6]: In Western supermarkets, it is typically sold in instant form with a flavor packet, and may be served as a side or on its own as a main dish.

In northern coastal towns, in particular, several waves of European immigrants influenced the population in the Medieval era. Most notable were the moriscos and muladies, that is, the indigenous Spaniards Moors who forcibly converted to Catholicism and later to be expelled, together with ethnic Arab and Berber Muslims, from the Spanish Catholic Reconquista. Other European contributions included French, Italians, and others captured by the corsairs. These were later augmented by Jews from Spain who, fleeing the Spanish Catholic Inquisition, established a presence in North Africa, chiefly in the urban trading centers. Many Jews from Spain emigrated to North America in the early 19th century or to France and Israel later in the 20th century. Another significant group are Turks who came over with the expansion of the Ottoman Empire. A large Turkish descended population exists, particularly in Tunisia and Algeria. Sub-Saharan Africans joined the population mix during centuries of trans-Saharan trade. Traders and slaves went to the Maghreb from the Sahel region. On the Saharan southern edge of the Maghreb are small communities of black populations, sometimes called Haratine, who are apparently descended from black populations who inhabited the Sahara during its last wet period and then migrated north. In Algeria especially, a large European minority, the "pied noirs", immigrated and settled under French colonial rule in late 19th century. The overwhelming majority of these, however, left Algeria during and following the war for independence. The original religions of the peoples of the Maghreb seem [36] to have been based and related with fertility cults of a strong matriarchal pantheon, given the social and linguistic structures of the Amazigh cultures antedating all Egyptian and eastern, Asian, northern Mediterranean, and European influences. Historic records of religion in the Maghreb region show its gradual inclusion in the Classical World, with coastal colonies established first by Phoenicians, some Greeks, and later extensive conquest and colonization by the Romans. By the 2nd century of the common era, the area had become a center of Phoenician-speaking Christianity, where bishops spoke and wrote in Punic, and even Emperor Septimius Severus was noted by his local accent. Roman settlers and Romanized populations converted to Christianity. The region produced figures such as Christian Church writer Tertullian c. 150-200; her son the philosopher St. Julia of Carthage 5th century. The arrival of Islam in challenged the domination of Christianity. The first permanent foothold of Islam was the founding of the city of Kairouan in Carthage fell in and the remainder of the region followed by Gradual Islamization proceeded slowly. Many left during this time for Italy. Although surviving letters showed correspondence from regional Christians to Rome up until the 12th century. Christianity was still a living faith. Although there were a fair number of conversions after the conquest Muslims did not become a majority until some time late in the 9th century and became vast majority during the 10th Staying Roman, Jonathan Conant, pp. Christian bishoprics and dioceses continued to be active, with relations continuing with Rome. Evidence of Christianity in the region fades from the 10th century. Christianity seems to have suffered several shocks that lead to its demise. First many upper-class urban-dwelling Latin-speaking Christians left for Europe after the Muslim conquest. The second were large scale conversions to Islam from the end of the 9th century and many Christians of a much reduced community left in the mid 10th century and evacuated by the Norman rulers of Sicily in the 12th. The Latin-African language lingered on a while longer. There is a small but thriving Jewish community, as well as a small Christian community. Most Muslims follow the Sunni Maliki school. Small Ibadi communities remain in some areas. Any map of the region demonstrates the tradition by the proliferation of "Sidi"s, showing places named after the marabouts. Like some other religious traditions, this has substantially decreased over the 20th century. A network of zaouias traditionally helped proliferate basic literacy and knowledge of Islam in rural regions. Christian family from Kabylia. There is also a Christian communities of Berber or Arab descent in Greater

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Maghreb countries, mostly converted during the modern era or under and after French colonialism. In religion, most of pieds-noirs in Maghreb are Roman Catholic Christians. Due to the exodus of the pieds-noirs in the s there are more North African Christians of Berber or Arab descent live in France than in Greater Maghreb. Recently, the Protestant community of Berber or Arab descent has experienced significant growth, and conversions to Christianity, especially to Evangelicalism , is common in Algeria , [47] especially in the Kabylie , [48] Morocco [49] and Tunisia. Over the following two or three centuries, such Jewish traders became known as the Maghribis, a distinctive social group who traveled throughout the Mediterranean world. They passed this identification on from father to son. Their tight-knit pan-Maghreb community had the ability to use social sanctions as a credible alternative to legal recourse, which was weak at the time anyway. This unique institutional alternative permitted the Maghribis to very successfully participate in Mediterranean trade. Dwarf fan palm , grown in Maghrebi countries The portions of the Maghreb between the Atlas Mountains and the Mediterranean Sea , along with coastal Tripolitania and Cyrenaica in Libya, are home to Mediterranean forests, woodlands, and scrub. These ecoregions share many species of plants and animals with other portions of Mediterranean Basin.

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4: Couscous au Beurre - Algerian Recipe | flavors

Couscous is a staple in most Maghreb www.enganchecubano.com is known as the national dish in Tunisia, but also in Algeria and Morocco, as well as Mauritania and www.enganchecubano.coman couscous is one of the countless variations of this delicious and versatile dish.

Couscous spread from this area, where it originated, to Libya , Mauritania , Egypt , and sub-Saharan countries. Couscous is also consumed in the Middle East , where it is called mughrabiyya. Couscous is an icon food in northern Africa for dietary and cultural reasons. Similar to rice, pasta, or bread, couscous is an inexpensive and highly nutritive product made from wheat or other cereals barley, sorghum, corn, millet, or minor grains with the capacity for long-term preservation. With a basic cooking system, it is possible to prepare an everyday meal or a luxury feast, a main course or a dessert. A versatile dish, couscous can be mixed with vegetables, legumes, meat, or fish, or it can be eaten with butter or fresh fruit. Couscous is an icon also because it permits the expression of national identities and ways of life, and it has religious and symbolic meanings. Women usually prepare the grain known as couscous during a family celebration, and the dish named couscous is eaten during a family feast, thereby associating both the product and the dish with solidarity. Couscous accompanies Friday and end of Ramadan celebrations and birth and wedding feasts. For example, while preparing couscous, women have to make an invocation and converse about religious facts, prosperity, and positive feelings. Although the use of precooked couscous has spread widely, making couscous is traditionally a female activity that involves much work. On a big flat plate, the woman in charge puts a handful of freshly ground hard wheat, sprinkles on salted water and a bit of flour, and with her palms treats the grain with rolling movements until the couscous granules appear. Later she sifts the grain with sieves of different diameters to obtain granules of similar size. Finally, couscous is sun-dried and stored or cooked. Couscous is cooked in a special pot a couscous steamer , usually earthen, which has two components: Couscous is moistened with water and oil before cooking and then it is placed in the pan. Every ten or fifteen minutes, the couscous is taken out of the pan; oil or butter is added, and it is worked by hand to avoid the formation of curds. Couscous is ready when the granules are cooked, separated, soft, and moist. The basic ingredients of the couscous stew are seasonal vegetables and legumes usually chickpeas , fish or meat chicken, lamb, beef, rabbit, hare, and even camel , and spices. There are regional preferences regarding couscous. Algerian couscous includes tomatoes and a great variety of legumes and vegetables, and Moroccan couscous uses saffron. Tunisian couscous includes fish and dried fruit recipes and always contains chickpeas and a hot salsa harissa. Saharan couscous is served without legumes and without broth. After the grain is cooked, a pile of couscous is placed in a big platter topped with the meat or fish and vegetables. The couscous broth is put in a side bowl and optionally mixed with hot sauce. The History of Couscous Origins. The origin of couscous is uncertain. Lucie Bolens affirms that Berbers were preparing couscous as early as to b. Nevertheless, Charles Perry states that couscous originated between the end of the Zirid dynasty and the rise of the Almohadian dynasty between the eleventh and the thirteenth centuries Perry, , p. Bolens dates the introduction of couscous into the Iberian Peninsula to the period of the Berber dynasties in the thirteenth century Bolens, , p. Sephardim incorporated couscous into their cuisine because of the Moorish influence and carried it to their asylum countries after their expulsion from Iberian lands It is still popularly consumed in Israel. Couscous also was a staple for the Moriscos, who ate it during secular and religious celebrations. Consequently, the Inquisition prosecuted its consumption. The hostility toward Morisco culture and foodways led to the disappearance of alcuçuz from Spain and to the development of a derivative, migas. There is no agreement about the date of the introduction of couscous into Sicily. Some writers claim that couscous was introduced during the Muslim period “ , while others state that it was introduced after the settlement of Sephardim in the island, at the end of the fifteenth century. There are two varieties. Southern couscous Cuscuz paulista is a steamed cake made from corn flour, vegetables, spices, chicken, or fish prawns and sardines. The northern variety cuscuz

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nordestino is a steamed pudding made from tapioca flour and sugar and moistened with coconut milk. This is a popular Brazilian breakfast. Couscous in the Western World Couscous has developed worldwide popularity. Among the explanations for its success are the increasing importance of vegetarianism, the preference for healthy foods that are aesthetically attractive, the trendy fascination with the Mediterranean cuisine, and the culinary influence of Maghribian immigrants in the Western world. Recipes and stories about the Maghribian and Andalusian couscous]. An attempt of historical interpretation]. Oxford Symposium on Food and Cookery , pp. Teresa de Castro Pick a style below, and copy the text for your bibliography.

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5: Maghreb cuisine - Wikipedia

About the Author Kevin Dyck is the North Africa tours director of Mosaic North Africa. After spending over 3 years in Morocco, Kevin and his family moved to Tunisia where they have been for 4+ years.

Industry Operations ; Retailers As a food writer who has written and studied the national cuisines surrounding the Mediterranean for more than 40 years, I approach the cooking of the region in terms of its key flavors and tastes—the tang of its lemons and pomegranates; the soft textures of its dates and capers; the striking and unexpected combinations of its vegetables and fruits; its olives and olive oil—because these are among the things that Mediterranean food is all about. The foods of northern Africa are based on these and other flavors inherent to that region. But there is no such thing as northern African cuisine. The cooking of each of these countries—Morocco, Tunisia, Algeria and Egypt—has its own distinct personality. A World-Class Cuisine To develop a great cuisine, a nation must have four attributes—an abundance of fine ingredients, a variety of cultural influences, a great civilization and the existence of a refined palace life. Morocco is blessed with all four of those attributes. Situated only a few miles from the straits of Europe, with a Mediterranean coast, an Atlantic Coast, five mountain ranges and an encompassing desert, Morocco has a wealth of raw ingredients, including: There are four Moroccan dishes that are world-class—bisteeya, mechoui, djaj emsmel and couscous. Bisteeya is the most sophisticated and elaborate Moroccan dish, a combination of incredibly tasty flavors. It is a huge pie of the thinnest, flakiest pastry, filled with three layers—spicy pieces of pigeon or chicken, lemony eggs cooked in a savory onion sauce and toasted, sweetened almonds. The Food of Tunisia Tunisia has a cuisine so entirely its own that it will never be mistaken for the cooking of its neighbors. Tunisian cuisine is very healthy with a strong emphasis on grains, fresh fruits, fish and vegetables. And as a base for cooking—limpid, luscious olive oil. It is decidedly different from the sophisticated, luxurious palace cookery of Morocco and the humbler, simpler cuisines of Egypt and Algeria. The original Tunisians were Berbers, known for simple good cooking. Over the centuries numerous other culinary forces were brought to bear on this land: Phoenician, Roman, Arab, Moorish, Turkish, Italian and French—bringing recipes and techniques that melded into a strong vivid, colorful and extremely tasty national cuisine. The first major theme is its heat, a spicy pepperiness. Ever since hot red peppers were introduced to the Mediterranean, Tunisians have used them more than any other country. Fiery peppers play a role in many dishes, usually in the form of the famous harissa paste, a mixture of sun-dried peppers pounded with spices and garlic and packed into jars under a coating of oil. This thick, red, fiery sauce is a pillar of the Tunisian kitchen. In Tunisian home cooking, many soups, stews and sauces begin the same way: The cook stirs some tomato paste into a spoonful of hot olive oil; when the paste turns glossy and gives off a good aroma, some harissa, diluted with water and stirred until smooth, is added to the pot, along with the vegetables, liquid, herbs and spices. This method not only tames the harissa, but creates a creamier sauce. The second major theme is the sweeping use of olive oil as a cooking medium through North Africa. Tunisians do not have as many recipes as Moroccans for cooking olives. But one of the most interesting olive dishes I have ever tasted was in Tunisia; a highly aromatic ragout of stuffed olives—humble, piquant, complex, offbeat and delicious. Moroccan tagines are stews of meat, poultry or fish smothered with one or two vegetables or fruits sometimes reduced, and cooked in an earthenware dish with a conical cover. Djaj Emshmel is one of the four versions of Moroccan chicken, lemon and olive tagine, in which the chicken is slowly simmered with luscious olives and tart preserved lemons in a sauce seasoned with saffron, cumin, ginger and paprika. Tunisian tagines are different. Then something starchy is added to thicken the juices—white beans, chick peas or cubed potatoes. The Land of the Pharaohs Sitting at the crossroads of Asia, Africa and Europe, Egypt has a culinary tradition that combines cuisines from many countries. Its food is quite different from that of Morocco and Tunisia, more similar to the food of the Middle East. Fava beans are slowly cooked and mixed with a variety of spices and vegetables, including cumin, garlic, tomatoes, onions and carrots. It is eaten as a stew for breakfast, lunch and dinner. Chick peas

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and fava beans are also the basis for tahini and hummus, often spiced with a strong dose of garlic. Shelf-stable hummus is among the specialty food products being exported from Egypt. Daily Bread In North Africa, bread is eaten daily. It is sacred and is treated with respect. The round, heavy-textured flatbread common in Morocco and Tunisia is different from the Arab pita. It is made with a combination of semolina and hard wheat flour. The distinctive aroma comes from cooking the bread over coals, dried olive wood or grape vines. In Egypt, bread is served alongside hummus, babaganoush and an abundance of other spreads and dips. Tunisians have their own version of Middle Eastern mezzes, a grouping of vibrant tasting salads that are often highly spiced. Aside from the usual bowl of nuts, olives and thin slices of mullet caviar, you will typically find little plates of spiced octopus, squid and shrimp; shredded Romaine, purslane or endive; crushed carrots, pumpkins or zucchini, each blended separately with hot pepper, mixed spices, lemon juice and oil; mixed pickled garden vegetables such as cauliflower, radishes, turnips and carrots, cut into extra-thin slices; or fennel, turnips and radishes, some studded with crushed hot peppers, others garnished with sliced green olives or slivered leaves of celery, mint or radish. It is the Tunisian snack par excellence—a delicious pastry triangle stuffed in innumerable ways, eaten any time of the day, bought out on the street or the beach, or served with a nourishing soup during the month of ramadan. The delicate, onion-skin, crisp pastry leaves are made by kneading semolina flour and water until enormous elasticity develops and then systematically tapping pieces of this dough onto a heated pan, leaving slightly overlapping rounds to cook only on one side. It is exactly the same as the Algerian dioul and is surprisingly close to Chinese spring roll skins. The Tunisian bread shaskoukhet and the Moroccan trid are made in the same way. This bread is prepared during the holy month of ramadan. The bread is torn into small pieces and piled into a cone shape. The cook then pours a paprika-scented chicken stew around it. In Morocco, pieces of chicken are layered in the torn leaves. It has been called the national dish of Morocco, Algeria and Tunisia. An average family eats it approximately three times a week. The couscous concept is simple yet brilliant. Take a container with a perforated bottom, fill it with semolina-based pellets and place it above a bubbling stew. The steam from the stew will swell the grains and flavor them with its vapors. When served together—the couscous and the stew—the result is extraordinary. The Tunisians have developed a number of ways of making couscous with fish—a particularly fine one prepared in Djerba is made in an unusual three-tiered steamer. On the middle tier are slices of bluefish embedded in a mixture of chopped mint, parsley, Swiss chard and fennel leaves and steamed over a cinnamon-and-cumin-scented broth, while the couscous, cooking in solitary splendor on top, absorbs the flavors from the tiers below. Many modern couscous dishes are spicy, with lots of fiery peppers and a combination of ground coriander, cumin and garlic. Older recipes are mellow and exotic, often made with quince, raisins and a curious blend of dried rosebuds, black pepper and ground cinnamon called bharat. Also popular is a combination of the two recipes. North Africans, from Morocco to Egypt, often finish a meal with a charming presentation of mint tea embellished with a few floating pinenuts to impart a mildly resinous aroma.

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6: Couscous - Wikipedia

Couscous is a staple food throughout the North African cuisines and known as a national dish in Algeria, Morocco, Tunisia, as well as Mauritania and Libya. However, it is now popular throughout the world.

Email Shares Couscous is a staple in most Maghreb cuisines. It is known as the national dish in Tunisia , but also in Algeria and Morocco , as well as Mauritania and Libya. Tunisian couscous is one of the countless variations of this delicious and versatile dish. It is thought that the original name of couscous Arabic: It is called kousksi in Tunisia , taam, kosksi or kesksu in Algeria , seksu in Morocco , and maftoul in Jordan and Lebanon. It is also used in Sicily where it is known as cuscusu. Couscous is made from small durum semolina balls that are crushed and steamed. Where does couscous come from? The origin of couscous is not very clear. It is thought that it might have been invented by the Berbers, as early as the 3rd century AD. Primitive couscous steamers dating from the reign of the Berber king Massinissa were found in Algeria. Other sources say that couscous was born between the end of the Zirid dynasty Berber dynasty from central Maghreb and the beginning of the Almohad caliphate around the twelfth century. Even today, in parts of Guinea and Senegal , recipes that are based on millet couscous with meat or peanut sauce are still popular. In the 13th century, a Syrian historian from Aleppo referred to couscous in his work, confirming that couscous had spread fairly quickly, mainly from the former Libyan province of Tripolitania to the west. Couscous is also popular in West Africa , as well as in Central Africa , and has even spread to the southern Turkish provinces from Syria around the sixteenth century. Note that couscous was originally prepared with millet and not wheat. Most historians believe that the transition to wheat occurred in the 20th century, although there are still many areas that use millet to make couscous. Couscous is traditionally steamed in a couscous steamer couscoussier to produce softer, larger grains. Nowadays, the couscous grain semolina that is sold in most supermarkets in the western world is pre-steamed and then dried. Precooked couscous, also known as instant couscous, takes less time to prepare than traditional couscous, and is almost as good, although purists will easily notice the difference. The different couscous recipes Couscous is also the name of the recipe made with the semolina of the same name. There are a multitude of couscous recipes, including vegetarian, meat beef, lamb, etc , chicken, fish, seafood and even butter couscous couscous au beurre. The version I am sharing today is the Tunisian version. There are also as many versions as families or regions in Tunisia! However, Tunisian couscous has some characteristics that differentiate it from Algerian and Moroccan couscous. First, the Tunisian couscous sauce is always red, because of the tomato or tomato sauce that is used. While white sauce couscous can be found in Algeria and Morocco , there is hardly any in Tunisia. In Morocco , there are also more sweet versions such as couscous seffa, a couscous dish with almonds and raisins or couscous tfaya with caramelized onions and raisins. Among the Tunisian versions, we find the couscous barbouche, a typical dish of southern Tunisia, prepared with tripe and herbs cilantro, parsley , and served traditionally with hard-boiled eggs. When preparing a meat couscous, it is important to choose only one meat. Indeed, the couscous is steamed with the vegetable and meat broth, and this broth should give the aroma of only one meat. Some couscous recipes from North Africa add merguez, but most traditional couscous are prepared with only one meat. Couscous can also be prepared with several spices, and spice blends. In Tunisia , tabel is the preferred spice blend. It usually includes at coriander, caraway, garlic and chili powder at a minimum. There is also ras el hanout, a spice blend from the Maghreb whose recipes also vary but which often include spices such as cumin, ginger, turmeric, cinnamon or coriander. In Tunisian Jewish homes, the couscous that is prepared for Shabbat is often served with meatballs. These meatballs are quite unique and characteristic of Tunisian Jewish cuisine. My mother and my grandmother prepared them almost every Friday for our greatest pleasure. These meatballs are prepared with ground beef, stale bread rehydrated , and various spices including crushed rose petals. Each oblong meatball is made with one piece of cut vegetable that may include potato, celery, zucchini or artichoke. They are breaded and then fried. They can be served as is or cooked slowly with the coucous broth. Since most

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people do not own a couscous steamer couscoussier , I am sharing a couscous recipe where the couscous semolina is prepared separately instead of being steamed at the top of the double boiler. However, it is important to impregnate the semolina with the broth at least an hour before serving so that the semolina has time to absorb the aromas of the meat and vegetables broth. I prepared this Tunisian couscous for a dinner with our friend Skander and his wife Alevtyna. Skander, who is the director of the Los Angeles Conservatory of Music where our children learn violin and cello, is of Tunisian origin. It was a pleasure to host him to share our common heritage around this couscous. We started this Tunisian feast with a traditional kemia, including the ommek houria salad, and we finished with a harissa hloua and a sabayon, served with a tea with pine nuts of course! This recipe is validated by our expert in Tunisian cuisine, Chef Mounir Arem. Chef Mounir is the chef-owner of the restaurant Le Baroque in Tunis.

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7: Where Is The Maghreb Region In Africa? - www.enganchecubano.com

Made from dried, steamed durum wheat flour, couscous is widely preferred and eaten in North Africa, mainly in Morocco and Algeria, where it is traditionally served on Friday lunch. Made from a mixture of meat, vegetables and steamed wheat semolina, Couscous recipes are very numerous.

It is an ideal food for both nomadic and agricultural peoples. The famed Arab traveler Leo Africanus c. Berber woman preparing couscous in Essaouira, Morocco These very early references to couscous show that either it is not unique to the Maghrib or it spread with great rapidity to the Mashraq the eastern Arab world. I believe it is unique to the Maghrib and was invented there and that its appearance in the Levant is a curiosity. In Tripolitania to the west, they eat couscous; and in Cyrenaica to the east, they eat Egyptian food. Couscous was only a curiosity east of the Gulf of Sirte. In the Mashraq, one form of couscous is also known by the word maghribiyya, indicating that it is recognized as a food of the Maghrib the western Arab world. Even today couscous is not eaten that much by Libyans of Cyrenaica and western Egyptians, although it is known by them. But in Morocco, Algeria, Tunisia, and Tripolitania couscous is a staple. There is little in the way of archeological evidence of early use of couscous, mainly because the kiskis was probably a basket made from organic material set over a marmite-like terracotta bottom vessel and never survived. Some shards of a marmite-like vessel have been found in the medieval Muslim stratum at Chellala in Algeria, but the dating is difficult. Interestingly, the couscous recipes from the sixteenth and seventeenth centuries are no different from the ones today. By the fourteenth century, there are many references to pasta secca and couscous. In a dream the Prophet tells him that he should feed the sick man kouskoussoun, a word used as a noun. One of the earliest appearances of couscous in northern Europe is in Brittany, when Charles de Clairambault, the naval commissioner, in a letter dated January 12, , tells us that the Moroccan ambassador, cAbd Allah bin cAisha, and his party of eighteen had brought their own flour and made couscoussou with dates and that it was a delicious dish they made for Ramadan. Couscous is served with meat, fish, vegetables, and spices. Cooked simply with sour milk and melted butter, it left the hungry traveler feeling full and was the traditional food of the poorest, namely the nomadic Berbers. For centuries, black African women were employed as couscous cooks, a phenomenon that might be indicative of the sub-Saharan African origins of couscous. Even today in Morocco the dada--young black Saharan and sub-Saharan women who serve as domestics, especially as cooks--are often employed to prepare couscous. The Tuareg, a Muslim Berber tribe of the Sahara, also employ young black servant women to make couscous. Black slaves were also prominent as cooks in medieval Egyptian households and up until the nineteenth century. In Muslim Spain, too, black slaves would prepare meals in aristocratic homes while the wives would prepare the food in poorer homes. Various Berber tribes of Morocco have different names for couscous. Even in western Sicily I have come across couscous called by this purely Algerian Arabic expression. In Tunisia, couscous is called kiskisi, kiskiss, kuskusi, or kusksi. It is then pounded, sieved, and dried in the open air. A second sifting collects the barley. In southern Tunisia, ground fenugreek is sprinkled on the couscous. Moroccan couscous The best and most famous couscous is made from hard wheat. Hard wheat couscous was probably invented by Muslim Berbers in the eleventh or twelfth-century Maghrib. The argument that couscous was invented in Spain, an argument based on the fact that the first written recipe for couscous is from an Hispano-Muslim cookery manuscript, is not compelling. Evidence is mounting that the process of couscous cookery, especially steaming grain over a broth in a special pot, might have originated before the tenth century in the area of West Africa where the medieval Sudanic kingdom thrived, today encompassing parts of the contemporary nations of Niger, Mali, Mauritania, Ghana, and Burkina Faso. Even today in the region of Youkounkoun of Guinea and Senegal, a millet couscous with meat or peanut sauce is made, as well as a rice couscous. Millet was also used for couscous by the Kel Ahaggar, a nomadic people of the desert of southern Algeria, who probably learned about it in the West African Sudan, where it has been known for centuries. In West Africa, one finds sorghum, founi, black fonio

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Digitaria iburua ,and finger millet Eleusine coracana , a cereal of Nigeria also cultivated in India made into couscous. The Hausa of central Nigeria and the Lambas of Togo call this couscous made with black fonio, wusu-wusu.

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8: The Great Book of Couscous: Classic Cuisines of Morocco, Algeria and Tunisia by Copeland Marks

The Maghrib (also spelled Maghreb) people live in the region that essentially encompasses the Atlas Mountains and the coastal plain of Morocco, Algeria, Tunisia, and Libya. Cooking Couscous Couscous takes on the flavors of the other ingredients in which it is prepared.

Etymology[edit] The original name may be derived from the Arabic word Kaskasa, meaning "to pound small" or the Berber Seksu, meaning "well rolled", "well formed", or "rounded". AD stated in his Rihlah Travels , indicating what may be the earliest mention of couscous kuskusu in West Africa from the early s: The semolina is sprinkled with water and rolled with the hands to form small pellets, sprinkled with dry flour to keep them separate, and then sieved. Any pellets that are too small to be finished granules of couscous fall through the sieve and are again rolled and sprinkled with dry semolina and rolled into pellets. This labor-intensive process continues until all the semolina has been formed into tiny granules of couscous. In the traditional method of preparing couscous, groups of women came together to make large batches over several days, which were then dried in the sun and used for several months. Handmade couscous may need to be rehydrated as it is prepared; this is achieved by a process of moistening and steaming over stew until the couscous reaches the desired light and fluffy consistency. In Brazil , the traditional couscous is made from cornmeal. In modern times, couscous production is largely mechanized, and the product is sold in markets around the world. This couscous can be sauteed before it is cooked in water or another liquid. The base is a tall metal pot shaped rather like an oil jar in which the meat and vegetables are cooked as a stew. On top of the base, a steamer sits where the couscous is cooked, absorbing the flavours from the stew. The lid to the steamer has holes around its edge so steam can escape. It is also possible to use a pot with a steamer insert. If the holes are too big, the steamer can be lined with damp cheesecloth. There is little archaeological evidence of early diets including couscous, possibly because the original couscoussier was probably made from organic materials that could not survive extended exposure to the elements. Instant couscous[edit] The couscous that is sold in most Western supermarkets has been pre-steamed and dried. It is typically prepared by adding 1. Pre-steamed couscous takes less time to prepare than regular couscous, most dried pasta , or dried grains such as rice. Local serving variations[edit] Couscous with various toppings In Tunisia, Algeria, Morocco, and Libya, couscous is generally served with vegetables carrots , potatoes , turnips , etc. In the Sahelian countries of West Africa, such as Mali and Senegal , pearl millet is pounded or milled to the size and consistency necessary for the couscous. The couscous is usually steamed several times until it is very fluffy and pale in color. It is then sprinkled with almonds , cinnamon and sugar. Traditionally, this dessert is served with milk perfumed with orange flower water , or it can be served plain with buttermilk in a bowl as a cold light soup for supper. In Tunisia, it is made mostly spicy with harissa sauce and served with almost everything, including lamb, fish, seafood, beef and sometimes in southern regions, camel. Fish couscous is a Tunisian specialty and can also be made with octopus , squid or other seafood in hot, red, spicy sauce. Couscous in Tunisia is served on every occasion; it is also served in some regions mostly during Ramadan , sweetened as a dessert called masfouf. In Libya, it is mostly served with meat, specifically mostly lamb, but also camel , and very rarely beef, in Tripoli and the western parts of Libya, but not during official ceremonies or weddings. Another way to eat couscous is as a dessert; it is prepared with dates, sesame, and pure honey, and locally referred to as "maghroud". Couscous is also very popular in France, where it is now considered a traditional dish, and has also become common in Spain, Portugal, Italy, and Greece. Indeed, many polls have indicated that it is often a favorite dish. Packaged sets containing a box of quick-preparation couscous and a can of vegetables and, generally, meat are sold in French, Spanish and Italian grocery stores and supermarkets. In France, it is generally served with harissa sauce, a style inherited from the Tunisian cuisine. Indeed, couscous was voted as the third-favourite dish of French people in in a study by TNS Sofres for magazine Vie Pratique Gourmand, and the first in the east of France. In Egypt, couscous is eaten more as a dessert. It is prepared with butter,

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sugar, cinnamon, raisins, and nuts and topped with cream. In Palestine, maftoul is considered as a special type of couscous but made from different ingredients and a different shape. It is larger than North African couscous, but is similarly steamed and often served on special occasions in a chicken broth with garbanzo beans and tender pieces of chicken taken off the bone. Maftoul is an Arabic word derived from the root "fa-ta-la", which means to roll or to twist, which is exactly describing the method used to make maftoul by hand rolling bulgur with wheat flour. In fact, there is an annual Maftoul Festival which involves a competition held in Bir Zeit every year. Couscous may be used to make a breakfast tabbouleh salad. Though usually cooked in water, it can also be cooked in another liquid, like apple juice, and served with dried fruit and honey.

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9: Did You Know: Food History - History of Couscous

Made from dried, steamed durum wheat flour, couscous is widely preferred and eaten in North Africa, mainly in Morocco and Algeria, where it is traditionally served on Friday lunch.

Redolent of saffron, cumin and cilantro, Moroccan cooking can be as elegant or as down-home hearty as you want it to be. In *Couscous and Other Good Food from Morocco*, author Paula Wolfert has collected delectable recipes that embody the essence of the cuisine. Just reading the recipes will be enough to induce ravenous hunger even on a full stomach. The vitality of Moroccan culture underscores the sensual combination of ingredients in these simple, authentic recipes such as Chicken Tagine with Almonds and Tuna in Red Pepper and Olive Sauce, along with rice and couscous recipes and grilled meats and vegetables. The *Great Book of Couscous*: Couscous is a common cooking ingredient, along spices--particularly cinnamon, cumin, coriander and paprika, in all these countries. Each of these areas was also originally populated by the Berbers, occupied by the Ottoman Turks and the Arabs, then colonized by the French. These cultures heavily influenced the local cooking, with some differences in each. Moroccan food is the most complex and sophisticated, Marks explains. Dishes may blend half a dozen spices, along with dried fruit and salt preserved lemons or olives. Tunisian food is relatively simple and hot, though many cooks will still find it amply robust and intriguing. Algerian food, Marks claims, is the most creative, as well as the most marked by French influences. Armchair chefs will enjoy the colorful descriptions of the markets, visits with home cooks, and experiences in restaurants. The recipes for the many tagines or stews, roasted chickens, and other dishes are easy to follow. Their ingredients are mostly available at supermarkets. The inclusion of Jewish dishes from the Maghreb make this a particularly interesting book for many people not familiar with the garlic-rich Moroccan Chickpea Stew or Algerian Merguez Juive, a sausage made with lamb or beef, cumin, coriander, and fiery chile powder. Though it takes some work to prepare the clear, precisely written recipes Marks provides, the aromatic, succulent results are worth the effort. Principal sections highlight Morocco, Algeria, and Tunisia. Each of these is divided once again, with the focus shifting to the Jewish cuisine of each country. Marks is an accomplished food guide whose extensive travels yield a cornucopia of more than recipes. To cook the food may well open the door to ancient history and to culinary legacies resulting from the melding of cultures. Classic meals in Morocco, Algeria, and Tunisia are built around meat and vegetables, with couscous serving as filler. But while Marks is intent on remaining true to tradition, the title of this book proves thoroughly misleading: There are recipes for couscous, but no more than eight per chapter, about 20 in total. For the rest, the author provides instructions for making a complete meal, from couscous-less main dishes based on lamb, beef, fish, and chicken to salads, vegetables, and condiments, to sweets, beverages, and breads. Everything tested, from the cumin-flavored carrot salad to the light, scallion-accented cucumber salad and the savory couscous with merquez a spicy sausage was delicious and fairly simple to prepare. But some of the ingredients are difficult to find for those without a local African market, and Marks does not include mail-order information. Synopsis The North African pasta known as couscous is a form of cracked wheat eaten as a cereal, with meat and vegetables as a main dish, or with fruit and nuts as a dessert. The author of *Sephardic Cooking* presents some recipes from one of the great cuisines of the world.

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