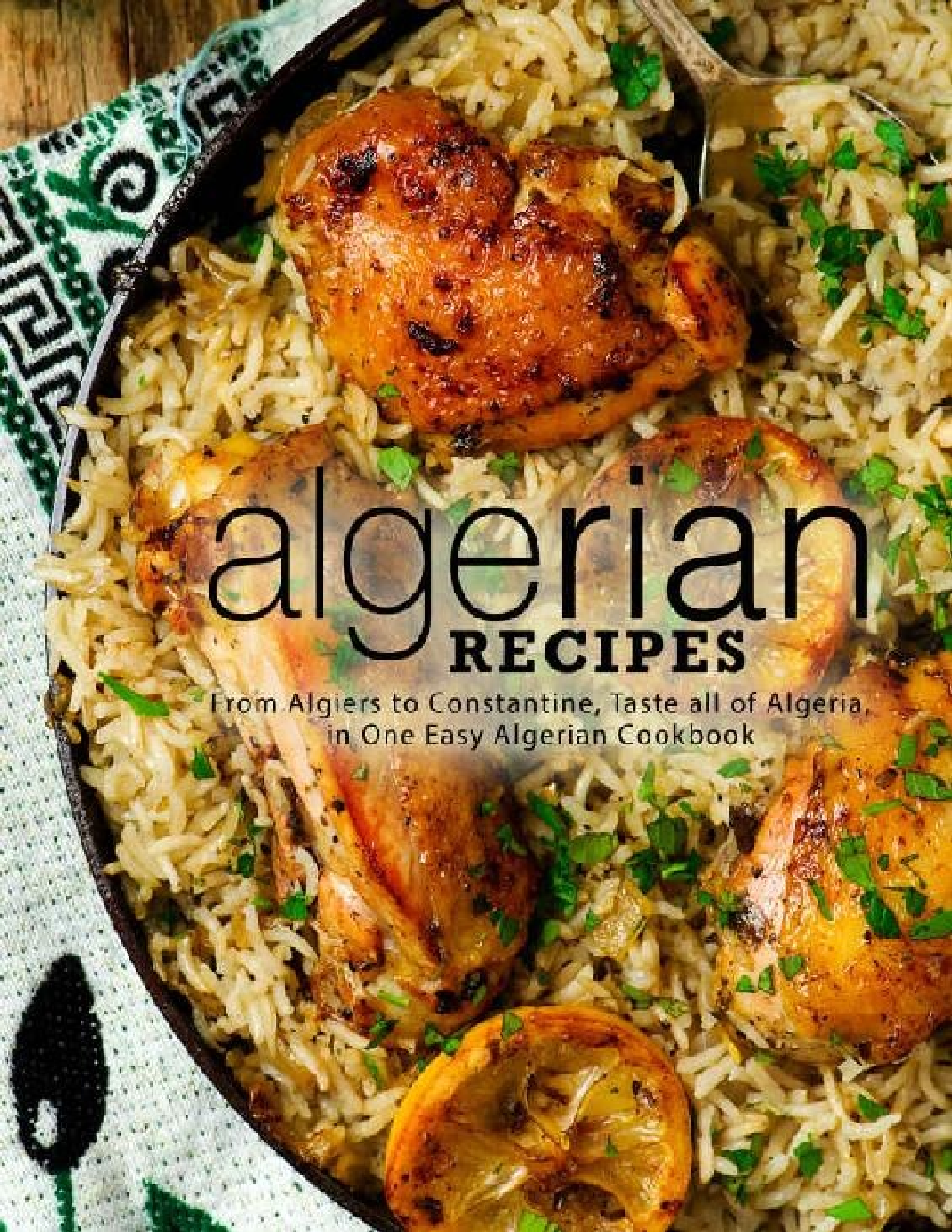




algerian **RECIPES**

From Algiers to Constantine, Taste all of Algeria,
in One Easy Algerian Cookbook

ALGERIAN RECIPES

FROM ALGIERS TO CONSTANTINE, TASTE ALL OF
ALGERIA, IN ONE EASY ALGERIAN COOKBOOK

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With simple ingredients, and even simpler step-by-step instructions BookSumo cookbooks get everyone in the kitchen chefinf delicious meals.

BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Algerian. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

— **BookSumo Press**

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ANY ISSUES? CONTACT US

If you find that something important to you is missing from this book please contact us at info@booksumo.com.

We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

— **BookSumo Press**

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb

***All units used are standard American measurements**



CHAPTER 1: EASY ALGERIAN RECIPES

CREAMY CRUSHED TOMATO SOUP BOWLS

Ingredients

- 1 C. **lentils**, sorted & rinsed
- 1 **cinnamon** stick
- 7 C. **water**
- 1 tbsp olive **oil**
- 3 C. minced **onions**
- 2 tbsp minced **garlic**
- 2 tsp **salt**
- 1 tsp **turmeric**
- 1 1/2 tsp **cumin** seeds
- 2 tsp ground **cumin**
- 3 **bay** leaves
- 1 (28 oz.) cans crushed **tomatoes**
- 2 C. cooked **chickpeas**, drained and rinsed
- black **pepper**
- cayenne **pepper**
- **currants**
- plain **yogurt**
- **parsley**, chopped
- fresh **mint**, chopped

Directions

- Place a large pot over medium heat. Stir in it the cinnamon stick with lentils, 7 C. of water and a pinch of salt.
- Cook them until they start boiling. Lower the heat and put on the lid. Cook them for an extra 32 min.
- Once the time is up, discard the cinnamon stick. Strain the lentils. Place the cooking liquid aside.
- Place a stew pot over medium heat. Heat in it the oil.

- Cook in it the onion, garlic, salt, turmeric, cumin seeds, ground cumin, and bay leaves for 8 min.
- Stir in the tomatoes and cook them until they start boiling. Lower the heat and put on half a cover.
- Let it cook for 16 min. Add the lentils with chickpeas. Cook them for 6 min.
- Fold the lemon juice with a pinch of salt and pepper. Serve your soup hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	237.8
Fat	4.0g
Cholesterol	0.0mg
Sodium	1203.8mg
Carbohydrates	43.5g
Protein	10.4g

* Percent Daily Values are based on a 2,000 calorie diet.



HOT CARROT MASH

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**, see appendix
- 2 tsp **cumin**, ground
- black **olives**

Directions

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

Servings Per Recipe: 4

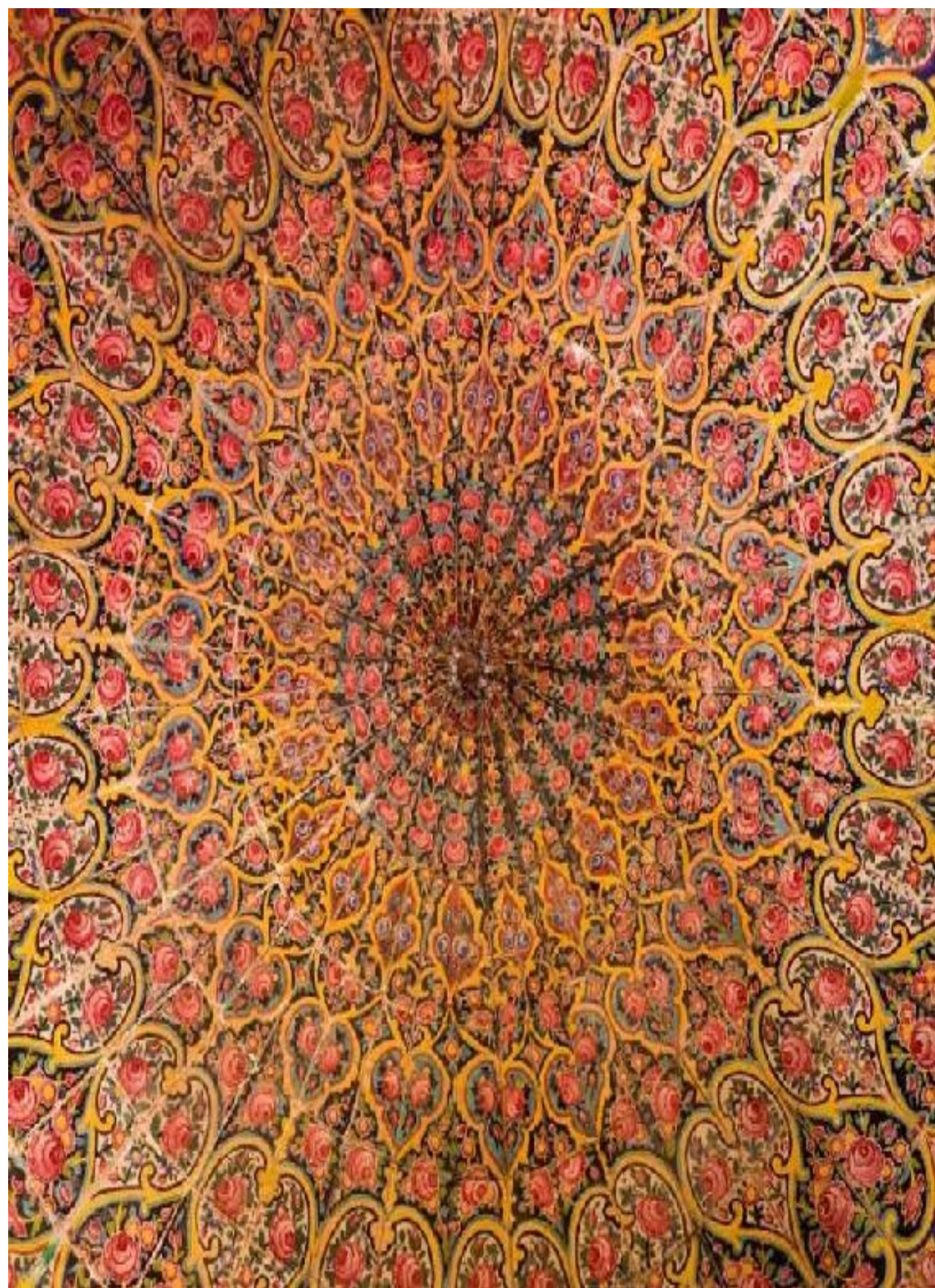
Timing Information:

Preparation	20 mins
Total Time	35 mins

Nutritional Information:

Calories	205.8
Fat	14.2g
Cholesterol	0.0mg
Sodium	720.5mg
Carbohydrates	19.7g
Protein	2.0g

* Percent Daily Values are based on a 2,000 calorie diet.



RADISH SALAD

Ingredients

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

Directions

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

Servings Per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

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

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN WEEKNIGHT DINNER

(SPICY GROUND BEEF WITH BEANS)

Ingredients

- 1 lb lean ground **beef**
- 1 1/2 C. **onions**, chopped
- 1 C. green bell **pepper**, chopped
- 3 **garlic** cloves, crushed
- 8 oz. kidney **beans**
- 8 oz. **hominy**
- 1 tsp. **salt**
- 1 tsp. dried **basil**
- 1/2 tsp. ground black **pepper**
- 1/4 tsp. **sugar**
- 1/4 tsp. dried **oregano**
- 1/4 tsp. red **pepper** flakes
- 2 C. **water**

Directions

- Place a large pan over medium heat. Cook in it the beef with onion, garlic and bell pepper for 7 min.
- Drain them and discard the excess grease. Pour them back into the pan.
- Add the kidney beans, hominy, salt, basil, pepper, sugar, oregano and red pepper flakes.
- Stir in 2 C. of water. Let them cook over medium heat until the stew becomes thick for at least 10 to 12 min.
- Serve it hot with some rice.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	12 mins
Total Time	28 mins

Nutritional Information:

Calories	217.0
Fat	8.2g
Cholesterol	49.1mg
Sodium	633.8mg
Carbohydrates	16.6g
Protein	18.4g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN QUICHE

Ingredients

- 2 C. chickpea **flour**
- 4 C. **water**
- 1/2 C. **oil**
- 1 tbsp. **salt**
- 1/4 tsp. black **pepper**
- 1 **egg**, beaten
- ground **cumin**, for sprinkling
- **harissa**

Directions

- Before you do anything, preheat the oven to 375 F.
- Place the flour with water, oil, salt and pepper in a blender.
- Pulse them several times until they become smooth. Pour it into a mixing bowl.
- Add to it the beaten egg and mix them well. Pour the mixture into a greased pie pan.
- Bake it for 60 min until it becomes golden brown.
- Allow the pie to cool down for few minutes then top it with the harissa.
- Serve it right away.
- Enjoy.

Servings Per Recipe: 10

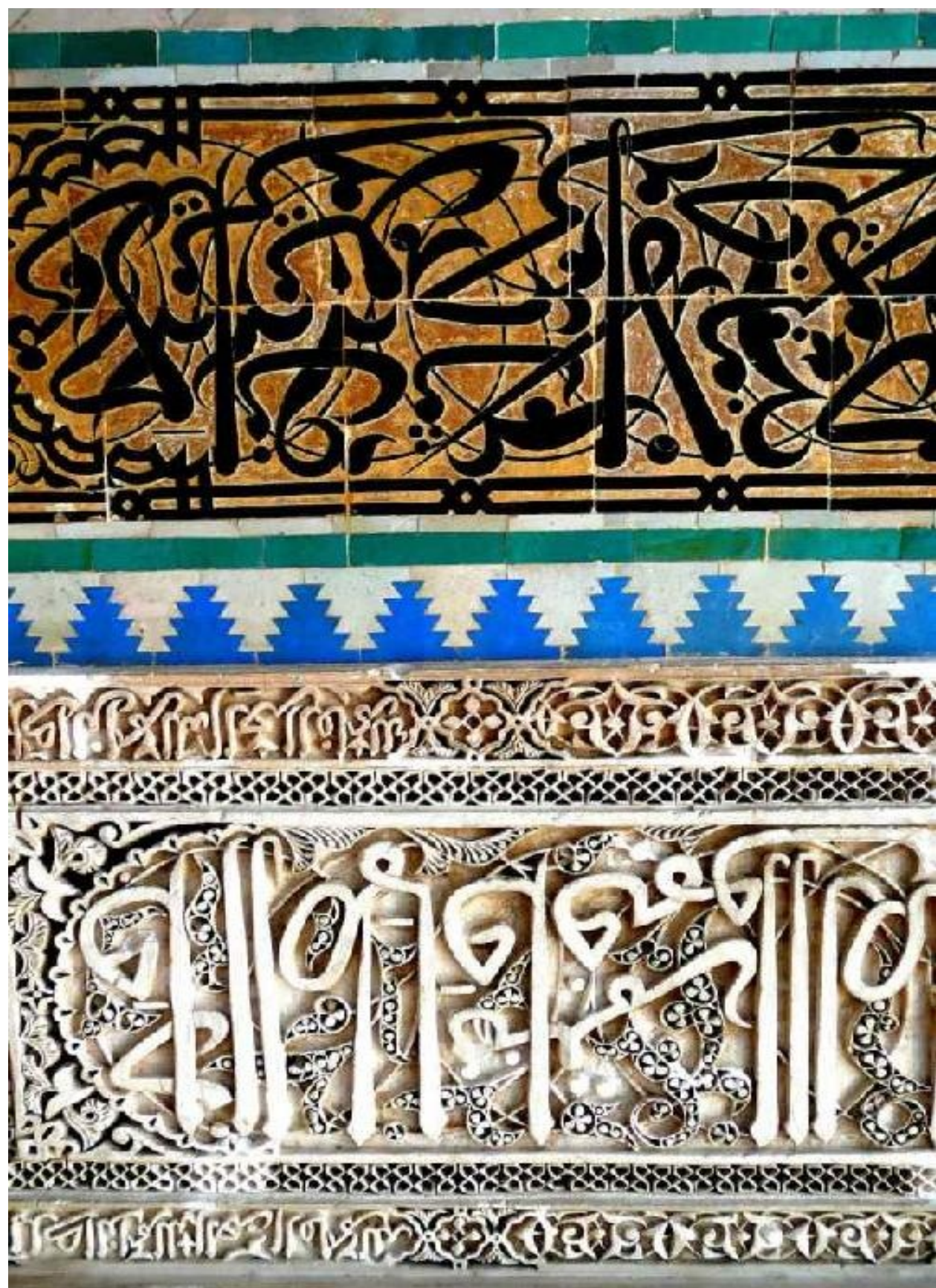
Timing Information:

Preparation	5 mins
Total Time	1 hr 5 mins

Nutritional Information:

Calories	174.8
Fat	12.6g
Cholesterol	18.6mg
Sodium	719.3mg
Carbohydrates	10.7g
Protein	4.7g

* Percent Daily Values are based on a 2,000 calorie diet.



SWEET GLAZED SEMOLINA CAKE

Ingredients

Cake

- 1 1/2 C. of **semolina**
- 1 C. plain **flour**
- 2 tsp. **baking** powder
- 3/4 C. unsweetened dried shredded **coconut**
- 1/4 C. granulated **sugar**
- 1 C. sunflower **oil**
- 1 **lemon**, zest of grated
- 1 C. **yogurt**
- 4 **eggs**
- 2 tsp. **vanilla** flavoring

Syrup

- 3 C. **water**
- 3 C. granulated **sugar**
- 1 tbsp. **orange** flower water
- 1 tsp. **lemon** juice

Garnish

- blanched whole **almond**

Directions

- Before you do anything, preheat the oven to 350 F.

To prepare the syrup:

- Place a saucepan over medium heat. Stir in it the water with sugar. Heat them until they start boiling.
- Turn off the heat. Add the orange flower water with lemon juice. Place it aside to lose heat.
- Get a large mixing bowl: Mix in it the yogurt with syrup, eggs,

sunflower oil, and vanilla.

- Add the remaining dry ingredients and combine them well.
- Pour the mixture into a greased square baking pan and press it into an even layer.
- Use a knife to slice it into diamonds shapes then press an almond in the center of each diamond.
- Bake them for 32 to 42 min. Go over the diamond cuts with a knife then drizzle the syrup all over them.
- Let them sit for at least 60 min then serve them.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	6699.1
Fat	290.2g
Cholesterol	775.8mg
Sodium	1180.8mg
Carbohydrates	963.8g
Protein	83.3g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN STRAWBERRY COOKIES

Ingredients

Cookies

- 1 C. margarine or 1 C. **butter**, softened
- 1/2 C. granulated **sugar**
- 1 large free range **egg**
- 2 1/2 C. plain **flour**
- 1 tsp. **baking** powder
- 1 tbsp. vanilla **sugar** or 1/2 tsp. vanilla extract

Garnish

- 3/4 C. **strawberry** jam
- 1/2-3/4 C. icing **sugar**

Directions

To prepare the cookies:

- Before you do anything, preheat the oven 340 F.
- Get a large mixing bowl: Beat in it the butter with sugar until they become creamy.
- Add the vanilla with eggs and mix them well.
- Add the flour and baking powder gradually while mixing until you get a soft dough.
- Transfer the dough to a lightly floured surface and roll it until it becomes 4 mm thick.
- Use a cookie cutter to cut the dough into shapes you desire.
- Place them on a lined up baking sheet and bake them for 7 to 8 min.
- Once the time is up, turn off the oven and let them cool down for a while.
- Pull them out and place them aside to continue cooling down.
- Place a small heavy saucepan over medium heat. Pour in it the jam and heat it until it starts bubbling.

- Roll the sable cookies gently in icing sugar.
- Coat the bottom of a cookie with jam then press to it the bottom of another cookie.
- Place it on a serving plate. Repeat the process with the remaining cookies.
- Serve them right away or store them in a container for 1 week.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	25 mins
Total Time	33 mins

Nutritional Information:

Calories	142.4
Fat	3.9g
Cholesterol	7.4mg
Sodium	64.5mg
Carbohydrates	25.1g
Protein	1.6g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN LUNCH BOX (MINT SALAD)

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

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

Servings Per Recipe: 2

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	301.6
Fat	30.7g
Cholesterol	0.0mg
Sodium	353.5mg
Carbohydrates	8.0g
Protein	1.5g

* Percent Daily Values are based on a 2,000 calorie diet.

TOMATO BRAISED EGG SKILLET (SHAKSHOUKA I)

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

- Place a large pan over medium heat. Heat in it the oil.
- Cook in it the cumin seeds for 20 sec. Add the paprika and cook them for 10 sec.
- Stir in the garlic with the onion and cook them for 6 min.
- Stir in the tomato and cook them until they start simmering. Stir in the peppers with potato, water, salt, and pepper.

- Lower the heat and put on the lid. Cook them for 12 min while adding more water if needed.
- 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.
- Serve your chakchouka pan hot with some bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	252.8
Fat	15.5g
Cholesterol	186.0mg
Sodium	85.8mg
Carbohydrates	20.5g
Protein	9.4g

* Percent Daily Values are based on a 2,000 calorie diet.



EMPANADAS IN ALGERIA

Ingredients

- 9 oz. **beef** mince
- 1 **onion**, chopped
- 1 pinch **cinnamon**
- 1 1/2 C. **parsley**, finely chopped
- 2 **eggs**, beaten
- 6 **phyllo** pastry sheets
- 6 Laughing Cow **cheese** wedges
- vegetable **oil**

Directions

- Place a large skillet over medium heat. Heat in it a splash of oil.
- Cook in it the onion for 3 min. Stir in the beef and cook it for 5 min.
- Stir in the cinnamon, with parsley, a pinch of salt and pepper.
- Stir in the beaten eggs until they are done. Turn off the heat and let it cool down.
- Get a phyllo sheet. Put in it 2 to 3 tbsp. on one side of it. Top it with cheese.
- Pull the sheet sides to the middle then roll the sheet further over the filling tightly.
- Brush the edge with some water or beaten egg. Repeat the process with the remaining filling and sheets.
- Place a large deep skillet over medium heat. Heat in it 1.5 inches of oil.
- Cook in it the empanadas until they become golden brown. Drain them and place them on paper towels to drain.
- Serve them with a dipping sauce of your choice.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	1 hr
Total Time	1 hr 5 mins

Nutritional Information:

Calories	175.4
Fat	9.6g
Cholesterol	29.5mg
Sodium	128.8mg
Carbohydrates	12.6g
Protein	9.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN CHICKEN HOT POT

Ingredients

- 3 C. **chicken** broth
- 1 **chicken** bouillon cube
- 2 C. cooked **chicken**, chopped
- 1 medium **onion**, chopped
- 2 C. fresh green **beans**, cut
- 2 **carrots**, sliced
- 1 tsp. ground **cumin**
- 1 tsp. **basil**
- 1 **garlic** clove, minced
- 2 bay **leaves**
- 1/2 tsp. dried **parsley**
- **salt**
- **pepper**
- 2 medium **tomatoes**, chopped
- 2 small **zucchini**, sliced (or 1 medium)
- 1 (16 oz.) cans garbanzo **beans**, drained
- 1/4 tsp. ground red **pepper**

Directions

- Place a saucepan over medium heat. Combine in it the broth, bouillon, chopped chicken, onion, green beans, carrots, cumin, basil, garlic, bay leaves, parsley, salt, and pepper.
- Heat them until they start boiling. Lower the heat and put on the lid. Cook them for 8 to 9 min.
- Stir in the zucchini with tomatoes and cook them for 4 min.
- Stir in the red pepper with garbanzo beans. Put on the lid and heat them for 3 to 5 min.
- Adjust the seasoning of your stew then serve it.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	40 mins

Nutritional Information:

Calories	230.8
Fat	5.1g
Cholesterol	35.0mg
Sodium	816.1mg
Carbohydrates	26.6g
Protein	19.9g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN STYLE CARROTS

Ingredients

- 17.6 oz.. **Carrots**, peeled and sliced
- 3 tbsp. **oil**
- 3 **garlic** cloves, minced
- 1 hot **pepper**
- 1/2 tsp. caraway **seed**
- 1 tsp. **paprika**
- 1 1/2 tbsp. **vinegar**
- **salt** and black **pepper**

Directions

- Bring a large salted saucepan of water to a boil. Cook in it the carrots for 10 to 14 until they become soft.
- Combine the garlic with hot pepper, red pepper, caraway seeds and salt. Grind them until they become like a paste.
- Transfer the mixture to a mixing bowl. Stir into it 1 tbsp. of water with oil. Mix them well.
- Drain the carrots and transfer them to a skillet. Pour over them the pepper sauce and put on the lid.
- Cook them for 3 to 4 min then serve them warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	148.2
Fat	10.6g
Cholesterol	0.0mg
Sodium	87.1mg
Carbohydrates	13.1g
Protein	1.4g

* Percent Daily Values are based on a 2,000 calorie diet.

TOMATO BASED CHICKEN AND CHICKPEAS

Ingredients

- 8 **chicken** pieces
- 1 small **onion**, Chopped
- 4 **garlic** cloves, crushed
- 1/2 tsp. ras el **hanout** spice mix
- 1/4 tsp. **harissa**
- 2 allspice **berries**
- 2 tsp. **tomato** paste
- 400 g **chickpeas**, drained
- 2 pints **chicken** stock

Directions

- Place a large saucepan over medium heat. Heat in it 2 tbsp. of oil.
- Brown in it the chicken pieces for 4 to 5 min on each side.
- Stir in the garlic, spices, salt, tomato puree and Harissa. Let them cook for 2 to 3 min.
- Stir in the stock and heat them until they start boiling.
- Lower the heat and let them cook for 32 min.
- Stir in the chickpeas and cook them for 10 to 12 min until the stew becomes thick.
- Adjust the seasoning of your stew then serve it.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	55 mins

Nutritional Information:

Calories	219.0
Fat	4.0g
Cholesterol	7.2mg
Sodium	664.6mg
Carbohydrates	34.2g
Protein	11.5g

* Percent Daily Values are based on a 2,000 calorie diet.



ORANGE BLOSSOM COOKIES

Ingredients

- 1 1/4 lbs. **almonds**, whole, blanched
- 1 C. **sugar**
- 2 **eggs**, beaten lightly
- 2 C. **water**
- 1/2 C. **sugar**
- 1 tbsp. **orange** blossom water
- 3 C. confectioners' **sugar**

Directions

To prepare the cookies:

- Before you do anything, preheat the oven to 350 F.
- Get a blender: Combine in it the sugar with almonds. pulse them several times until they become smooth.
- Transfer the mixture to mixing bowl and add to them the eggs. Stir them well until you get dough.
- Transfer the dough to working space and knead it until it becomes soft.
- Slice it into 4 pieces and transfer them to the lightly floured surface.
- Roll each quarter into a 3/4 inch rope then press it down lightly to flatten it until it becomes 1/2 inch thick.
- Slice the rope into 1-inch pieces and place them on a lined up baking sheet.
- Repeat the process with the remaining dough. Place them in the oven and cook them for 13 to 16 min.
- Once the time is up, place it aside to lose heat completely.

To prepare the syrup:

- Place a heavy saucepan on high heat. Combine in it 1/2 C. of sugar with water.
- Heat them until they start boiling. Cook them for an extra 12 to 16

while stirring all the time.

- Turn off the heat and add the orange flower water. Let it cool down completely.
- Dip the cookies in the syrup then coat them with the powdered sugar. Serve them with some tea.
- Enjoy.

Servings Per Recipe: 10

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	609.4
Fat	30.6g
Cholesterol	37.2mg
Sodium	209.8mg
Carbohydrates	78.0g
Protein	13.2g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN SAFFRON BOWLS

Ingredients

- 2 tbsp. olive **oil**
- 2 lbs. boneless skinless **chicken** breasts, cubed
- 1 tbsp. **butter**
- 4 **garlic** cloves, minced
- 1 tsp. **saffron**, crumbled
- 1 bunch **cilantro**, finely chopped
- 1 C. **water**
- 8 oz. kalamata **olives**, pitted
- 1 **lemon**, juiced
- **salt** & freshly ground black **pepper**

Directions

- Place a large pot over high heat. Heat in it the oil.
- Cook in it the chicken cubes for 10 to 12 while stirring all the time.
- Add the butter, garlic, saffron, and cilantro. Cook them for 12 min while stirring often.
- Stir in the water and heat them until they start boiling.
- Lower the heat and cook them for 26 min. add the lemon juice with olives.
- Cook them for 10 min. adjust the seasoning of your stew then serve it hot with some couscous.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr 3 mins

Nutritional Information:

Calories	420.5
Fat	21.7g
Cholesterol	152.9mg
Sodium	715.0mg
Carbohydrates	6.3g
Protein	49.2g

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN SOUP NORTH AFRICAN

Ingredients

- 6 **chicken** drumsticks
- 1 large **onion**, chopped
- 9 C. **water**
- 7 oz. canned **chickpeas**, drained
- 1 **cinnamon** stick
- 1/2 **lemon**, juice of
- 1 large **egg** yolk, beaten
- 1/4 C. fresh **parsley**, finely chopped
- 2-3 tsp. olive **oil**
- 1 1/2 tbsp basmati **rice**
- **salt & pepper**

Directions

- Place a large pot over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
- Stir in the chicken with a cinnamon stick. Cook them for 9 min while stirring often.
- Stir in the water with a pinch of salt and pepper. Put on the lid and cook them for 16 min.
- Once the time is up, drain the chicken pieces, shred them and discard the bones.
- Stir them back them back into the pot with chickpeas. Cook them for 10 to 12 min with the lid on.
- Once the time is up, stir in the water. Adjust the seasoning of your then bring it to a simmer.
- Get a mixing bowl: Whisk in it the lemon juice with egg yolk.
- Drizzle it in the pot while stirring. Cook it for 2 min then stir in the parsley.
- Serve your soup hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	2 hrs 5 mins

Nutritional Information:

Calories	160.5
Fat	6.9g
Cholesterol	70.1mg
Sodium	156.4mg
Carbohydrates	12.1g
Protein	12.0g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN BREAD

Ingredients

- 3 1/2 C. fine **semolina**
- 1 1/4 C. strong white **bread** flour
- 2 C. **water**, room temp. plus extra
- 4 fluid oz. sunflower **oil** (or vegetable, canola etc.)
- 7 g fast action **yeast**
- 1 large **egg**, beaten
- 2 tsp. **sugar**
- 2 tsp. **salt**
- 2 large **egg** yolks, beaten
- 2-3 tbsp. **sesame** seeds
- 1 tbsp. **nigella** seeds

Directions

- Get a large mixing bowl: Combine in it the semolina, flour, yeast, sugar, and salt.
- Add the beaten eggs in the middle with oil and 1 C. of water.
- Combine them well and knead them until you get a soft dough while adding more water if needed it for about 30 min.
- Transfer the dough to a greased baking pan and press into an even level.
- Top it with some extra semolina then lay over it wet towel and let it rest until it doubles in size.
- Before you do anything, preheat the oven to 356 F.
- Coat the top of the dough with egg yolks and sesame seeds. Bake it for 35 to 36 min until it becomes golden.
- Allow your semolina bread to lose heat for at least 8 min. Serve it warm.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	2 hrs
Total Time	2 hrs 35 mins

Nutritional Information:

Calories	18656.0
Fat	1800.5g
Cholesterol	554.9mg
Sodium	4767.1mg
Carbohydrates	562.0g
Protein	107.9g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN HONEY PUFF PASTRY

Ingredients

- 5 large **eggs**
- 1/4 C. sunflower oil or vegetable **oil**
- 1 tbsp. fine **semolina**
- 2 tbsp. plain **flour**
- 1 1/2-2 tsp. **baking** powder
- 1 tsp. **Vanilla** flavoring or 1/2 tsp. extract
- 1 pinch **salt**
- 1/2-3/4 C. **honey**

Directions

- Get a food processor: Place in it all the ingredients and blend them smooth.
- Pour the mixture into an oil greased skillet.
- Cook it over low heat with the cover on for 15 to 16 min until it becomes puffy.
- Cover it with a plate and flip it into it. Slide it gently into the pan and put on the lid.
- Cook it for an extra 12 to 16 min until it is done.
- Drizzle over it some warm honey then serve it.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	2 mins
Total Time	22 mins

Nutritional Information:

Calories	437.3
Fat	27.8g
Cholesterol	232.5mg
Sodium	265.5mg
Carbohydrates	40.5g
Protein	8.7g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN SWEET LIME CAKES

Ingredients

Cakes

- 3 C. ground **almonds**
- 1 C. granulated **sugar**
- 4 **limes**, zest of, finely grated
- 3 small-medium **eggs**

Roll

- 3 tbsp. corn **flour**

Garnish

- 2 C. of light **sugar** syrup
- 2 1/2 C. icing **sugar**

Directions

- Before you do anything, preheat the oven to 340 F.
- Get a large mixing bowl: Mix in it the almonds with sugar, lime zest, and eggs until you get smooth dough.
- Coat a working surface with some corn flour. Place in it quarter of the mixture and shape into a log like a sausage.
- Slice into 1-inch rounds. Transfer them to a lined up baking sheet and repeat the process with the remaining dough.
- Bake them for 14 to 20 min until they become golden brown.
- Pour the syrup into a large bowl. Coat the cakes gently with the syrup then dust them with icing sugar.
- Serve them immediately.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	50 mins

Nutritional Information:

Calories	127.4
Fat	5.0g
Cholesterol	14.1mg
Sodium	5.7mg
Carbohydrates	19.2g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN WEEKEND DINNER

(BEEF AND POTATOES)

Ingredients

- 1 lb. **potato**, peeled, boiled until tender
- 2 tbsp. **butter**
- 1 tsp. **salt**
- 2 tsp. olive **oil**
- 1 small **onion**, finely chopped
- 1/2 lb. ground **beef**
- 1/4 tsp. **pepper**
- 1 medium **egg**, beaten
- 2 oz. gruyere **cheese**, grated

Directions

- Before you do anything, preheat the oven to 350 F.
- Get a mixing bowl: Place in it the potatoes with butter and salt.
- Mash them until they become smooth. Spread half of it in a greased casserole dish.
- Place a pan over medium heat. Heat in it the oil. Cook in it the pepper with onion and beef for 6 min.
- Drain the mixture and spread it over the potato layer.
- Cover it the with the remaining potato and spread it into an even layer.
- Pour over it the beaten eggs and top them with cheese. Bake it for 32 to 35 min until it becomes golden.
- Serve your beef casserole hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	50 mins

Nutritional Information:

Calories	241.6
Fat	14.8g
Cholesterol	77.3mg
Sodium	486.7mg
Carbohydrates	14.5g
Protein	12.4g

* Percent Daily Values are based on a 2,000 calorie diet.

BAKED CHICKEN ORAN

Ingredients

- 1 (3-4 lb) roasting **chicken**
- 2 **lemons**, halved
- 2 large **garlic** cloves, minced
- 3 tbsp. unsalted **butter**
- 1 tbsp. **seasoning**, mixed
- 1 1/2 tbsp. coarse **salt**
- coarse **salt**
- fresh ground **pepper**
- olive **oil**
- 3-4 sprigs **thyme**

Directions

- Before you do anything, preheat the oven to 450 F.
- Arrange the chicken on a roasting dish. Reach under the skin to loosen it without tearing it.
- Combine the garlic with salt in a mortar. Use a pestle to mince until it becomes like a paste.
- Add the butter with spices and mix them well with your hands.
- Spread the mixture all over the chicken while reaching under the skin.
- Drizzle the lemon juice all over it then season it with some salt and pepper.
- Stuff the chicken cavity with thyme and lemon halves.
- Place it in the oven with the breast facing down. Roast it for 16 min.
- Lower the oven temperature to 350 F.
- Flip the chicken and roast it for 1 h 30 min until it becomes golden brown while basting it with some olive oil.
- Once the time is up, drain the chicken and wrap it in a piece of foil.
- Let it rest for 5 min then serve it.
- Enjoy.

Servings Per Recipe: 4

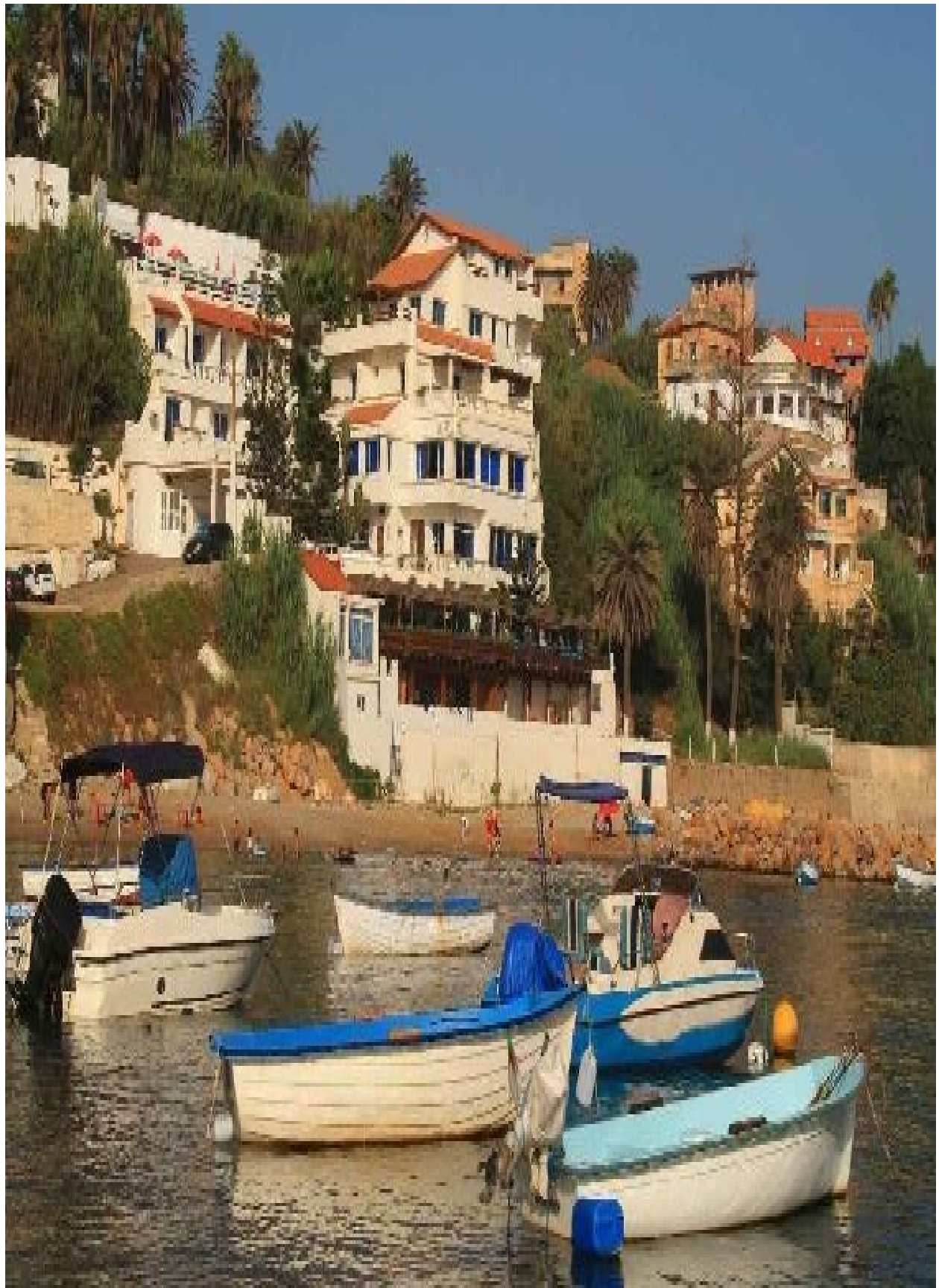
Timing Information:

Preparation	20 mins
Total Time	2 hrs

Nutritional Information:

Calories	562.1
Fat	43.5g
Cholesterol	183.3mg
Sodium	2767.6mg
Carbohydrates	3.3g
Protein	38.1g

* Percent Daily Values are based on a 2,000 calorie diet.



FRENCH VARIETY COOKIES

Ingredients

- 2 1/4 lb plain **flour**
- 6 **eggs**
- 9 oz. granulated **sugar**
- 2 tsp. **baking** powder
- 1 C. sunflower oil or vegetable oil or canola **oil**

Lemon Alternative

- 4 **lemons**, zest of, finely grated

Sesame Alternative

- 1 **egg**, beaten
- 1/4 C. sesame **seeds**, lightly toasted

Directions

- Get a large mixing bowl: Whisk in it the oil with eggs.
- Mix in the flour gradually with baking powder until you get a dough.
- Roll the dough on a lightly floured surface until it becomes 1/2 cm thick.
- Use a cookie cutter to cut it into shapes you want. Transfer them to a lined up baking pan.
- Coat the cookies with beaten egg then top them with sesame seeds or lemon zest.
- Bake them for 26 to 29 min until they become golden.
- Allow the cookies to cool down completely then serve them.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	58 mins

Nutritional Information:

Calories	105.1
Fat	4.1g
Cholesterol	18.6mg
Sodium	17.8mg
Carbohydrates	14.6g
Protein	2.2g

* Percent Daily Values are based on a 2,000 calorie diet.

LAMB BATNA

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

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

Servings Per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

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

* Percent Daily Values are based on a 2,000 calorie diet.

ALGIERS CAFÉ COUSCOUS

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

- Place a pot over medium heat. Stir in it a splash of stock with onion.
- Cook it for 3 min. Stir in the seasonings and cook them for 2 min while stirring.
- Stir in the tomato paste and cook them for 2 min.
- Stir in the veggies with a pinch of cinnamon. Cover them with water and heat them until they start boiling.
- Lower the heat and put on the lid. Cook them for 60 min over low heat.
- Once the time is up, stir in the garbanzo beans and cook them for 5 to 6 min.
- 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.
- Fluff it with a fork and transfer it to a serving plate.

- Pour over it the veggies stew then serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	361.6
Fat	2.5g
Cholesterol	0.0mg
Sodium	681.7mg
Carbohydrates	75.6g
Protein	13.3g

* Percent Daily Values are based on a 2,000 calorie diet.

COUSCOUS GHARDAÏA

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

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

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	226.4
Fat	5.6g
Cholesterol	1.5mg
Sodium	86.0mg
Carbohydrates	38.6g
Protein	6.9g

* Percent Daily Values are based on a 2,000 calorie diet.

MYRIAM'S SALAD

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

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

Servings Per Recipe: 2

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	93.4
Fat	2.9g
Cholesterol	0.0mg
Sodium	14.1mg
Carbohydrates	16.7g
Protein	3.2g

* Percent Daily Values are based on a 2,000 calorie diet.



FATIMA'S BOREK

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

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

Servings Per Recipe: 1

Timing Information:

Preparation	25 mins
Total Time	50 mins

Nutritional Information:

Calories	68.5
Fat	2.2g
Cholesterol	5.6mg
Sodium	158.4mg
Carbohydrates	9.6g
Protein	2.3g

* Percent Daily Values are based on a 2,000 calorie diet.

GROUND CHICKEN BOREK

Ingredients

- 36 spring **roll** wrappers
- 5 C. ground **chicken**
- 3 large brown **onions**, finely chopped
- 1/3 C. fresh **cilantro**, finely chopped
- 1/4 preserved **lemon**, skin only, rinsed and chopped
- 1/2 tsp. **ras el hanout** spice mix
- 1/4 tsp. seasoning **salt**
- 3-4 hard-boiled **eggs**, finely chopped
- 2 tbsp. olive **oil**

Paste

- 6 tbsp. plain **flour**
- 1/2 C. **water**

Directions

To prepare the filling:

- Place a large saucepan over medium heat. Heat in it the oil.
- Cook in it the onion for 3 to 4 min. Stir in the chicken and cook them for 16 to 22 min while stirring.
- Stir in ras el hanout with Schwartz salt. Mix them well and cook them for 3 min.
- Stir in the chopped lemon and cook them for 2 min. Turn off the heat and fold the coriander into the mixture.
- Place the filling aside for at least 15 min to cool down completely.

To prepare the rolls:

- Get a mixing bowl: Combine in it the flour with water until they become smooth.
- Place a sheet on a working surface. Put in it 2 tsp. of the filling.
- Pull the sides over it then roll it forward tightly.

- Brush the edge with the flour paste then press it to seal it.
- Repeat the process with the remaining ingredients.
- Place a deep pan over high heat. Heat in it about 1 1/2 inch of oil.
- Fry in it the chicken borek until they become golden brown.
- Drain them then serve them with a dip of your choice.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	1 hr 30 mins
Total Time	2 hrs 10 mins

Nutritional Information:

Calories	46.2
Fat	1.3g
Cholesterol	18.3mg
Sodium	51.4mg
Carbohydrates	6.9g
Protein	1.5g

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make Haricot Beans

Ingredients

- 17.5 oz. dried haricot **beans**, soaked overnight
- 12 C. **water**
- 6 1/2 tsp. **paprika**
- 3 1/2 tsp. ground **cumin**
- 14 oz. cans plum **tomatoes**, pureed
- 6 **garlic** cloves, minced
- 6-8 pieces **chicken**
- 4 tbsp. olive **oil**
- 1 pinch black **pepper**
- 2 1/2 tsp. **salt**
- olive **oil**, & **vinegar** to serve

Directions

- Place a large pot over medium heat.
- Stir in it the beans with olive oil, meat paprika, and cumin. Cook them for 4 min.
- Add to them 8 1/2 C. of water with a pinch of salt and pepper. Put on the lid and bring them to a simmer.
- Lower the heat and cook them for 60 min.
- Add 2 C. of water with tomatoes, garlic, 2 tsp. salt, 2 1/2 tsp. paprika and 1 1/2 tsp. cumin.
- Put on the lid and let them cook for 30 to 35 min.
- Once the time is up, remove the cover and let it cook for an extra 30 to 35 min.
- Stir in the vinegar with olive oil then serve them warm.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	2 mins
Total Time	2 hrs 7 mins

Nutritional Information:

Calories	107.2
Fat	9.7g
Cholesterol	0.0mg
Sodium	984.0mg
Carbohydrates	5.4g
Protein	1.3g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN STYLE LAMB AND BEANS

Ingredients

- 1 lb. tripe or 1 lb. **lamb**, if preferred, diced
- 4 **yellow** onions, chopped
- 2-4 cloves **garlic**, minced
- 2 green **peppers**
- 1/2 tsp. black **pepper**
- 2 tsp. **cumin**
- 1 tsp. **paprika**
- 1 C. white **beans**, soaked for at least 2 hours
- **salt**
- 4 tbsp. chopped **cilantro**
- 2 **tomatoes**, chopped

Directions

- Place the peppers on the grill and cook them until they become black.
- Transfer them to a plastic bag and seal it. Let them sit for 15 min.
- Once the time is up, peel them, rinse them and dice them.
- Place a large skillet over medium heat. Heat in it a splash of oil.
- Brown in it the lamb dices for 3 min. Place it aside.
- Add the onion with garlic, green peppers, and 3 tbsp. of olive oil.
- Stir in the seasonings and cook them for 2 min. Stir in the meat and cook them for 2 min.
- Add enough water to cover them and heat them until they start boiling.
- Bring them to a rolling boil for 60 min.
- Once the time is up, stir in the tomato and cook them for 20 min over low heat.
- Add the white beans and heat them through.
- Adjust the seasoning of your stew then serve it hot.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	20 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	125.2
Fat	2.5g
Cholesterol	68.9mg
Sodium	61.9mg
Carbohydrates	16.0g
Protein	10.4g

* Percent Daily Values are based on a 2,000 calorie diet.

GREEN BEAN BOWLS

Ingredients

- 1 lb. green **beans**, clean and trim
- 4 C. **water**
- 3 tbsp. **oil**
- 1 **garlic** clove, mashed
- 1/2 tsp. **cumin**, ground
- 1/2 tsp. **paprika**
- 1/4 tsp. **clove**, ground
- 1 tbsp. **almonds**, slivered

Directions

- Bring a large saucepan of salted water to a boil over high heat.
- Cook in it the beans for 32 min. Drain it and transfer it to a saucepan.
- Add the oil, garlic, cumin, paprika, and cloves. Cook them for 3 min.
- Stir in the almonds and toss them to coat. Stir in the green beans and adjust their seasoning.
- Adjust the seasoning of your salad then serve it.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	141.0
Fat	11.6g
Cholesterol	0.0mg
Sodium	22.0mg
Carbohydrates	8.9g
Protein	2.6g

* Percent Daily Values are based on a 2,000 calorie diet.

HOT BROAD BEANS

Ingredients

- 2 1/4 lb broad **bean** in the pod, trimmed and bite-size pieces
- 1 bunch fresh **cilantro**, chopped
- 6 **garlic** cloves, peeled and minced
- 3-4 tbsp olive **oil**
- 1 tsp. **paprika**
- 1/4 tsp. **cayenne**
- 1/8 tsp. black **pepper**
- **salt** (1/2 tsp. minimum)
- 1-1 1/2 tsp. **vinegar**
- 600 ml **water**

Directions

- Place a large pot over medium heat. Heat in it the oil.
- Cook in it the garlic with beans for 3 min. Stir in the remaining ingredients and put on the lid.
- Cook them for 26 to 32 min until the sauce becomes thick. Serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	50 mins

Nutritional Information:

Calories	277.7
Fat	10.8g
Cholesterol	0.0mg
Sodium	1140.1mg
Carbohydrates	33.1g
Protein	14.2g

* Percent Daily Values are based on a 2,000 calorie diet.

PICNIC RICE WITH VINAIGRETTE

Ingredients

Vinaigrette

- 1/4 C. **vinegar**
- 3/4 C. salad **oil**
- 1 tsp. Dijon **mustard**
- 1 tsp. chopped **parsley**
- 1 tsp. chopped **chives**

Salad

- 1 1/2 green **peppers**, chopped
- 1 (2 oz) jars **pimientos**, chopped
- 1/2 **onion**, chopped
- 2 C. **rice**, cook and chilled
- **salt** and **pepper**

Garnish

- hard-boiled **egg**
- **mushroom**
- **olive**

Directions

To prepare the vinaigrette:

- Get a mixing bowl: Mix in it all the ingredients.
- Mix in it the onion with pimento, rice, a pinch of salt and pepper.
- Toss them to coat and transfer them to a greased baking dish.
- Press it down then place it in the fridge until ready to serve.
- Slice it into bars then serve it.
- Enjoy.

Servings Per Recipe: 6

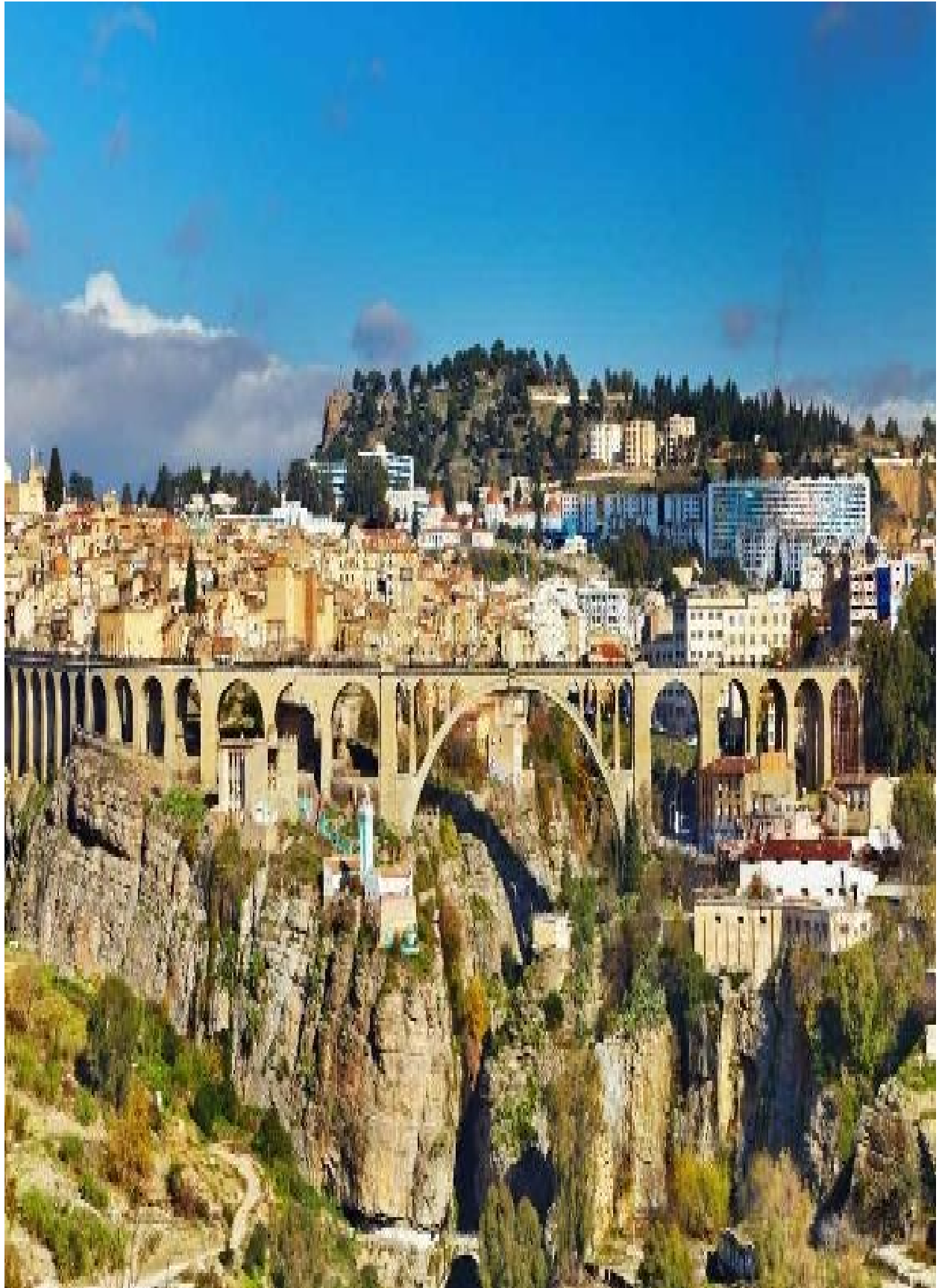
Timing Information:

Preparation	10 mins
Total Time	2 hrs 10 mins

Nutritional Information:

Calories	486.9
Fat	27.5g
Cholesterol	0.0mg
Sodium	13.5mg
Carbohydrates	54.3g
Protein	4.8g

* Percent Daily Values are based on a 2,000 calorie diet.



PEPPER AND EGG SALAD

Ingredients

- 2 sweet red **peppers**, chopped fine
- 4 medium ripe **tomatoes**, chopped
- 3/4 C. sliced **cucumber**
- 2 small **onions**, sliced thin
- 1/2 C. black **olives**, pitted and halved
- 6 **anchovy** fillets, chopped
- 2 hard-boiled **eggs**, quartered
- 1 tsp. chopped fresh **basil**
- 3 tbsp. olive **oil**
- 1 tbsp. **vinegar**
- **salt** and **pepper**

Directions

- Get a large mixing bowl: Combine in it all the ingredients.
- Serve your salad right away with some pita bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	20 mins

Nutritional Information:

Calories	218.4
Fat	15.6g
Cholesterol	98.3mg
Sodium	385.1mg
Carbohydrates	13.6g
Protein	7.2g

* Percent Daily Values are based on a 2,000 calorie diet.

AUNTY'S BEEF STEW

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

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

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	564.0
Fat	27.4g
Cholesterol	50.6mg
Sodium	751.5mg
Carbohydrates	54.7g
Protein	26.6g

* Percent Daily Values are based on a 2,000 calorie diet.

LULU'S OVEN TAGINE

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

- Place a large pan over medium heat. Heat in it the oil.
- 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.
- Let them cook for another 3 min. Stir in the parsley with cheese, tomato, and chopped eggs then turn off the heat.
- Get a mixing bowl: Whisk in it 6 eggs with a pinch of salt and

pepper.

- Add it to the potato mixture and combine them well. Spoon the mixture into a greased casserole dish.
- Sprinkle the cheese on top. Bake it for 25 to 32 min. Serve it warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	1 hr

Nutritional Information:

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

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN DINNER BREAD

Ingredients

- 1/4 oz. active dry **yeast**
- 1/4 C. warm **water**, lightly salted
- 1 1/2 tbsp. olive **oil**
- 1 C. **farina** (cream of wheat)
- 3/4 C. whole wheat **flour**
- 1/2 tsp. **salt**
- 1/2 C. **water**
- 2 tbsp. sesame **seeds**
- 1 **egg**, beaten
- **cooking** spray

Directions

- Get a mixing bowl: Combine in it the yeast with 1/4 C. of salted water.
- Place it aside and rise for 5 to 6 min.
- Get a mixing bowl: Mix in it the flour with farina and salt.
- Add the olive oil with yeast mixture and combine well. Add 1/2 C. of water and mix them well.
- Shape the mixture into a ball and cover it with a wet kitchen towel. Let it rest for 90 min.
- Before you do anything, preheat the oven to 400 F.
- Fold the sesame seeds into the dough and shape it into 15 balls.
- Place them on a greased baking sheet and coat them with the beaten egg.
- Bake them for 20 to 22 min until they become golden brown.
- Allow the rolls to cool down completely then serve them.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	1 hr 40 mins
Total Time	2 hrs

Nutritional Information:

Calories	88.7
Fat	2.4g
Cholesterol	14.1mg
Sodium	83.4mg
Carbohydrates	13.9g
Protein	2.8g

* Percent Daily Values are based on a 2,000 calorie diet.

HOT MINTY CARROTS

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

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

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	20 mins

Nutritional Information:

Calories	189.8
Fat	7.7g
Cholesterol	0.0mg
Sodium	505.7mg
Carbohydrates	30.2g
Protein	3.1g

* Percent Daily Values are based on a 2,000 calorie diet.



BUTTERY LENTIL BOWLS

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

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

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	3 hrs 20 mins

Nutritional Information:

Calories	391.4
Fat	15.5g
Cholesterol	58.6mg
Sodium	1096.5mg
Carbohydrates	31.7g
Protein	29.5g

* Percent Daily Values are based on a 2,000 calorie diet.

BREAKFAST HONEY SEMOLINA LAYERED PASTRY

Ingredients

- 6 **eggs**
- 1/2 tsp. **salt**
- 4-5 tsp. **vanilla** flavoring
- 5 tbsp. self-raising **flour**
- 2 tbsp. fine **semolina**
- 1 tsp. **baking** powder

Garnish

- 1/4-1/2 C. **honey**

Directions

- Get a blender: Combine in it all the ingredients and blend them smooth.
- Place a small pan over low heat. Coat it with oil.
- Pour in it the batter in a circular shape and let it cook for 7 to 8 min on each side until everything rises and becomes golden.
- Cut it into 6 or 8 pieces then serve it warm with honey.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	35 mins

Nutritional Information:

Calories	235.1
Fat	7.2g
Cholesterol	279.0mg
Sodium	489.2mg
Carbohydrates	29.3g
Protein	11.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN SOUP POT

Ingredients

- 1-2 tbsp olive **oil**
- 3-4 **chicken** drumsticks
- 1 large **onion**, finely chopped
- 2-3 **garlic** cloves, minced
- 4 tsp. ras el hanout spice mix
- 1/2 tsp. **ginger**
- 1/2 tsp. **turmeric**
- 1/4 tsp. **cinnamon**
- 3/4 tsp. sweet **paprika**
- 4 C. **chicken** stock
- 4 C. **water**
- 17.5 oz. canned chick-**peas**
- 14 oz. chopped canned **tomatoes**
- 1/4 preserved **lemon**, very finely chopped
- 1/4 C. fresh **cilantro**, chopped
- 1/2 **lemon**, juice of

Directions

- Place a large pot over medium heat. Heat in it the oil.
- Cook in it the chicken drumsticks until they become golden brown. Drain them and place them aside.
- Stir the spices into the same pan and cook them for few seconds. Stir in back the chicken with onion, preserved lemon, garlic, stock, and water.
- Cook them until they start boiling. Lower the heat and put on the lid. Cook them for 60 min.
- Drain the chicken drumsticks, shred them and add them to the pot. Stir the chickpeas with tomato and cook them for 22 min.
- Once the time is up, add the preserved lemon with cilantro, lemon juice, and cilantro.
- Adjust the seasoning of your soup then serve hot.

- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	1 hr 45 mins

Nutritional Information:

Calories	264.7
Fat	8.5g
Cholesterol	34.6mg
Sodium	619.0mg
Carbohydrates	30.9g
Protein	16.3g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY HARISSA COUSCOUS

Ingredients

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

Directions

- Get a mixing bowl: Place in it the couscous and cover it with hot water. Place it aside.
- 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.
- Stir in the chicken breasts and cook them for 3 min on each side.
- Get a small mixing bowl: Stir in it the saffron with a splash of hot water.
- Stir it into the pot with spices, a pinch of salt and pepper.
- Cover the chicken with water then cook them until they start boiling. Stir in the tomato paste with veggies.
- Stir in it the potatoes and cover the pot with a steamer.

- Stir 1/2 cup water into the soaked couscous. Pour it in the steamer and let it cook for 28 min.
- Transfer the couscous to a large serving plate. Add to it the butter with a pinch of salt.
- Mix it well with a fork. Place it aside.
- Stir the chickpeas with harissa into the veggies stew. Spoon it over the couscous then serve it hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	50 mins

Nutritional Information:

Calories	805.1
Fat	35.6g
Cholesterol	82.2mg
Sodium	564.5mg
Carbohydrates	89.1g
Protein	33.7g

* Percent Daily Values are based on a 2,000 calorie diet.

SUMMER FENNEL SALAD

Ingredients

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

Directions

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

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	169.6
Fat	16.9g
Cholesterol	0.0mg
Sodium	31.3mg
Carbohydrates	4.3g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN EGGPLANTS

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

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

Servings Per Recipe: 4

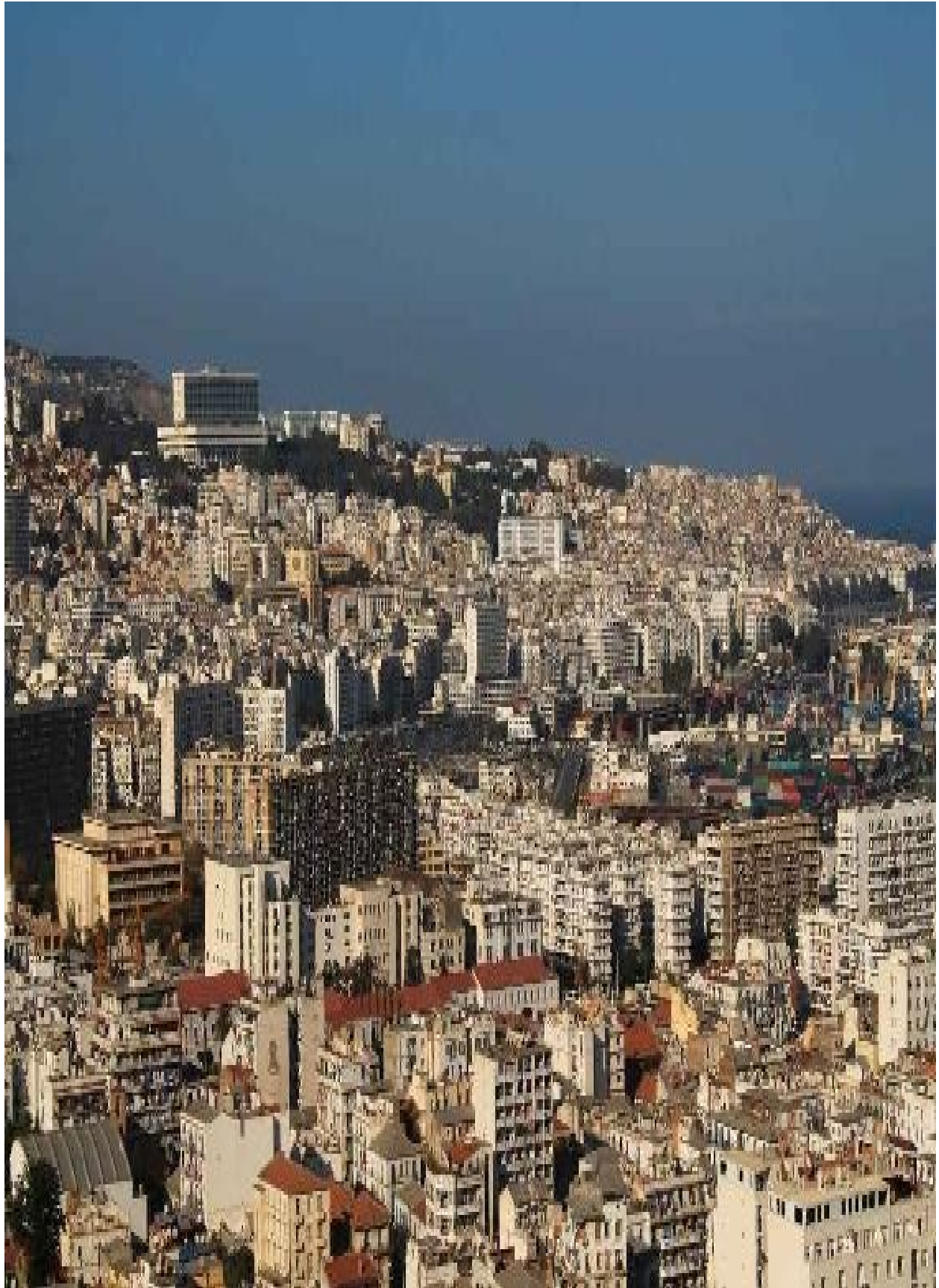
Timing Information:

Preparation	20 mins
Total Time	20 mins

Nutritional Information:

Calories	431.6
Fat	32.1g
Cholesterol	47.3mg
Sodium	1044.5mg
Carbohydrates	11.0g
Protein	25.2g

* Percent Daily Values are based on a 2,000 calorie diet.



HANDMADE PASTA WITH SAUCE

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

To prepare the pasta:

- Get a large mixing bowl: Combine in it the flour with salt.
- Add the water gradually while mixing until you get a soft and smooth dough.
- Split the dough into 4 pieces. Sprinkle some corn flour on a working surface into a 2 mm thick circle.

- Repeat the process with the remaining dough pieces then run them through a pasta machine.
- Place them aside to dry for a few minutes. Adjust the pasta machine to make fine ribbons then run through it the dough sheets.
- Toss the noodles with some corn flour and place it aside and let it rest for 10 to 12 min.
- Drizzle over it the melted ghee and toss them to coat.
- Prepare a steamer. Place in it the noodles and cook it for 8 to 10 min until it done.
- Place a large skillet over medium heat. Heat in it the oil.
- Cook in it the chicken with garlic and onion for 10 to 12 min.
- Stir in the chickpeas with veggies, water, and spices. Cook them for 32 min over low heat with the lid on.
- Transfer the noodles to a serving plate. Top it with the chicken stew then serve it hot.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	45 mins
Total Time	1 hr 45 mins

Nutritional Information:

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

* Percent Daily Values are based on a 2,000 calorie diet.

5-INGREDIENT SEMOLINA BREAD

Ingredients

- 10.5 oz. fine **semolina**
- oz. medium **semolina**
- 3 tbsp. olive **oil**
- 1 tsp. **salt**
- 1/2 C. **water**

Directions

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

Servings Per Recipe: 2

Timing Information:

Preparation	30 mins
Total Time	50 mins

Nutritional Information:

Calories	899.0
Fat	22.3g
Cholesterol	0.0mg
Sodium	1167.0mg
Carbohydrates	145.6g
Protein	25.3g

* Percent Daily Values are based on a 2,000 calorie diet.

CARROT AND CELERY SOUP

Ingredients

- 1 **onion**, finely chopped
- 2 **carrots**, finely chopped
- 2 sticks **celery**, finely chopped
- 3 **garlic** cloves, crushed
- 3 **tomatoes**, chopped
- 1/2 tsp. **turmeric**
- 1 tsp. ground **cumin**
- 1 tsp. ground **coriander**
- 5 oz. green **lentils**
- 2 pints **vegetable** stock
- 1 **lemon**
- 1 bunch **coriander**, chopped

Directions

- Place a large skillet over medium heat. Heat in it the oil.
- Cook in it the onion, carrots, and celery for 3 min. Stir in the garlic with tomato, and seasonings.
- Cook them for 2 to 3 min. Stir in the lentil, stock, salt, and pepper.
- Put on the lid and lower the heat. Cook them for 35 min.
- Once the time is up, stir in the coriander with lemon juice. Serve it hot.
- Enjoy.

Servings Per Recipe: 3

Timing Information:

Preparation	5 mins
Total Time	40 mins

Nutritional Information:

Calories	250.0
Fat	1.3g
Cholesterol	0.0mg
Sodium	62.4mg
Carbohydrates	46.6g
Protein	15.5g

* Percent Daily Values are based on a 2,000 calorie diet.

DOLMAS BISKRA

Ingredients

Insides

- 50 **grape** leaves
- 1 large red **pepper**, diced
- 1 large red vine-ripened **tomatoes**, diced
- 1/2 large **onion**, diced
- 4 **garlic** cloves, minced
- 1 1/2 C. basmati **rice** or 1 1/2 C. long grain rice
- 1 tsp. **paprika**
- 1/2 tsp. **cinnamon**
- 1/2 tsp. **ras el hanout** spice mix
- 1 tbsp. olive **oil**
- 4 tbsp. **water**
- **salt** and black **pepper**

Sauce

- 1/2 large **onion**, diced
- 1 large vine-ripened **tomatoes**, diced
- 2 **garlic** cloves, minced
- 1/2 tsp. **cinnamon**
- 1 **chicken** stock cube
- 4 C. **water**
- 1 tsp. **lemons** or 1 tsp. lime juice
- **salt** and black **pepper**

Directions

To prepare the leaves:

- Bring a large salted pot of water to a boil.
- Trim and wash the leaves then cook them in the hot water for 16 min.

- Drain them and place them aside.

To prepare the filling:

- Place a large pan over medium heat. Heat in it some olive oil.
- Add to it the peppers with tomato and onion. Cook them for 3 min.
- Stir in the garlic and cook them for 3 to 4 min. Stir in the spices and cook them for 1 min.
- Once the time is up, turn off the heat and add the water with remaining olive oil and rice.
- Place the filling aside to cool down.

To prepare the broth:

- Place a large pot over medium heat. Heat in it the olive oil. Cook in it the tomato with onion for 3 min.
- Stir in the spices with the stock cube, water, and lemon juice. Cook them for 16 min.
- Once the time is up, turn off the heat and strain the broth.
- Place a leaf on a plate. Put in it 1 tsp. of the filling.
- Pull the sides over the filling then roll it forward like a cigar.
- Repeat the process with the remaining ingredients.
- Arrange the stuffed leaves in a pot then place on top of them a plate.
- Pour the hot broth on top then put on the lid. Let them cook for 26 min over low heat.
- Serve your stuffed leaves hot.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	50 mins
Total Time	1 hr 35 mins

Nutritional Information:

Calories	30.0
Fat	0.5g
Cholesterol	0.0mg
Sodium	138.5mg
Carbohydrates	5.7g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

ORANGE HONEY BEIGNETS

(DOUGHNUTS)

Ingredients

- 3 **eggs**
- 1/4 cup olive **oil**
- 1/4 cup **orange** juice
- 1 large **orange**, peel
- 1/4 cup **sugar**
- 2 cups all-purpose **flour**
- 1 tsp **baking powder**
- 1 1/4 cups cold **water**
- 3 tbsps **lemon** juice
- 1 1/4 cups **sugar**
- 1/3 cup creamed **honey**
- 2 cups **oil**

Directions

To prepare the dough:

- Get a mixing bowl: Whisk in it the eggs, oil, orange juice, 1 tsp orange peel and sugar.
- Add the baking powder with flour and a pinch of salt. Combine them until you get a smooth dough.
- Transfer it to a greased bowl. Put on the lid and let the batter sit for 46 min.

To prepare the syrup:

- Place a saucepan over medium heat. Stir in it the water, lemon juice, and sugar.
- Cook them until they start boiling. Lower the heat and let them cook for 6 min.

- Stir in the honey and cook them for extra 6 min.

To prepare the wings:

- Shape the dough into 12 balls. Flatten each one of them into a 3 inches circle.
- Make a 1 1/2 inch hole in the center of each dough circle.
- Place a deep pan over medium heat. Heat in it the oil.
- Fry in it the donuts for 2 to 3 min on each side until they become golden brown.
- Garnish your donuts with some icing sugar then serve them.
- Enjoy.

Servings Per Recipe: 12

Timing Information:

Preparation	1 hr
Total Time	1 hr 15 mins

Nutritional Information:

Calories	548.4
Fat	37.7g
Cholesterol	46.5mg
Sodium	49.8mg
Carbohydrates	50.8g
Protein	3.9g

* Percent Daily Values are based on a 2,000 calorie diet.



AFRICAN TUNA SANDWICHES WITH HANDMADE BREAD

Ingredients

Sauce

- 500 g **pumpkin**
- 4 **garlic** cloves, mashed
- 1/4 tsp cayenne **pepper**
- 1/4 tsp **paprika**
- 1/4 cup **oil**
- 1 tsp **caraway** seed, ground
- 1 **lemon**, juice

Buns

- 4 cups **flour**
- 2 tsps **yeast**
- 2 tsps **oil**
- 1 tsp **salt**
- 1 **egg**
- 1 1/4 cups **water**

Filling

- 3 **potatoes**, boiled cubed
- 4 **eggs**, hardboiled, sliced
- 4 **pickles**, sliced lengthwise
- 3.5 oz. **olives**, pitted
- 3.5 oz. canned **tuna**, drained

Directions

To prepare the pumpkin sauce:

- Place a pan over medium heat. Heat in it the oil. Stir in it the garlic

with pumpkin for 7 min.

- Stir in the cayenne pepper with caraway seeds, 1 cup of water, a pinch of salt and lemon juice. Cook them until they become soft.
- Mash them until they become smooth. Place it aside.

To prepare the buns:

- Get a mixing bowl: Mix in it all the dough ingredients until you get a smooth dough.
- Transfer it to a floured surface and knead it for 5 min. Divide it into 20 balls.
- Place them on greased baking trays then cover them with a kitchen towel. Let them rest for 45 min.
- Place a deep pan over medium heat. Heat in it 2 inches of oil. Deep fry in it the dough ball until they become golden brown.
- Drain the bread rolls and place them on paper towels to drain.

To prepare the filling:

- Get a mixing bowl: Stir in it the eggs with pickles, olives, tuna, potatoes, a pinch of salt and pepper.
- Slice the bread rolls in half. Spread the pumpkin sauce in the bottom halves. Top them with the tuna mixture.
- Cover them with the top halves. Serve your sandwiches immediately.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	2 hrs.
Total Time	3 hrs.

Nutritional Information:

Calories	948.8
Fat	30.5g
Cholesterol	196.5mg
Sodium	1516.7mg
Carbohydrates	138.6g
Protein	31.4g

* Percent Daily Values are based on a 2,000 calorie diet.

CHILI SAUSAGE AND POTATO STEW

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

- Place skillet over medium heat. Heat in it the oil.
- Cook in it the potatoes for 3 min. Stir in the tomato paste with harissa, garlic, caraway seeds and paprika.
- Season them with a pinch of salt. Add enough water to cover the potatoes.
- 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.
- Get a mixing bowl: Whisk in it the eggs with a pinch of salt and pepper.
- Add it to the stew and mix them well. Let them cook until the eggs are done.
- Adjust the seasoning of your stew then serve it warm with some bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	374.9
Fat	17.8g
Cholesterol	279.0mg
Sodium	152.7mg
Carbohydrates	40.5g
Protein	14.4g

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO MAKE BAKLAVA

(LAYERED HONEY PASTRY DESSERT)

Ingredients

Dough

- 24 oz. plain **flour**
- 1 1/8 C. **water**
- 1 C. melted **ghee** mixed with sunflower oil or vegetable **oil**
- 1/2 tsp. **salt**
- 18 oz. chopped nuts, use **almonds**, walnuts, pecans
- 4.5 oz. granulated **sugar**
- 1/4 tsp. ground **cinnamon**
- 1 tsp. vanilla **sugar**
- 2 tsp. melted **ghee**
- 5 oz. orange blossom **water**

Syrup

- 2 1/2 C. **honey**
- 1 1/4 C. **orange** flower water

Optional

- 1 1/4 C. extra of melted **ghee**

Directions

To prepare the dough:

- Get a mixing bowl: Combine in it the flour with salt and oil. Mix them well.
- Mix in the water until you get a smooth dough. Divide it in half.
- Shape one half into gold size balls and place them on a baking tray. Cover them with a kitchen towel.
- Place the other half of the dough aside and cover it as well.

- Run a dough ball through a pasta machine to form it into a sausage shape.
- Place it on a corn flour dusted working surface and roll it until it becomes 4 mm thick sheet.
- Heat the ghee until it melts and brushes a baking sheet with some of it.
- Lay in it the dough sheet and coat the top of it with some ghee.
- Repeat the process with the remaining dough to make 5 more sheets.
- Arrange them on top of the first sheets in a crisscross shape.

To prepare the filling:

- Get a food processor: Combine in it the nuts. Pulse them several times until they become finely chopped.
- Transfer it to a mixing bowl and add to it the sugar, cinnamon, vanilla powder and orange blossom water. Mix them well.
- Repeat the process with the remaining dough while laying the sheets over the filling in a crisscross shape and coating them with ghee.
- Use a sharp knife to cut into diamonds then press a nut into each diamond.
- Coat it with the remaining ghee then bake it for 60 to 70 min.

To prepare the syrup:

- Place a heavy saucepan over high heat. Heat in it the honey with orange blossom water.
- Pour it while hot all over the baklava then let it sit for 10 to 15 min.
- Cut it through again then serve it with some tea.
- Enjoy.

Servings Per Recipe: 20

Timing Information:

Preparation	1 hr
Total Time	2 hrs 10 mins

Nutritional Information:

Calories	545.7
Fat	36.0g
Cholesterol	35.6mg
Sodium	231.2mg
Carbohydrates	51.3g
Protein	8.0g

* Percent Daily Values are based on a 2,000 calorie diet.

POTATO SOUP IN ALGERIA

Ingredients

- 2 1/4 lb. **fish** fillet, cubed
- 2 large **potatoes**, diced
- 2 green bell **peppers**, diced
- 1 large **carrot**, diced
- 1 **fennel** bulb, diced
- 2 **onions**, diced
- 1 **celery** rib, diced
- 4 tbsp. **tomato** paste
- 8 1/2 C. **water** or **vegetable** broth
- 1 tbsp. **cumin**
- 1 tsp. **ras el hanout**, see appendix
- 1 tsp. **coriander**
- 2 bay **leaves**
- 1 piece **lemon** rind
- 1 tbsp. **harissa**
- 4 tbsp. olive **oil**

Directions

- Place a large soup pot over medium heat. Heat in it the oil.
- Cook in it the onion for 3 min. Stir in the bell peppers, potatoes, carrot, fennel, and celery.
- Cook them for 3 to 5 min. Stir in the tomato paste and cook them for 30 sec.
- Stir in the water with bay leaves, seasonings, and lemon rind.
- Bring them to a simmer then lower the heat and cook them for 22 min.
- Stir in the fish and cook them for an extra 16 min.
- Adjust the seasoning of your soup then serve it hot as it is or blend it smooth.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	55 mins

Nutritional Information:

Calories	31.5
Fat	2.3g
Cholesterol	3.2mg
Sodium	150.0mg
Carbohydrates	1.0g
Protein	1.6g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN LAMB SHOULDER

Ingredients

- 3 tbsp **oil**
- 2 lbs boneless **lamb** shoulder, 1-inch chunks
- 1 medium **onion**, chopped
- 4 **garlic** cloves, minced
- 1 tsp. **salt**
- 1/4 tsp. fresh ground black **pepper**
- 1 tsp. ground **cumin**
- 1/2 tsp. cayenne **pepper**
- 1/2 tsp. **saffron** or 1/2 tsp. **turmeric**
- 4 C. **water**
- 1 1/2 lbs green **beans**, 2-inch pieces
- 2 **tomatoes**, diced
- 1 medium **onion**, sliced in rings
- 4 tbsp **parsley**, chopped
- 1 tsp. ground **cumin**

Directions

- Place a pot over medium heat. Heat in it the oil.
- Cook in it the lamb with garlic and onion for 5 min.
- Stir in the salt, pepper, 1 tsp. cumin, cayenne, and saffron. Cook them for 2 min.
- Stir in the tomato with water. Heat them until they start boiling. Lower the heat and put on the lid.
- Cook them for 46 min. Stir in the green beans and cook them for 10 to 12 min.
- Stir in the onion with parsley and 1 tsp. of cumin. Cook them for an extra 10 to 12 min.
- Adjust the seasoning of your stew then serve it hot with some couscous.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	1 hr 40 mins

Nutritional Information:

Calories	787.1
Fat	59.5g
Cholesterol	163.3mg
Sodium	744.0mg
Carbohydrates	22.1g
Protein	42.3g

* Percent Daily Values are based on a 2,000 calorie diet.

LAMB TAGINE WITH SAFFRON

Ingredients

- 2 lbs. **lamb**, cut into pieces
- 3 lbs. **artichokes**
- 3 lbs. green **peas**
- 1 tsp **ginger**
- 1 pinch **saffron**
- 1 clove **garlic**
- 3 tbsps olive **oil**
- 1 preserved **lemon**
- 1/2 lb. **olive**, green
- 1 bunch **parsley**
- **lemon** juice

Directions

- Get a large mixing bowl: Mix in it the olive oil with garlic, ginger, and saffron.
- Add the lamb pieces and toss them to coat.
- Place a tagine or stew pot over medium heat. Heat in it 1 tbsp of olive oil.
- Brown in it the meat pieces for 3 to 4 min on each side.
- Arrange the artichoke hearts on top followed by the olives, preserved lemon, 1/2 cup of water, a pinch of salt and pepper.
- Put on the lid and let it cook over the lowest heat setting for 1 h 30 min to 2 h until the meat is done.
- Serve your lamb tagine warm with some bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	20 mins
Total Time	3 hrs. 20 mins

Nutritional Information:

Calories	933.8
Fat	40.6g
Cholesterol	120.0mg
Sodium	923.9mg
Carbohydrates	89.4g
Protein	62.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ARABIAN MEATBALL SOUP

Ingredients

Meat

- 2 tbsps olive **oil**
- 1 small yellow **onion**, minced
- 1 lb. ground **chuck**
- 1 tbsp ground **cumin**
- 1 tbsp ground black **pepper**
- 1 tbsp **cilantro**, minced
- 1 tbsp **parsley**, minced
- 2 1/4 tsps kosher **salt**
- 1 1/2 tsps **paprika**
- 3/4 tsp ground **cinnamon**
- 1 **egg**, beaten

Stew

- 1/4 cup olive **oil**
- 1 lb. **beef** short rib
- kosher **salt** & ground black pepper
- 4 **garlic** cloves, chopped
- 1 large yellow **onion**, minced
- 5 cups beef **stock**
- 6 ounces **spinach** leaves, chopped
- 1 (16 ounces) cans white kidney **beans**, rinsed drained
- cooked **couscous**

Directions

To prepare the meatballs:

- Place a soup pot over high heat. Heat in it 1 tbsp of oil.
- Cook in it the onion for 6 min. Transfer it to a mixing bowl with the chuck, cumin, pepper, cilantro, parsley, salt, paprika, cinnamon, and

egg. Shape the mixture into meatballs.

- Heat another tbsp of oil in the saucepan. Brown in it the meatballs for 5 min. Drain them and place them aside.

To prepare the soup:

- Sprinkle some salt and pepper all over the ribs. Brown them for 7 min. Drain them and place them aside.
- Stir the onion with garlic into the saucepan. Let them cook for 6 min.
- Add the ribs back with stock. Cook them until they start boiling. Lower the heat and let them cook for 60 min.
- Stir in the meatballs and let them cook for an extra 9 min. Stir in the beans with spinach for 5 min.
- Adjust the seasoning of your ribs and meatballs stew. Serve it hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	2 hrs. 5 mins

Nutritional Information:

Calories	707.9
Fat	55.9g
Cholesterol	140.6mg
Sodium	1959.0mg
Carbohydrates	18.0g
Protein	33.0g

* Percent Daily Values are based on a 2,000 calorie diet.

TUNA GYROS

Ingredients

- 1/8 cayenne **pepper**
- 2 tbsps **lemon** juice
- 1 tbsp olive **oil**
- 2 hard-boiled **eggs**, peeled and chopped
- 1 (6 ounce) cans **tuna**, drained
- 1 cup halved cherry **tomatoes**
- 1/2 cup roasted red **pepper**, chopped
- 2 tbsps drained **capers**
- 24 inches pita **bread**, split open
- 2 cups packed **arugula**, chopped

Directions

- Get a mixing bowl: Toss in it the spices, eggs, tuna, tomato, olive oil, roasted pepper, capers, and arugula.
- Season them with some salt. Spoon the salad into pita wraps then serve them.
- Enjoy.

Servings Per Recipe: 4

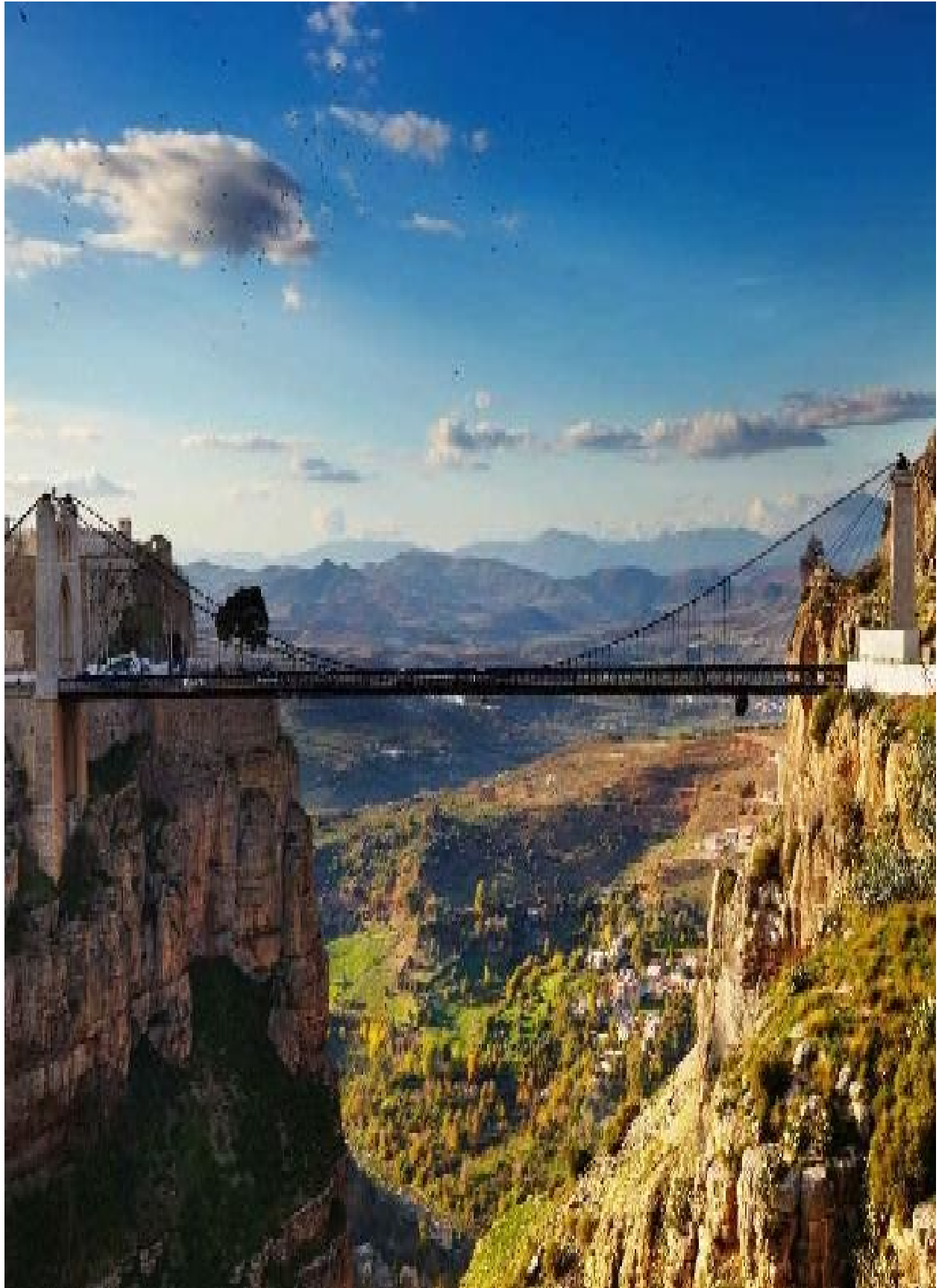
Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	260.3
Fat	8.8g
Cholesterol	109.4mg
Sodium	644.4mg
Carbohydrates	26.9g
Protein	17.7g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN LEG OF LAMB

Ingredients

- 4 pieces leg of **lamb**
- 4 **carrots**, peeled, chunked
- 4 yellow **zucchini**, chunked
- 1 C. **chickpeas**, soaked overnight
- 1 medium **onion**, diced
- 1 tsp. **salt**
- 1 tsp. **ras el hanout**, see appendix
- 1 tsp. **curry powder**
- 1 tsp. **cumin**
- 1 tsp. ground **coriander**
- 4 C. **water** or broth
- 3 tbsp. **oil**

Directions

- Place a large soup pot over medium heat. Heat in it the oil.
- Cook in it the meat with onion for 4 min. Stir in the water with seasonings and chickpeas.
- Lower the heat and put on the lid. Cook them for 60 min.
- Once the time is up, stir in the veggies and put on half a cover.
- Cook them for 60 min until the veggies are done.
- Adjust the seasoning of you stew then serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	2 hrs 10 mins

Nutritional Information:

Calories	235.8
Fat	11.9g
Cholesterol	0.0mg
Sodium	828.4mg
Carbohydrates	28.8g
Protein	6.4g

* Percent Daily Values are based on a 2,000 calorie diet.

WHOLE CHICKEN MEDITERRANEAN STYLE

Ingredients

- 1 **chicken**, cut-up
- 2 tsp. **salt**
- 1/4 tsp. **pepper**
- 2 tbsp. **butter**
- 1/2 C. **chicken** broth
- 1 **garlic** clove, crushed
- 1 medium **eggplant**, pared and diced
- 1 medium **onion**, chopped
- 2 fresh **tomatoes**, peeled and chopped
- 1/4 tsp. **thyme**
- 1 tbsp. **parsley**, minced

Directions

- Coat the chicken with paprika, 1 tsp. of salt and pepper.
- Place a large pan over medium heat. Heat in it the butter until it melts.
- Cook in it the chicken pieces for 3 to 4 min on each side. Drain them and place them aside.
- Pour the broth into the pan. Stir in the garlic, eggplant, onion, and tomatoes; sprinkle with remaining salt, thyme, and parsley.
- Heat them until they start boiling. Stir in the chicken and put on the lid.
- Cook them for 32 min over low heat until it the chicken done. Serve it warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	55 mins

Nutritional Information:

Calories	356.3
Fat	23.4g
Cholesterol	100.3mg
Sodium	1393.7mg
Carbohydrates	13.3g
Protein	24.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MINT AND TOMATO LENTILS WITH LAMB

Ingredients

- 2 C. green **lentils**, soaked overnight and drained
- 1 **onion**, finely chopped
- 3 **garlic** cloves, minced
- 1 **carrot**, grated
- 1 **courgette**, grated
- 1 tsp. dried **mint**
- 1 tsp. **ras el hanout**, see appendix
- olive **oil**, to fry
- 2 pints **water**
- 1 **lamb** stock cube or 1 beef stock cube
- **salt & pepper**
- 4 pieces **lamb** or 4 pieces **chicken**
- 1/2 tsp. **tomato** puree

Directions

- Place a pan over medium heat. Heat in it a splash of oil.
- Cook in it the garlic with onion for 4 min. Stir in the meat and cook them for another 4 min.
- Transfer the mixture to a pressure cooker. Stir in the remaining ingredients.
- Put on the lid and cook them for 40 to 46 min on high pressure.
- Adjust the seasoning of your stew then serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	1 hr 5 mins

Nutritional Information:

Calories	368.4
Fat	1.1g
Cholesterol	0.0mg
Sodium	185.0mg
Carbohydrates	64.4g
Protein	25.9g

* Percent Daily Values are based on a 2,000 calorie diet.

How to Make FAVA BEANS

Ingredients

- 12 ounces frozen fava **beans**
- 1 tbsp **butter**
- 4 -5 **scallions**, sliced
- 1 tbsp chopped **cilantro**
- 1 tsp chopped of **mint**
- 1/2-1 tsp ground **cumin**
- 2 tsps olive **oil**
- **salt**

Directions

- Bring a salted pot of water to a boil. Cook it the fava beans for 5 min until they become soft.
- Strain them and peel them.
- Place a skillet over medium heat. Heat in it the butter. Cook in it the fava beans with scallions for 3 min.
- Add the cilantro with mint, cumin, olive oil and a pinch of salt. Cook them for 1 min.
- Serve your salad right away.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	144.9
Fat	5.5g
Cholesterol	7.6mg
Sodium	27.8mg
Carbohydrates	17.9g
Protein	6.8g

* Percent Daily Values are based on a 2,000 calorie diet.



EGG SALAD ALGIERS

Ingredients

- 2 tsps red wine **vinegar**
- 2 tbsps olive **oil**
- 3 **mint** leaves, sliced
- 1/2 tsp **harissa**, see appendix
- 1 bell **pepper**, seeded and diced
- 1/2 small **fennel** bulb, diced
- 1/2 red **onion**, peeled and diced
- 3 **tomatoes**, diced
- **salt** and **pepper**
- 1 (6 ounce) cans **tuna** in vegetable oil
- 2 hard-boiled **eggs**, peeled and sliced
- 1 tbsp **capers**
- black **olives**

Directions

- Get a large mixing bowl: Whisk in it the vinegar, olive oil, mint, and harissa.
- Mix in the pepper, fennel, onion, tomato, a pinch of salt and pepper. Spoon the mixture into a serving plate.
- Arrange over it the sliced eggs, olives, tuna and capers. Serve your salad immediately.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	109.8
Fat	6.6g
Cholesterol	56.8mg
Sodium	132.5mg
Carbohydrates	4.3g
Protein	8.5g

* Percent Daily Values are based on a 2,000 calorie diet.

MY FIRST FULL COUSCOUS

Ingredients

- 2 cups uncooked **couscous**
- 2 tbsps olive **oil**
- 1 large **onion**, cubed
- 1 large green **pepper**, cubed
- 1 large **zucchini**, cubed
- 2 **potatoes**
- 2 **carrots**
- 14 ounces **chickpeas**
- 4 tbsps **tomato** paste
- 1 tbsp **chili** paste
- 1/2 tbsp **paprika**
- 1/2 tbsp **cinnamon**
- 1/2 tbsp **cumin**
- 1 tsp **salt** and **pepper**

Directions

- Place a large saucepan over medium heat. Heat in it the oil.
- Cook in it the onion for 3 min. Stir in the tomato paste, chickpeas, and 1 cup of water.
- Bring them to a rolling boil for 16 min. Stir in the veggies with 4 1/4 cup of water.
- Cook them until they start boiling. Let them cook for 40 to 46 min over low heat.
- Get large bowl: Pour over it 1 cup of boiling water with 1 cup of sauce from the stew.
- Let it sit for 6 min. Strain the couscous from excess liquid. Transfer it to a serving bowl.
- Spoon the veggies stew over it then serve it warm.
- Enjoy.

Servings Per Recipe: 3

Timing Information:

Preparation	20 mins
Total Time	1 hr 50 mins

Nutritional Information:

Calories	873.4
Fat	12.3g
Cholesterol	0.0mg
Sodium	629.2mg
Carbohydrates	165.1g
Protein	28.0g

* Percent Daily Values are based on a 2,000 calorie diet.

GARLICKY LAMB

Ingredients

- 28 oz. fresh **lamb** liver, 1 inch wide pieces
- 6-8 **garlic** cloves, minced
- 2 C. chopped tinned **tomatoes** with juice
- 1/2 C. chopped fresh **coriander**
- 2-3 tsp. fresh ground **cumin**
- salt & freshly ground black **pepper**
- 1 C. **water**
- 2 tbsp. good quality olive **oil**

Directions

- Place a large pan over medium heat. Heat in it the oil.
- Cook in it the liver pieces for 2 to 3 min on each side.
- Lower the heat and let them cook for an extra 6 min. Stir in the garlic with cumin.
- Cook them for 1 min while stirring. Stir in the tomato with a pinch of salt and pepper.
- Cook them for 2 min. Stir in the water and put on the lid. Cook them for 26 min.
- Once the time is up, add the coriander.
- Adjust the seasoning of your liver stew then serve it hot with some rice.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	50 mins

Nutritional Information:

Calories	382.7
Fat	17.2g
Cholesterol	741.9mg
Sodium	427.9mg
Carbohydrates	13.8g
Protein	42.3g

* Percent Daily Values are based on a 2,000 calorie diet.

FATHIA'S BEAN BOWLS

Ingredients

- 1 C. dried lima **beans**, soaked overnight and drained
- 2 tbsp. olive **oil**
- 26.5 oz. **lamb**
- 2 medium brown **onions**, coarsely chopped
- 2 **garlic** cloves, crushed
- 2 medium **carrots**, coarsely chopped
- 2 **celery** ribs, trimmed and coarsely chopped
- 2 C. **chicken** stock
- 4 C. **water**
- 14 oz. chopped **tomatoes**
- 4 tbsp. chopped fresh **coriander**
- 2 tbsp. **lemon** juice

Directions

- Place a pot over medium heat. Heat in it the oil.
- Cook in it the lamb pieces for 2 min on each side.
- Stir in the veggies and cook them for 4 min. Stir in the stock with water and beans.
- Heat them until they start boiling. Lower the heat and put on the lid.
- Cook them for 60 min while discarding the rising foam on top every 30 min.
- Once the time is up, drain the lamb pieces and shred them.
- Stir them back into the pot with tomatoes. Put on the lid and cook them for an extra 60 min.
- Turn off the heat and add the lemon juice with coriander.
- Adjust the seasoning of your soup then serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	2 hrs 30 mins

Nutritional Information:

Calories	832.3
Fat	43.3g
Cholesterol	187.2mg
Sodium	366.6mg
Carbohydrates	46.6g
Protein	63.3g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN CREPES

Ingredients

- 2 C. fine **semolina**
- 1 C. plain **flour**
- 1 C. whole wheat **flour**
- 3 **eggs**
- 2 tsp. **baking powder**
- 1 tbsp. instant **yeast**
- 2 tsp. **sugar**
- 1 pinch **salt**
- 1 C. warm **water**
- 2 C. **milk**
- 1 tbsp. vegetable **oil**

Directions

- Get a large mixing bowl: Mix in it the semolina with flours, baking powder, yeast, sugar, and salt.
- Mix in the milk with water. Combine them well until you get a thick batter.
- Place a skillet over medium heat. Pour in it a ladle of the batter in a circle shape.
- Let it cook until dries out and have holes all over it without flipping it.
- Slide it to a serving plate that is covered with a kitchen towel.
- Repeat the process with the remaining batter.
- Serve you crepes hot with some butter and honey, jam or chocolate syrup.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	40 mins

Nutritional Information:

Calories	444.7
Fat	6.8g
Cholesterol	104.3mg
Sodium	225.8mg
Carbohydrates	77.3g
Protein	18.4g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN MASH FOR TOAST

Ingredients

- 2 **eggplants**, 1/2 inch slices
- 2 **garlic** cloves, crushed
- 1 tsp. sweet **paprika**
- 1 1/2 tsp. **cumin**, ground
- 1/2 tsp. **sugar**
- 1 tbsp. **lemon** juice

Directions

- Season the eggplant slices with some salt. Place them in a sieve and let them sit for 32 min.
- Once the time is up, rinse them and dry them.
- Place a large skillet over medium heat. Heat in it 1/4 inch of oil.
- Cook in it the eggplant slices until they become golden brown.
- Drain them and place them on some paper towels to cool down for few minutes.
- Finely chop them and place them in a sieve to drain for 5 min.
- Get a large mixing bowl: Combine in it the chopped eggplant with cumin, sugar, and paprika.
- Stir them to coat. Pour the mixture into a hot pan and cook them for 2 to 3 min.
- Stir in the lemon juice with a pinch of salt then serve it hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	43.0
Fat	0.4g
Cholesterol	0.0mg
Sodium	4.3mg
Carbohydrates	10.0g
Protein	1.7g

* Percent Daily Values are based on a 2,000 calorie diet.



MEDITERRANEAN LAMB STEW

Ingredients

- 1/4 C. vegetable **oil**
- 1 1/2 lbs. cubed **lamb** stew meat
- 1 1/2 tsp **saffron**
- **salt**
- **pepper**
- 1 large **onion**, chopped
- 1 C. **water**
- 1/2 C. chopped **parsley**
- 1 tbsp **butter**
- 1 **lemon**, cut into wedges

Directions

- Place a large pan over medium heat. Heat in the oil. Brown in it the lamb pieces for 4 min on each side.
- Sprinkle over it the saffron, a pinch of salt and pepper.
- Stir in the onion with water. Cook them until they start boiling. Lower the heat and put on the lid.
- Let them cook for 16 min over low heat. Remove the lid and add the butter.
- Let them cook for 8 min.
- Garnish your stew the parsley and lemon wedges. Serve it warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	25 mins
Total Time	55 mins

Nutritional Information:

Calories	547.7
Fat	31.6g
Cholesterol	191.2mg
Sodium	152.5mg
Carbohydrates	5.5g
Protein	58.1g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN FRITTATAS

Ingredients

- 1 **eggplant**
- 1 tbsp extra virgin olive **oil**
- 1 medium **onion**, chopped
- 1 medium red bell **pepper**, diced
- 8 large **eggs**
- 1/2 bunch flat leaf **parsley**, minced
- 2 **garlic** cloves, minced
- 1/4 tsp rose **water**
- 1/2 tsp **salt**
- 1/4 tsp ground **pepper**
- 1/8 tsp ground **cinnamon**
- 1 tsp **harissa**, dissolved in 1 tbsp of water, see appendix
- 1/4 lb. gruyere **cheese**, grated

Directions

- Before you do anything, preheat the oven to 450 F.
- Use a sharp knife to make slits in the eggplant without cutting it all the way through.
- Place it on a baking sheet and coat it with olive oil.
- Roast it in the oven for 22 min. Decrease the oven temperature to 350 min.
- Place the eggplant aside to lose heat for 10 min. Peel it and dice it.
- Place a pan over medium heat. Heat in it 1 tbsp of olive oil.
- Cook in it the bell pepper with onion for 9 min. Stir in the garlic with eggplant, and a pinch of salt.
- Cook them for an extra 2 min. parsley, rose water, salt, pepper, cinnamon, and harissa.
- Fold the eggplant mixture into the eggs with cheese. Pour the mixture in a greased baking pan.
- Cook it in the oven for 32 min. Allow your omelet to rest for 12 min then serve it.

- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	1 hr 25 mins

Nutritional Information:

Calories	230.6
Fat	15.0g
Cholesterol	268.8mg
Sodium	360.9mg
Carbohydrates	8.8g
Protein	15.5g

* Percent Daily Values are based on a 2,000 calorie diet.

HARISSA AND EGGS SKILLET

Ingredients

- 2 sweet green bell **peppers**, deseeded
- 2 chili **peppers**, deseeded
- 2 fluid oz. **tomato** paste
- 24 fluid oz. **water**
- 4 fluid oz. extra virgin olive **oil**
- 1 tbsp **paprika**
- 2 tbsp **harissa**, see appendix
- 1 tbsp **caraway** seed
- 1 tsp **salt**
- 1/2 tsp black **pepper**
- 8 large **eggs**

Directions

- Get a blender: Place in it the chilies with bell pepper. Blend them smooth.
- Place a skillet over medium heat. Heat in it the oil.
- Stir in the pepper mixture with tomato paste, harissa, caraway seeds, tomato paste, salt, and pepper.
- Stir in the water and cook them until they start boiling. Lower the heat and let them cook for 22 min.
- Spread the sauce in the pan then crack the eggs on top. Put on the lid and let them cook for 16 min over low heat.
- Serve your eggs skillet warm with some bread.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	40 mins

Nutritional Information:

Calories	426.8
Fat	37.2g
Cholesterol	372.0mg
Sodium	861.3mg
Carbohydrates	10.4g
Protein	14.7g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN CHICKEN THIGHS AND LEGS

Ingredients

- 1 tbsp. kosher **salt**
- 6 **garlic** cloves, roughly chopped
- 2 tsp. **cumin** seeds, crushed
- 2 tsp. **paprika**
- 1 tsp. ground **turmeric**
- 5 tbsp. olive **oil**
- 4 skinless **chicken** thighs
- 4 skinless **chicken** drumsticks
- 1 tsp. **saffron** thread, crushed
- 4 medium yellow **onions**, cut into 12 wedges each
- fresh ground black **pepper**, to taste
- 1 **lemon**, thinly sliced crosswise seeds removed
- 1 1/4 C. green **olives**, pitted
- 1/3 C. fresh **cilantro**, minced
- hot cooked **rice**

Directions

- Get a mortar: Mash in it the garlic with salt using a pestle until they become like a paste.
- Pour them into a mixing bowl and add the cumin, paprika, and turmeric. Add 3 tbsp. of oil and mix them well.
- Stir in the chicken thighs and drumsticks. Cover them with a cling foil.
- Let it sit for 4 to 5 min the fridge.
- Place a large pot over high heat. Heat in it the rest of the oil until it starts shimmering.
- Fry in it the chicken thighs and drumsticks until they become golden brown.
- Drain them and place them on paper towels to drain.
- Stir the onion with saffron, a pinch of salt and pepper into the pot.
- Cook them for 16 min while stirring. Add the chicken thighs and

drumsticks back with lemon slices and 1 C. water.

- Cook them until they start boiling. Lower the heat and put on the lid.
- Cook them for 40 to 42 until the chicken is done.
- Stir in the olives with cilantro. Adjust the seasoning of your stew then serve it hot.
- Enjoy.

Servings Per Recipe: 4

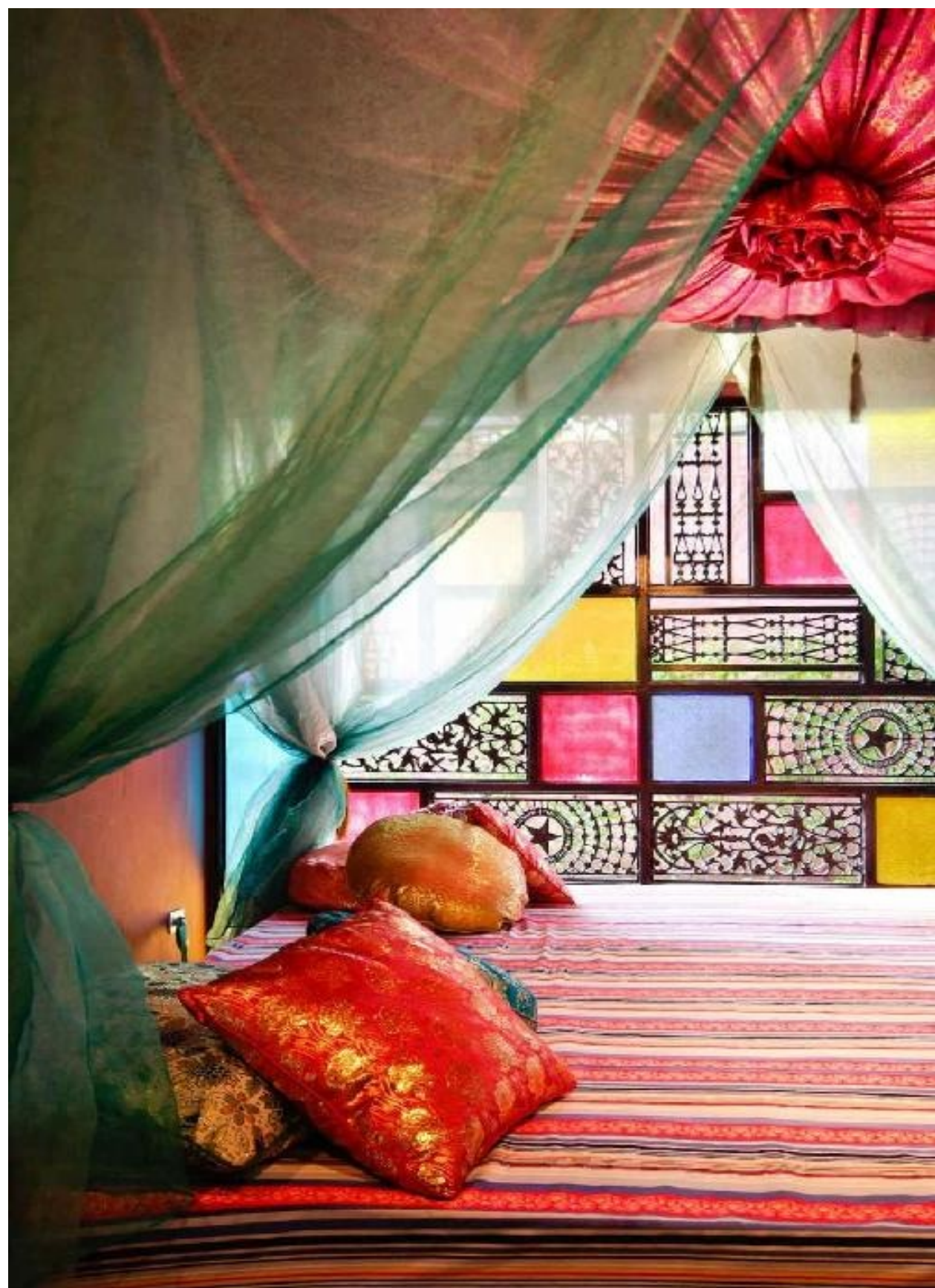
Timing Information:

Preparation	20 mins
Total Time	1 hr 40 mins

Nutritional Information:

Calories	397.5
Fat	27.6g
Cholesterol	81.7mg
Sodium	2496.8mg
Carbohydrates	16.3g
Protein	23.3g

* Percent Daily Values are based on a 2,000 calorie diet.



NORTH AFRICAN VEGETABLE SOUP

Ingredients

- 1 **onion**
- 2 **garlic** cloves
- 2 tbsp. **cilantro**
- 2 tbsp. olive **oil**
- 2 **carrots**, large pieces
- 1 large **potato**, large pieces
- 1 1/2 C. butternut **squash**, large pieces
- 2 tbsp. **tomato** paste
- 1 C. **garbanzo** beans
- 2 tbsp. bulghur **wheat**
- 8 C. **water**
- 1 tsp. **salt**
- **pepper**, to taste
- 1 tsp. **paprika**
- 1 pinch **cayenne**

Directions

- Place a large skillet over medium heat. Heat in it the oil.
- Cook in it the garlic with onion for 3 min. Stir in the cilantro with seasonings and veggies.
- Stir in the water and put on the lid. Cook them for 16 min.
- Once the time is up, drain the veggies and mash them. Stir them back into the pot.
- Stir in the tomato paste, garbanzos, and bulghur wheat.
- Cook them for 12 to 16 min. Adjust the seasoning of your stew then serve it hot.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	55 mins

Nutritional Information:

Calories	138.6
Fat	3.9g
Cholesterol	0.0mg
Sodium	434.6mg
Carbohydrates	23.7g
Protein	3.5g

* Percent Daily Values are based on a 2,000 calorie diet.

NAAN ALGERIA

Ingredients

- 3 C. finely ground whole wheat **flour**
- 1 tsp. **salt**
- 1/2 C. olive **oil**, divided
- 1 1/2 C. **water**
- 1 tsp. ground **cumin**
- 1 tsp. sweet **paprika**
- 1 tsp. **turmeric**

Directions

To prepare the dough:

- Get a mixing bowl: Combine in it the flour with salt and 2 tbsp. of oil.
- Add the water gradually while mixing until you get smooth dough.
- Transfer it to a lightly floured working surface and knead it for 14 min.
- Grease a large bowl with 2 tbsp. of oil. Shape the dough into a ball and place it in it.
- Cover it with a cling foil and let it rest for 60 min.
- Get a mixing bowl: Whisk in it the cumin, paprika, turmeric, and remaining 1/4 C. oil.

To prepare the flatbread:

- Shape the dough into 12 balls. Layover them a cling foil to cover them.
- Place a dough ball on a lightly floured surface. Roll it into a disk until it becomes thin.
- Place a griddle over medium heat. Cook in it the bread until it becomes puffy and golden brown on both sides.
- Repeat the process with the remaining dough.
- Serve your bread warm or cold with some stew, honey, butter, or

olive oil.

- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	50 mins
Total Time	54 mins

Nutritional Information:

Calories	183.4
Fat	9.8g
Cholesterol	0.0mg
Sodium	195.9mg
Carbohydrates	21.8g
Protein	4.0g

* Percent Daily Values are based on a 2,000 calorie diet.

POMEGRANATES AND ORANGES

Ingredients

- 1 1/2 C. **water**
- 1 C. **sugar**
- 1/4 C. thinly sliced peeled **ginger**
- 4 green **cardamom** pods
- 3 whole star **anise**
- 6 any small **oranges**
- 1/2 C. **pomegranate** seeds

Directions

- Place a large saucepan over medium heat.
- Stir in it the water, sugar, ginger, cardamom, and star anise. Cook them until they start boiling.
- Lower the heat and cook them for 10 to 12 min while stirring often.
- Turn off the heat and put on the lid. Cook them for 16 min until the mixture becomes syrupy.
- Strain it and place it in the fridge to lose heat completely for at least 120 min.
- Peel the oranges and slice them into segments. Transfer them to a serving bowl and add to them the syrup.
- Let them sit for 60 min with the lid on in the fridge.
- Garnish them with pomegranate seeds then serve it.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	40 mins

Nutritional Information:

Calories	263.0
Fat	0.3g
Cholesterol	0.0mg
Sodium	5.6mg
Carbohydrates	67.0g
Protein	1.4g

* Percent Daily Values are based on a 2,000 calorie diet.



SEMOLINA BREAD WITH CHILI SPREAD

Ingredients

Bread

- 2 lbs. **semolina**, medium ground
- 1 1/2 tsp. **salt**
- 3 C. **water**
- 4 tbsp. olive **oil**
- 6 tbsp. olive **oil**, for frying

Spread/Dip

- 2 large red bell **peppers**
- 4 vine ripened **tomatoes**
- 1 tbsp. olive **oil**
- 5 **garlic** cloves, minced
- 1 green chili **pepper**
- **salt**

Directions

To prepare the pepper dip/spread:

- Before you do anything, preheat the oven broiler.
- Place the bell peppers with tomatoes on a baking sheet.
- Broil them in the oven for 8 min while flipping them every 2 to 3 min.
- Allow them to cool down completely then peel them and discard the seeds.
- Place a large skillet. Heat in it 1 tbsp. of olive oil. Cook in it the garlic with chili for 1 min.
- Drain them and transfer them to a food processor. Add to them the roasted tomatoes and bell peppers.
- Pulse them several times until they become finely chopped.
- Pour the mixture into a bowl and place it in the fridge until ready to

serve.

To prepare the bread:

- Get a large mixing bowl: Mix in it the semolina with 4 tbsp. of olive oil and salt.
- Add the water gradually while mixing until you get smooth elastic dough.
- Shape it into 6 balls then roll them until they become 1/4 inch thick.
- Place a large pan over medium heat. Heat in it 1 tbsp. of olive oil.
- Cook in it the dough circles for 3 to 5 min on each side until they become golden brown.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	40 mins

Nutritional Information:

Calories	799.2
Fat	26.6g
Cholesterol	0.0mg
Sodium	591.8mg
Carbohydrates	118.2g
Protein	20.7g

* Percent Daily Values are based on a 2,000 calorie diet.

ALGERIAN FRIES

Ingredients

- 2 tbsp. **oil**
- 1/2 C. **onion**, chopped
- 1 lb. skinless **chicken** piece
- 10 sprigs flat leaf parsley, **leaves** only, chopped
- 1/4 C. **chickpeas**, cooked
- 1 tsp. black **pepper**
- 1 tsp. **salt**
- 1/2 tsp. **cinnamon**
- 3 C. **water**
- 2 lbs. frozen French **fries**
- 1 **egg**, beaten
- **lemon** wedge

Directions

- Place a large skillet over medium heat. Heat in it the 2 tbsp. of oil.
- Stir in it the onion, chicken, 1/2 the parsley, chickpeas, pepper, salt and cinnamon.
- Put on the lid and cook them for 10 to 12 min. Stir in the water and cook them until they start boiling.
- Prepare the French fries by following the instructions on the package.
- Stir the beaten egg with fries into the pot and cook them for 10 to 12 min.
- Garnish it with parsley then serve it hot.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	20 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	332.8
Fat	13.5g
Cholesterol	53.9mg
Sodium	962.1mg
Carbohydrates	41.6g
Protein	12.2g

* Percent Daily Values are based on a 2,000 calorie diet.

LEILA'S DESSERT

(PUDDING)

Ingredients

- 1/2 lb. **dates**, pitted and finely chopped
- 1 C. **sugar**
- 1 C. **almonds**, blanched & chopped
- 1 C. unsalted dry roasted **peanuts**
- 4 **egg** whites, stiffly beaten

Directions

- Before you do anything, preheat the oven to 325 F.
- Get a mixing bowl: Combine in it the dates, sugar, almonds, and peanuts.
- Add the egg whites and combine them well. Pour the mixture into a greased baking pan.
- Bake it for 36 to 42 min. Serve it hot with extra toppings of your choice.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	50 mins

Nutritional Information:

Calories	519.5
Fat	23.9g
Cholesterol	0.0mg
Sodium	118.3mg
Carbohydrates	72.5g
Protein	12.1g

* Percent Daily Values are based on a 2,000 calorie diet.

BALSAMIC BEETS

Ingredients

- 4 -6 **beetroots**
- 1 -2 tsp **sugar**
- 1 -2 tbsp balsamic **vinegar**
- 1/2 lemon, juice
- 2 tbsp olive **oil**
- **salt**
- 1 bunch **mint** leaves, sliced

Directions

- Bring a large saucepan of water to a boil. Cook in it the beetroots until they become soft.
- Drain them and dice them. sugar, balsamic vinegar, lemon juice, olive oil, and a pinch of salt.
- Stir in the diced beets with mint. Chill your salad in the fridge until ready to serve.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	87.2
Fat	6.8g
Cholesterol	0.0mg
Sodium	38.6mg
Carbohydrates	6.5g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.



MARIAM'S SALAD

Ingredients

- 1 lb. **carrot**, peeled and sliced
- 3 tbsp flat leaf **parsley**, minced
- 1 tsp cumin, **ground**
- 1/3 C. olive **oil**
- 1/4 C. red wine **vinegar**
- 2 **garlic** cloves
- 1/4 tsp **harissa**, see appendix
- 12 black **olives**
- 2 hard-boiled **eggs**, quartered

Directions

- Place a large saucepan over medium heat. Bring in it 2 C. of water to a boil.
- Stir in the carrots with a pinch of salt. Cook them until they become soft then drain them.
- Get a mixing bowl: Whisk in it the parsley, cumin, olive oil, vinegar, garlic, harissa, salt, and pepper.
- Add the carrots with eggs, and olives. Toss them to coat.
- Chill the salad in the fridge for about 30 min then serve it.
- Enjoy.

Servings Per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	178.3
Fat	14.9g
Cholesterol	62.1mg
Sodium	140.3mg
Carbohydrates	8.6g
Protein	3.0g

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY PAN-FRIED BEEF

Ingredients

- 4 (6 oz.) filet of **beef**
- 1 tsp **coriander** seed, crushed
- 1/2 tsp white **peppercorns**, crushed
- 1 tsp dried ancho **chile** powder
- 1 tsp ground **cumin**
- 2 tbsp olive **oil**
- **salt**

Directions

- Place a large pan over medium heat. Heat in it the oil.
- Get a mixing bowl: Stir in it the coriander, peppercorns, chili powder and cumin.
- Massage the mixture into the beef fillets. Season them with some salt and pepper.
- Place them in the hot pan and cook them for 5 to 7 min on each side until they are done. Serve them warm.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	64.8
Fat	7.0g
Cholesterol	0.0mg
Sodium	12.2mg
Carbohydrates	0.8g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

MY FIRST TAGINE

Ingredients

- 7 tbsp. olive **oil**
- 1/2 C. fresh **cilantro**, chopped with heavy stems removed
- 4 **garlic** cloves
- 3 inches **gingerroot**, peeled and chopped
- 2 tsp. ground **cumin**
- 1 tsp. ground **coriander**
- 1/2 tsp. **anise** seed
- 1/4 tsp. cayenne **pepper**
- **salt**, to taste
- 1 **lemon**, juice of
- 2 lbs. **fish** steaks diced
- fresh ground black **pepper**, to taste
- 4 ripe plum **tomatoes**, halved lengthwise
- 1 medium **onion**, diced
- 1 red bell **pepper**, diced
- 1 green bell **pepper**, diced
- 2 C. **eggplants**, diced
- 1/4 C. pitted black **olives**
- **cilantro** leaf, chopped

Directions

- Get a food processor: Combine in it 4 tbsp. of olive oil with cilantro, garlic, ginger, cumin, coriander, anise, cayenne pepper, 1/4 tsp. salt and lemon juice.
- Blend them smooth. Pour the mixture into a large mixing bowl.
- Add the fish cubes and toss them to coat. Put on the lid and let them sit in the fridge for 120 min.
- Before you do anything else, preheat the oven to 300 F.
- Arrange the tomatoes in a roasting dish. Drizzle over them 1 tbsp. of olive oil with a pinch of salt.
- Place it in the oven and let it cook for 1 h 30 min.

- Drain the tomatoes and roughly chop them.
- Place a large pan over medium heat. Heat in it the rest of the oil.
- Cook in it the peppers with onion. Cook them for 6 min. Stir in the eggplant and cook them for 6 min.
- Stir in the olives with tomatoes, a pinch of salt and pepper.
- Transfer the mixture to a baking pan. Top it with the fish cubes.
- Put on the lid and bake it for 22 to 32 min. Serve it hot.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	2 hrs 45 mins

Nutritional Information:

Calories	279.1
Fat	25.2g
Cholesterol	0.0mg
Sodium	83.5mg
Carbohydrates	14.2g
Protein	2.4g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN HANDMADE SAUSAGE

Ingredients

- 2 lbs. boneless **lamb**, ground
- 4 oz. **lamb**, fat attached to the lamb kidney
- 2 heads **garlic**, peeled and minced
- 1 tsp. **salt**
- 1 tsp. black **pepper**
- 1 tbsp. ground **cumin**
- 1 tbsp. ground **coriander**
- 1 tbsp. **sumac**
- 1 tbsp. red hot **chili** powder
- 2 tbsp. sweet **paprika**
- 1 C. cold **water**
- 1 small **lamb** intestine casing

Directions

- Get a food processor: Combine in it the fat from the lamb kidney with garlic and ground lamb.
- Pulse them several times until they become smooth.
- Add the cumin, coriander, sumac, chili powder, paprika, salt, pepper, and water.
- Processor them until they become smooth.
- Spoon the mixture into the casing while twisting it after measuring 4 inches.
- Fry them in a pan, or grill them then serve them hot.
- Enjoy.

Servings Per Recipe: 1

Timing Information:

Preparation	35 mins
Total Time	35 mins

Nutritional Information:

Calories	306.9
Fat	22.5g
Cholesterol	78.1mg
Sodium	306.6mg
Carbohydrates	5.8g
Protein	19.9g

* Percent Daily Values are based on a 2,000 calorie diet.

PEPPER AND TOMATO BOREK

Ingredients

Filling

- 4 **onions**, sliced
- 2 tbsp. concentrated **tomato** puree
- 2 green **peppers**, strips
- 2 tbsp. olive **oil**
- **salt & pepper**
- 1 hot **pepper**

Pastry

- 17.5 oz. fine **semolina**
- 9 oz. plain **flour**
- **salt**
- **water**

Directions

To prepare the filling:

- Place a large skillet over medium heat. Heat in it the oil.
- Cook in it the peppers with onion for 3 min. Stir in the tomato puree with a pinch of salt and pepper.
- Cook them for 6 min. turn off the heat and let the mixture cool down completely.

To prepare the pastry:

- Combine in it the flour with semolina. Add a pinch of salt and a drizzle of olive oil. Mix them well.
- Add water gradually while mixing until you get stiff dough. Knead it for 10 min while adding more water until it becomes soft and elastic.
- Shape it into balls in the shape of a golf ball. Place one of them on an oiled working surface until it becomes thin.

- Put in the middle of it 2 tsp. of the filling. Pull the dough sides over the filling in the shape of a square.
- Place a large skillet over medium heat. Heat in it a splash of vegetable oil.
- Cook in it the pastry until it becomes golden brown on both sides.
- Repeat the process with the remaining dough and filling. Serve them warm.
- Enjoy.

Servings Per Recipe: 10

Timing Information:

Preparation	40 mins
Total Time	1 hr

Nutritional Information:

Calories	342.0
Fat	3.6g
Cholesterol	0.0mg
Sodium	4.0mg
Carbohydrates	66.1g
Protein	10.2g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN POACHED EGGS

(SHAKSHOUKA II)

Ingredients

- 1 yellow **onion**, chopped
- 8 **lamb** chops or 8 skinless chicken pieces
- 3 **garlic** cloves, chopped
- 2 medium **carrots**, sliced
- 2 medium **zucchini**, sliced
- 2 large **potatoes**, diced
- 1/4 **swede** or 1/4 **turnip**, diced
- 1 **parsnip**, diced
- 1 C. **chickpeas**, drained
- 2 tsp. **ras el hanout** spice mix
- **salt & pepper**
- 1 pinch dried **mint**
- 1 tbsp. **sunflower** oil or 1 tbsp. vegetable **oil**
- 1 C. of liquidized **tomato** puree
- 6 1/2 C. **water**
- 1 large green **chili**, roughly chopped

Directions

- Place a large skillet over medium heat. Heat in it the oil.
- Stir in it ras el hanout with meat. Cook them for 3 min.
- Stir in the zucchini, with parsnip, carrot, potato, and swede.
- Stir in 4 C. of water with chili pepper, a pinch of salt and pepper.
- Put on the lid and lower the heat. Cook it for 42 min.
- Stir in the chickpeas with dry mint, and 2 1/2 C. water. Cook it for an extra 32 min with the lid on.
- Adjust the seasoning of your soup then serve it hot.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	1 hr 35 mins
Total Time	3 hrs 35 mins

Nutritional Information:

Calories	908.7
Fat	29.0g
Cholesterol	70.3mg
Sodium	473.1mg
Carbohydrates	125.0g
Protein	34.9g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN ORANGE GRILLED CHICKEN

Ingredients

- 4 tbsp **harissa**
- 2 tbsp olive **oil**
- 16 -20 **chicken** wings
- 4 blood **oranges**, quartered
- **salt**
- icing **sugar**
- **cilantro**, chopped

Directions

- Before you do anything, preheat the grill and grease it.
- Get a mixing bowl: Whisk in it the oil with harissa.
- Season the chicken wings with some salt and pepper. Coat them with the oil mixture.
- Place them on the grill and let them cook for 6 to 9 min on each side.
- Coat the blood orange wedges with icing sugar. Grill them until they become charred.
- Serve your chicken wings next to the grilled orange wedges.
- Enjoy.

Servings Per Recipe: 4

Timing Information:

Preparation	25 mins
Total Time	25 mins

Nutritional Information:

Calories	556.3
Fat	38.2g
Cholesterol	150.9mg
Sodium	143.2mg
Carbohydrates	15.3g
Protein	37.1g

* Percent Daily Values are based on a 2,000 calorie diet.

GARBANZO SOUP BOWLS

Ingredients

- 230 g dried garbanzo **beans**, soaked overnight
- 2 C. vegetarian beef **broth**
- 4 **garlic** cloves
- 3 tbsp extra virgin olive **oil**
- **salt**
- **pepper**
- 8 **eggs**, hard-boiled and peeled
- 1/2 C. day-old French **bread**, cubed per person
- **harissa**, see appendix, with some water
- 1 pinch ground **cumin**
- ground **pepper**
- 16 **olives**
- **capers**
- diced roasted red **pepper**
- extra virgin olive **oil**
- 1 **lemon** wedge, per person

Directions

- Before you do anything, preheat the oven to 200 F.
- Place an ovenproof pot over high heat. Stir in it the chickpeas with garlic, oil, stock salt, and pepper.
- Cover them with water. Cook them until they start boiling. Put on the lid and transfer the pot to the oven.
- Let them cook for 3 h.
- Place a slice of bread in each serving bowl. Pour over it the chickpea soup followed by the hard-boiled egg.
- Drizzle some harissa on top with olives, cumin, and extra toppings of your choice.
- Serve your soup bowl warm with some lemon wedges on the side.
- Enjoy.

Servings Per Recipe: 8

Timing Information:

Preparation	8 hrs.
Total Time	11 hrs.

Nutritional Information:

Calories	168.7
Fat	8.2g
Cholesterol	23.2mg
Sodium	100.1mg
Carbohydrates	18.2g
Protein	6.5g

* Percent Daily Values are based on a 2,000 calorie diet.

CAYENNE CARROT APPETIZER

Ingredients

- 1 1/2 lbs. **carrots**, peeled, cut into rounds
- 3 tbsp olive **oil**
- 2 1/4 tsp ground **cumin**
- 1/4 tsp cayenne **pepper**
- 1/2 C. **water**
- 3 tbsp white **vinegar**
- 1/3 C. chopped **cilantro**

Directions

- Bring a salted saucepan of water to a boil. Cook in it the carrots until they become soft. Drain them.
- Place a large pan over medium heat. Heat in it the oil. Cook in it the cayenne pepper with cumin for 20 sec.
- Stir in the carrots with water and vinegar. Cook them for 4 min.
- Adjust the seasoning of your salad then stir in the cilantro. Serve it warm.
- Enjoy.

Servings Per Recipe: 4

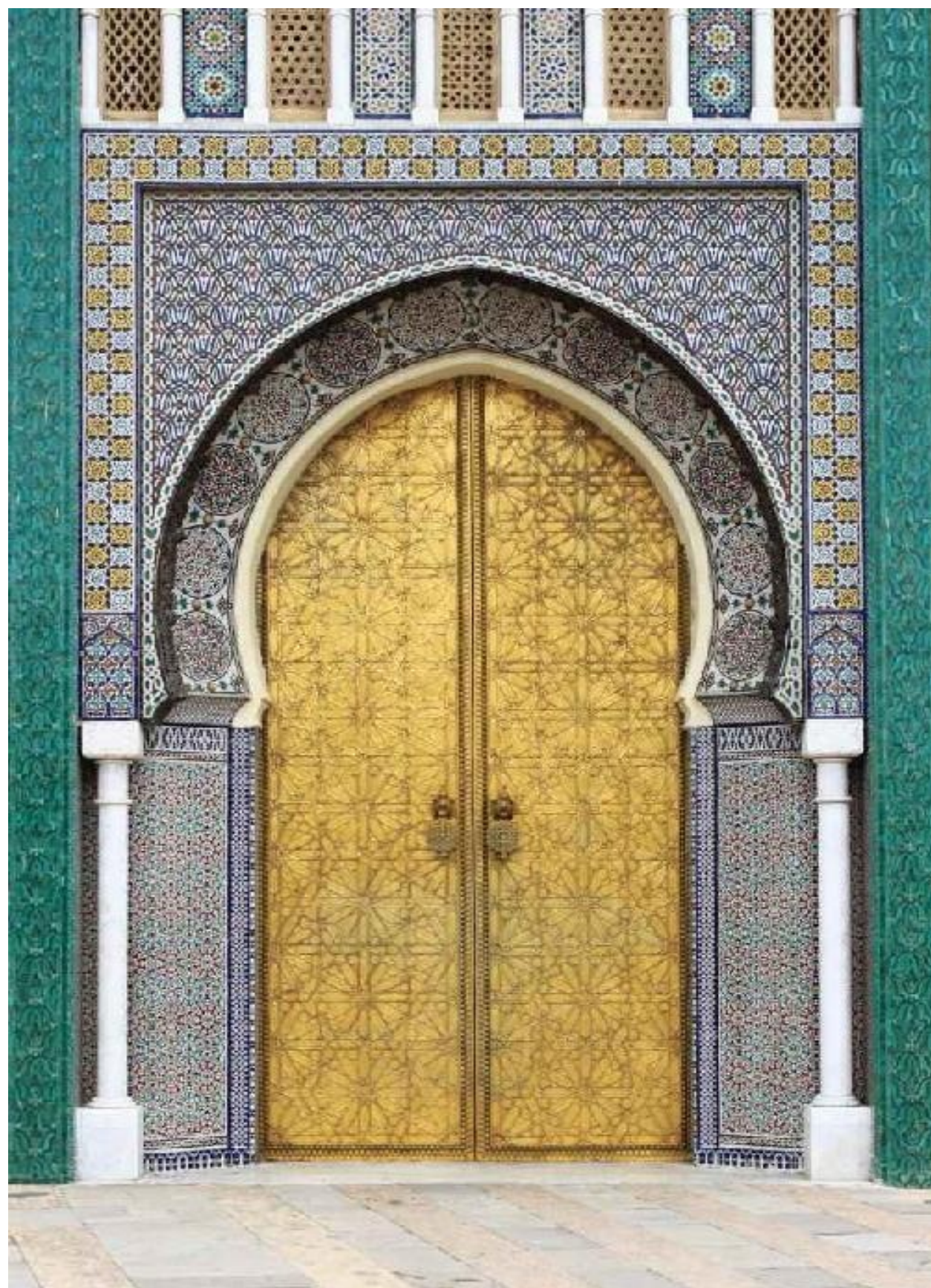
Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	166.9
Fat	10.8g
Cholesterol	0.0mg
Sodium	121.7mg
Carbohydrates	17.0g
Protein	1.8g

* Percent Daily Values are based on a 2,000 calorie diet.



ALGERIAN GLAZED ROUNDED FLATBREAD

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

- Before you do anything, preheat the oven to 350 F

To prepare the syrup:

- Place a heavy saucepan over medium heat. Combine in it the water with sugar.
- Heat in it until it starts boiling. Stir in the blossom water and cook them for 2 min.
- Turn off the heat and let the syrup cool down completely.

To prepare the bread:

- Get a large mixing bowl: Cream in it the eggs in until they become pale.
- Add the sugar with butter and beat them until they become smooth
- Stir in the bread with almonds, lemon zest, and vanilla extract.

- Pour the batter into a greased baking pan. Bake it for 42 min until it becomes golden.
- Once the time is up, pour the syrup over the hot bread. Let it sit in the turned off oven for 6 min.
- Once the time is up, serve it warm with toppings of your choice.
- Enjoy.

Servings Per Recipe: 15

Timing Information:

Preparation	20 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	348.8
Fat	18.8g
Cholesterol	101.0mg
Sodium	194.5mg
Carbohydrates	43.2g
Protein	4.3g

* Percent Daily Values are based on a 2,000 calorie diet.

HOT CHICKPEA SALAD

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

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

Servings Per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	35 mins

Nutritional Information:

Calories	226.2
Fat	6.1g
Cholesterol	0.0mg
Sodium	543.2mg
Carbohydrates	39.9g
Protein	6.2g

* Percent Daily Values are based on a 2,000 calorie diet.

POTATO SALAD IN NORTH AFRICA

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

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

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	30 mins

Nutritional Information:

Calories	208.2
Fat	7.5g
Cholesterol	1.9mg
Sodium	18.9mg
Carbohydrates	32.6g
Protein	4.3g

* Percent Daily Values are based on a 2,000 calorie diet.

GINGER SHRIMP

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

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

Servings Per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	240.0
Fat	14.9g
Cholesterol	220.8mg
Sodium	258.8mg
Carbohydrates	1.5g
Protein	24.1g

* Percent Daily Values are based on a 2,000 calorie diet.



NORTH AFRICAN FLORETS

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

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

Servings Per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	25 mins

Nutritional Information:

Calories	171.1
Fat	13.8g
Cholesterol	0.0mg
Sodium	628.3mg
Carbohydrates	11.0g
Protein	3.6g

* Percent Daily Values are based on a 2,000 calorie diet.

APPENDIX I: SPICE MIXES

HOW TO MAKE HARISSA

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

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

Servings Per Recipe: 8

Timing Information:

Preparation	40 mins
Total Time	40 mins

Nutritional Information:

Calories	73.4
Fat	2.7g
Cholesterol	0.0mg
Sodium	451.1mg
Carbohydrates	12.5g
Protein	2.0g

* Percent Daily Values are based on a 2,000 calorie diet.

SMOKED CHILI HARISSA

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

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

Servings Per Recipe: 1

Timing Information:

Preparation	25 mins
Total Time	35 mins

Nutritional Information:

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

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH AFRICAN SPICE MIX

(RAS EL HANOUT)

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

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

Servings Per Recipe: 1

Timing Information:

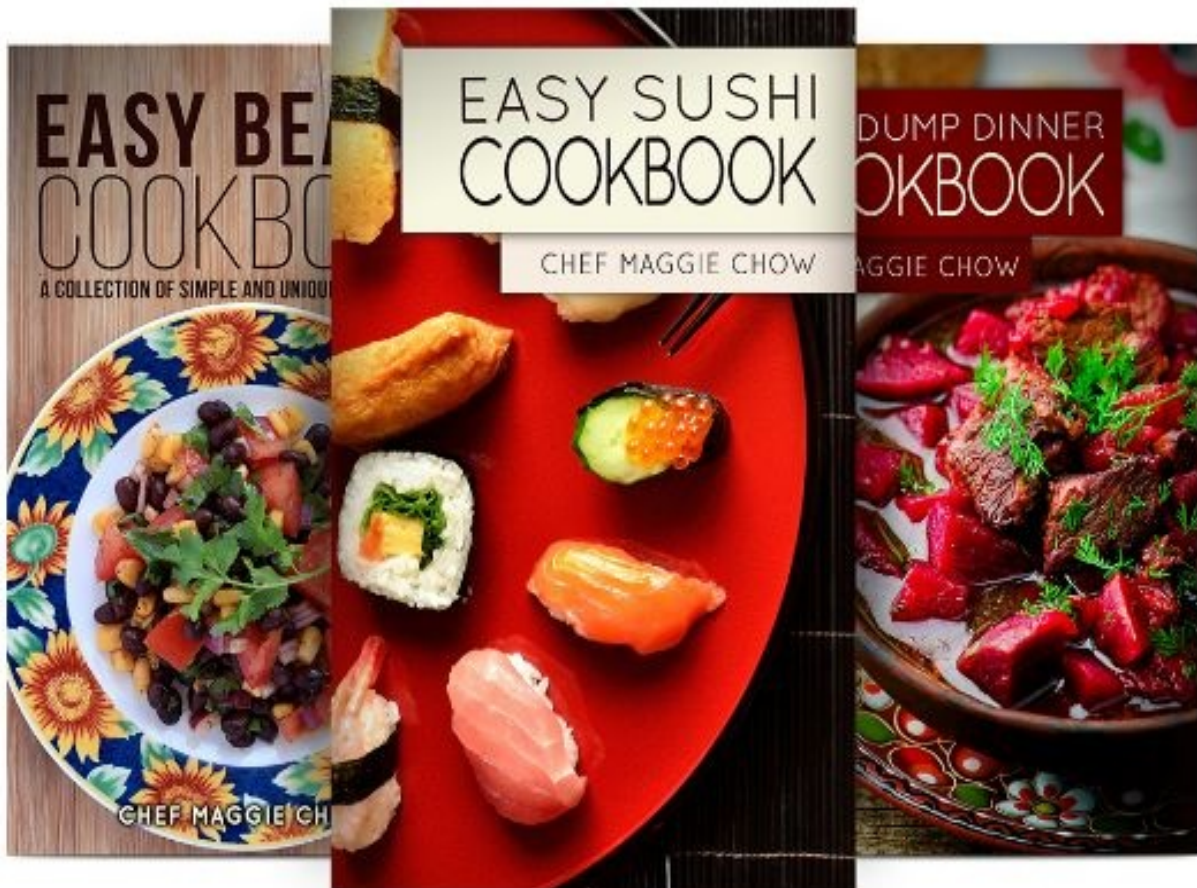
Preparation	10 mins
Total Time	10 mins

Nutritional Information:

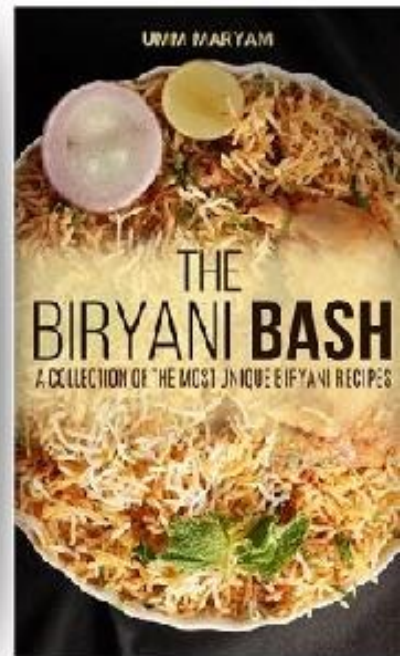
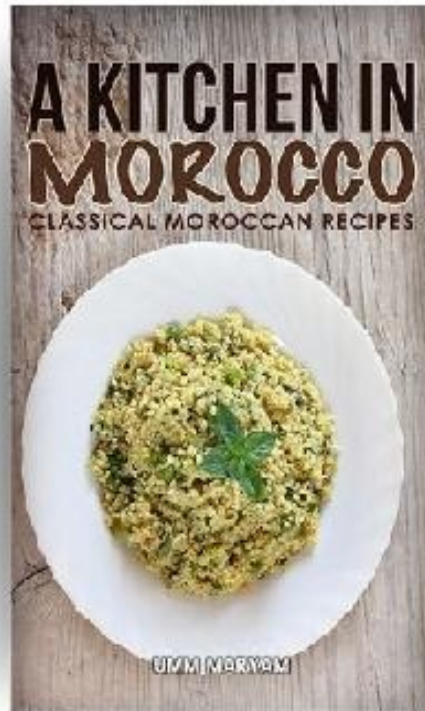
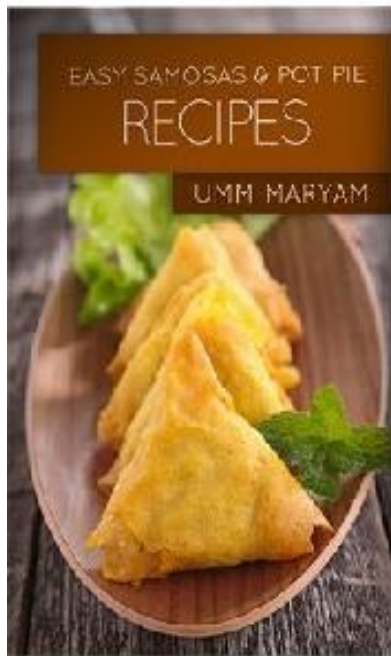
Calories	19.1
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	583.9 mg
Carbohydrates	3.8 g
Protein	0.4 g

* Percent Daily Values are based on a 2,000 calorie diet.

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