



**In this Issue of Food for Thought:**



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*“What is poverty? Poverty is hunger. Poverty is lack of shelter. Poverty is being sick and not being able to see a doctor. Poverty is not having access to school and not knowing how to read. Poverty is not having a job, is fear for the future, living one day at a time. Poverty is losing a child to illness brought about by unclean water. Poverty is powerlessness, lack of representation and freedom.”*

–The World Bank

*“We must ensure that the global market is embedded in broadly shared values and practices that reflect global social needs, and that all the world's people share the benefits of globalization.” –Kofi Annan*

**How can humankind best galvanize developing nations?**

What obstacles separate the world's poor from economic success? Can we help? These questions faced the UN at their Millennium Summit a decade ago. International development targets established at the summit inspired the UN to identify 8 ways to transform impoverished nations into flourishing societies. These became Millennium Development Goals (MDG's), which 192 UN member states and 23 international organizations agreed to strive to reach by 2015. While progress has been made in all areas, one goal's advancement directly promotes the advancement of all the others: **Goal 8, Develop a Global Partnership for Development.**



## What is Global Partnership?

The MDG reports said that Goal 8 addresses the ways developed countries can assist developing countries to achieve the other seven goals through more development assistance, improved access to markets and debt relief. By strengthening commerce, communication, and camaraderie between developed and developing nations, Goal 8 propels multiple facets of development though small and sweeping economic reform in trade, debt management, and other areas.

## A Small Picture with Large Reproductions

Though most reforms necessary for Global Partnership entail large, multi-lateral agreements among nations, such as debt forgiveness for least developed countries (LDCs), smaller economic progress on the local level, such as tourist markets, also promote global partnership and the advancement of all MDGs. By supporting local businesspeople who provide goods for the tourism industry and by connecting them with larger markets, international organizations and governments use global partnership to further development in impoverished nations.

### Universal Education

Achieving universal education will require a truly global commitment. Governments, civil society, agencies and other key stakeholders must work together to help every child, in every country in the world, realize his or her inalienable right to a quality education. – UNICEF

### Global Partnership

Tourism is the only service industry to show a positive balance of trade, with flows from first world countries to developing countries exceeding those in the opposite direction by US\$6.6 billion in the year 2000. –ILO

### Global Partnership in the Tourism Market

***“The international community is beginning to recognize the importance of tourism as a potential driving force in the social and economic development of poor countries.***

*This is because tourism development makes for much better trading opportunities. Accordingly, it is one of the most effective ways of avoiding marginalization from the global economy.”* – The International Labor Organization (ILO)

**How global partnership efforts such as microloans, market access, and fair trade can make a competitive, pro-poor tourism industry, according to the ILO, (DFW Examples):**

- Upgrades local skills (*business training*)
- Creates decent local jobs (*craft-making businesses*)
- Uses local construction; (*carpet weaving factory*)
- Embraces the local culture; (*traditional crafts*)
- Improves local infrastructure; (*gives microloans for new businesses*)
- Helps sustain the local environment; (*promotes sustainable weaving practices*)
- Sources locally as much as possible; (*uses local markets and supplies*)
- Provides a unique experience for tourists; (*offers unique, hand-made crafts*)
- Creates partnerships to improve livelihoods; (*establishes a cooperative*)

### Eradicating Poverty

***“The tourism sector is a massive job creator and one of the world's biggest industries representing some 5% of the global GDP as well as accounting for over 10% of current annual investment worldwide, and as much as 50% in some developing countries.”*** – The United Nations Environment Programme (UNEP)

## Effect on Women

“One job in the core tourism industry creates about one and a half additional (indirect) jobs in the tourism-related economy. The wider travel and tourism economy creates (both directly and indirectly) more than 230 million jobs, which represents about 8 per cent of the global workforce. Half the workers in the industry are aged 25 or younger. Women make up between 60 and 70 per cent of the labor force in the industry. Paid work by women reduces overall poverty and inequality. **In fact, eliminating barriers to women’s participation in paid work (as is typical of the tourism industry) has a much stronger effect on poverty and economic growth than ending wage discrimination.**”  
 – The ILO

### In Ghana

“Available statistics indicate that in the area of employment, between years 2000-2003, total employment in the tourism sector in Ghana increased from 90,000 to 127,645 representing 42% increase. Of those employed 56% were males and 44 % females. The gender dimension here is very important: according to the United Nations Development Programme (UNDP) empirical evidence which suggests developing countries with less gender inequality tend to have lower poverty rate. **The implication for us is that gender equality through creating opportunities for women, as is typical of the tourism industry, has much stronger effect on poverty and the national economy...It is an undeniable fact that, tourism also sustains the industrial sector by patronizing their product likewise the manufacturing sector.** Producers of local textiles, that is, tie-dye and batik fabrics have their products highly patronize by tourists as unique identification of “been to” a destination. “  
 –www.ghana.net

Barriers to Tourism Benefiting the Poor	Examples
Lack of human capital of the poor	Low literacy and poor job skills.
Gender norms and constraints	Beliefs that women should not work at night or work at all.
Lack of social capital or organizational strength	Poor communities are often not represented in civil society and economic planning.
Lack of financial capital	Lack of micro credit, or revolving loan facilities to set up enterprises.
Location	Many poor people may live remote from places where tourism flourishes
Lack of land ownership and tenure	Many poor countries have no effective rights of land ownership
Regulations and red tape	Many certificates required from different ministries to set up small business.
Inadequate access to the tourism market	Tourism market may be geared to imports, or package tourism may avoid contact with the poor
Low capacity to meet tourist expectations	Poor communities may be unaware of tourist expectations, or lack language skills
Lack of linkages between formal and informal sectors & local suppliers	Tourism enterprises may build on existing relationships with foreign suppliers, rather than seek local linkages.
Inappropriate tourist market segment	Segment may be largely package or domestic that ignores unique culture of destination.

### Gender Equality

“Between a quarter and a half of tourist spending can reach the poor from expenditure on restaurants if supplies are purchased locally; from shopping (particularly handicrafts); and from local transport and excursions. Because these segments usually include informal sector operators, they are also likely to be the means by which poorer, less skilled, and women entrepreneurs can participate productively in the economy.” The ILO

## Questions for Discussion

We have seen how supporting tourist markets through global partnership advances most MDG's. How does it also improve maternal health, reduce child mortality, and combat HIV/AIDS?

Opening trade barriers is an essential aspect of Global Partnership. How do trade regulations affect goods sold between developing and developed nations?

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## Voices

In collaboration with a Peace Corps volunteer, Nest connected with **Khenifra's Women's Handicraft Association**, led by **Naema Birli**.

Frustrated by the lack of work opportunities, she led the formation of a cooperative that now makes beautiful necklaces being sold throughout Morocco. The Nest loan enabled her to expand her business and generate much needed work for women in her community.



*"I'm president of the Khenifra's Women's Handicraft Association. I want to make the association a dynamic organization that will rely on teaching the officials and members' capacity building, and organize cultural activities to make the association well-known for its goals and strategies as well as its products. I want to organize training sessions and provide members with efficient and educational means to promote the role of women in socio-economic development. I want to enable women to be producers, and then have a steady income. I want to impart socio-economic and educational knowledge among women."*

## Sustainability

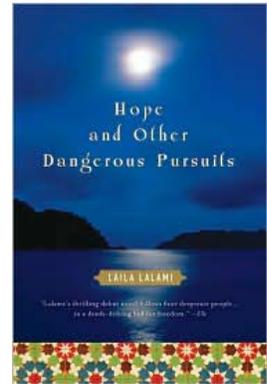
On May 12, the UN announced a Global partnership initiative to make tourism worldwide environmentally, socially and economically sustainable.

"The goal is to transform the way tourism operates around the world by seeking out and replicating successful, sustainable policies, projects, and investments," said Achim Steiner, Under-Secretary General for the UN and Executive Director of the United Nations Environment Programme (UNEP).

"Well-managed ventures can play a key role in assisting countries towards the low-carbon, resource-efficient, Green Economy urgently needed in the 21st century. In doing so they can deliver not only environmental, but significant social and economic benefits," added Mr. Steiner –The UNEP

## Meeting Resources

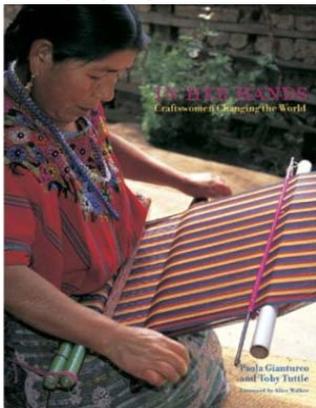
**Fiction** *Hope and Other Dangerous Pursuits* by Laila Lalami “Lalami’s first novel is made up of linked short stories that bear witness to the human spirit and perseverance. ‘The Fanatic’ portrays a young Muslim woman, Faten, who tries to influence her best friend, Mouna, to adopt her fundamentalist beliefs. Lalami’s characters are believable, sympathetic, and quite ordinary, nurturing hopes and dreams of a better life in the face of harsh conditions. An eloquent, fascinating glimpse into Moroccan culture and traditions, this debut is highly recommended for academic and large public libraries.” -- Lisa Nussbaum, *Library Journal*



**Nonfiction:** The books below are selections from NEST founder Rebecca Kousky’s recommended reading list. To view the list in its entirety, visit <http://buildanest.com/documents/rebecca-booklist.pdf>.

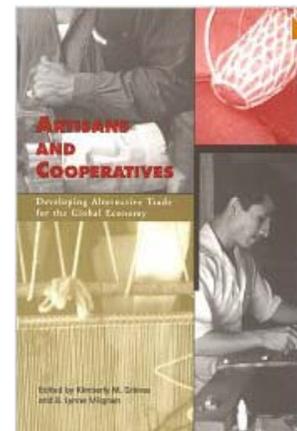
### **Artisans and Cooperatives: Developing Alternative Trade for the Global Economy** by Kimberly Grimes & B. Lynne Milgram

“Bringing together case studies from the Americas and Asia, this timely collection of articles addresses the interplay among subsistence activities, craft production, and the global market. It contributes to current debates on economic inequality by offering practical examples of the political, economic, and cultural issues surrounding artisan production as an expressive vehicle of ethnic and gender identity.” –*The publisher*



**In Her Hands: Craftswomen Changing the World** by Paola Gianturco and Toby Tuttle “A beautifully photographed documentary of 90 women in 12 countries on 4 continents, revealing their diverse lives and surprisingly universal aspirations. Often driven by the harsh realities of poverty, little education and even a lack of basic health care, female artisans are motivated by the

desire to provide for their children: to dress them properly, to feed them well and, most of all, to educate them. Many political and social organizations, including the UN, provide guidance and economic support, most often in the form of very small, short-term loans; thus cooperatives are created that strengthen and enrich their cultural heritage as well as individual lives and fortunes.” – *The publisher*



### Learn More about Nest’s Founder Rebecca Kousky

**Video:** Watch CNN’s Nicole Lapin interview with Rebecca  
[www.cnn.com/video/#/video/living/2007/08/10/ypwr.intv.rebecca.kousky.cnn](http://www.cnn.com/video/#/video/living/2007/08/10/ypwr.intv.rebecca.kousky.cnn)

**Article:** Read Country Living’s interview with Rebecca at  
<http://www.countryliving.com/women/inspirational-women/entrepreneur-rebecca-kousky-0408>

## Nest Involvement Opportunities for Your Chapter

- ♀ **Host a Trunk Show with your chapter:** Do you have a group of friends and colleagues who would love to purchase items our loan recipients create? Consider hosting your own trunk show for Nest.
- ♀ **Assist with a Nest Event:** Wherever you are in the US, there may be a Nest event near you. Help take tickets, signup guests, work a trunkshow or educate a crowd for our mission!
- ♀ **Have a Board Member Speak at your June Meeting:** Nest has Advisory Boards in 12 cities around the US. One may be near you.

Find out more at <http://www.buildanest.com/getinvolved.asp>.

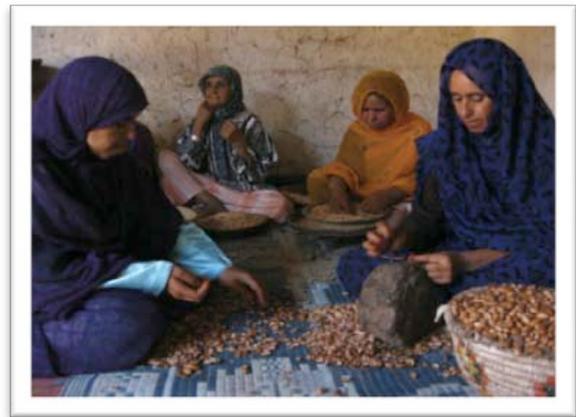
### Fair Trade Shopping

Argan oil, produced by women's cooperatives in Morocco. The oil not only has a superb flavor, but has the added benefit of being great for your skin, too! Use sparingly, as a finishing ingredient. Expensive, but worth every penny.

<http://www.worldartisanguild.com/>

Another source for culinary argan oil and loads of Moroccan spices, ingredients, and tagines (the traditional cooking vessel of Morocco) NOTE: not all products on this site are Fair Trade.

<http://www.zamourispices.com/section1.html>



Our program, **Nest**, has these wonderful necklaces (pictured) produced by women in the cooperatives we are supporting. <http://www.buildanest.com/product.asp?productid=1282>



In case you are in the market for a rug, here is a company that works with four women's cooperatives in Morocco [http://www.kantaracrafts.com/Kantara\\_Crafts\\_Fair\\_Trade\\_Importers\\_of\\_Moroccan\\_Rugs.html](http://www.kantaracrafts.com/Kantara_Crafts_Fair_Trade_Importers_of_Moroccan_Rugs.html)

Perhaps a purse? <https://shop.thehungersite.com/store/item.do;jsessionid=991CC4847811E03C2A47C2F6077A6674.store-a?itemId=29336&siteid=220&sourceid=220&sourceclass=MatchingItem&index=2>

-- Fair Trade shopping courtesy of Carolyn Mayers

## Moroccan Hospitality and Recipes

### Moroccan Cuisine

From <http://www.africa.upenn.edu/Cookbook/Morocco.html#HONEY%20PASTRIES>

**The cuisine of Morocco is rated among the best in the world**, and rightly so. There are few places where food is more carefully, delightfully, and artistically prepared, In the average home, the wonderful dishes are prepared with loving care by the mistresses- Dadas. Here, where time does not seem to count, she spends hours with her glazed earthenware and copper cooking dishes and her kanoun, the movable clay brazier. Her kitchen is austere, and the charcoal, which perfumes the kebabs and allows the sauces to simmer, is the only source of heat. With no chairs, a folded carpet serves as a seat. The Dada is dressed in a long colorful robe tucked up in front and her wide sleeves are held in place with a twisted cord. The scents of **coriander, cumin, saffron, and onion** mingle with the pungency of **olive oil, and the sweetness of sandalwood, mint, and roses** delighting the senses.

### How a Dinner is Served in Morocco

*For those of you who really want to go all out!*

A hostess in Morocco might take a week to prepare a suitable dinner for her honored guests. The meal often consists of as many as fifty courses, and lends itself well to "small plates" or many appetizer-sized portions. It would take a full day just to make Bstilla- a crisp pastry, rolled as thin as tissue paper, filled



with chicken in a mixture "sweet and peppery, soft and violent." (I did not make this complicated dish, but feel free to try!)

Dinner starts with Bstilla, followed by the typical brochette or kebab flavored with bits of beef or lamb fat. Next comes Tajine, chicken or meat in a spicy stew, which has been simmered for many hours and served with a flat bread called Khubz.

In Morocco, as in most Arab lands, every household makes its own bread. It is made from semolina flour without shortening or milk. An invocation to God is made before commencing the sacred act of kneading. When the bread has been properly shaped, each family puts its own mark or stamp on it before sending it via the children to a common bakery oven. After the Tajine, a Batinjaan- eggplant salad or chopped tomato salad, or other salad - is served as a separate course. Then comes Couscous, that marvelous Moroccan national dish made of semolina, cooked to perfection, each grain separate from the other. The dinner is completed with slices or wedges of peeled melon or other fruit, pastries

and cookies, and finally a small glass of mint tea. The recipes which follow will give you a taste of but a few of the delightful dishes of Moroccan cuisine, but they are all delicious and will give you the "feel" of Morocco.

### How You Can Present a Moroccan Dinner

**If feasible, use a low table with cushions on the floor** (be sure to advise your guests to dress comfortably). Cover the table with a bright brocaded cloth and provide your guests with thick towels to cover their knees. You might want to place floral bouquets around the room but do not have a centerpiece on the table.

**Before serving dinner, walk around the table with an attractive pitcher** (silver if possible) filled with warm water, scented with cologne or a few drops of perfume. With a Turkish towel over your left arm and a small basin in your left hand, pour a little water over the fingers of each guest, catching it in the small basin.

**Serve tiny kebabs first (with or without a fork) on small plates.** As soon as the kebabs have been eaten, remove the plates. The salad may be served as a separate course or may accompany the Couscous. If you serve it separately, place the salad (with a fork) in front of each guest. In Morocco, the Couscous is served in a large platter and each guest eats directly from it with a large spoon, or he may roll the Couscous up in little balls and pop them into his mouth, but don't expect your guests to do this. You may prefer to place extra plates in front of your guests and ask them to serve themselves.

**Normally, slices of melon, watermelon, cantaloupe or other fruit speared with toothpicks (no plates) are served in a platter after the Couscous.** You might also serve the mint tea at this time, or wait until later to serve it with the pastries.

**Again, the hostess pours water over the fingers of her guests.** This is a mark of graciousness and hospitality. At the end of the meal, after tea has been served, bring in a tiny incense burner and light it on the table.

**Website for Moroccan ingredients:** <http://www.zamourispices.com/section1.html> They have wonderful harissa, preserved lemons, ras al hanout (exotic spice mixture), amlou and even tagines!

**NOTE:** Cilantro is a very popular ingredient in Moroccan cooking. For those of you who love cilantro this is great news! BUT, to a segment of the population, myself included, cilantro tastes like soap. Turns out, this has a chemical explanation! These recipes are fine if you omit the cilantro, so fear not! And read this article for enlightenment!

<http://www.nytimes.com/2010/04/14/dining/14curious.html>

As always, if you have questions or comments, contact me, Carolyn Mayers, at [crmayers@mac.com](mailto:crmayers@mac.com)

### Recipes

#### Khoubz Dyal Smida (Moroccan Semolina Bread)

Easy, authentic, lovely bread.

Adapted from <http://priyaeasytastyrecipes.blogspot.com/2009/06/khobz-dyal-smida-moroccan-semolina.html> The olive oil makes it a pleasure to knead. Delicious toasted with amlou (like Moroccan almond butter with honey, see website above) for breakfast. Makes two round disc shaped loaves.

2 c semolina flour  
1 ½ c all purpose flour plus 2T semolina flour for dusting  
2T sugar  
1T salt  
1T RAPID RISE yeast



3T olive oil  
1 ½ c warm (100 degrees) water

In the bowl of a stand mixer fitted with mixing attachment, or regular bowl, place the semolina flour, 1 ½ cups all purpose flour, sugar, salt and yeast and mix well. Add the warm water and oil and mix well, at low-medium speed if using a mixer, with a wooden spoon and then your hands if not. Change to dough hook if using mixer and knead for 10 minutes or until the dough is smooth and pliable, adding a bit of flour (not too much, the dough should be soft) if needed to help with stickiness. If using your hands, knead for 10 minutes by hand, resting at the 5 minute mark to make the dough easier to work with. Oil a large bowl, place the kneaded dough into it and cover with plastic wrap. Let rise for approximately 1- 1 ½ hours, or until the dough has doubled in volume. Remove the dough to a work surface. Cut the dough in half and shape each half into a round disc. Dust a large baking sheet with semolina flour, place the discs on the baking sheet, flatten them somewhat, and dust the tops with more semolina. Allow to rise undisturbed for about half an hour. Meanwhile, preheat the oven to 425. After the half hour is up, poke the tops of the discs with a sharp fork all over. Bake the bread for about 20 minutes in the middle rack of the oven until they are golden brown and sound hollow when tapped. Transfer to rack and let cool.

### **Brochettes de Kefta (Ground Meat Kebabs)**

Adapted from <http://www.epicurious.com/recipes/food/views/Brochettes-de-Kefta-Ground-Meat-Kebabs-104678>

A great starter, or, if you decide to do a meal of small plates of many different dishes ( I know many of you do just appetizers and this cuisine is great for that), this is a wonderful addition. We LOVED these. If you want more heat, serve them with some harissa mixed into the olive oil/lemon juice suggested at the end of the recipe. Serves about 16, easily halved

2 lbs. ground lamb (the most authentic), or beef or even turkey if you insist  
1 medium onion, minced or grated OR 1c minced scallions  
3T chopped fresh flat leaf parsley  
3T chopped fresh cilantro (OPTIONAL!!)  
½ t ground cumin  
¼ t ground cardamom  
½ t ground ginger  
1/8 t ground cinnamon  
1/8 - ¼ t ground cayenne pepper (optional)  
½ t salt  
½ t ground black pepper  
1 – 2 cloves garlic, minced  
2T breadcrumbs  
1 egg white  
1T water  
Oil



In a large bowl, mix together the ground lamb and all of the seasonings through the garlic. Add the breadcrumbs and mix to distribute evenly (your hands really work best for this). Finally add the egg white and water and knead the meat mixture until everything is very well distributed throughout. Moisten your hands and, taking a portion of the mixture about the size of a small egg, shape it into a skinny football shape. There are two ways to do this. Traditionally, these are grilled on skewers. If this is what you intend to do, then get out some square bladed skewers (for ease of removal) and shape the footballs right onto the skewer, 2 per skewer. If you are not going to grill, then either grease a couple of

rimmed baking pans, or line them with parchment, and place the footballs on the pans. You should have between 30 and 36 total. To cook on the grill, oil the football shaped kebabs well to help prevent sticking. Grill over medium heat for about 5 minutes, turning once. Watch for flares as ground lamb tends to be fatty. If cooking in the oven, preheat oven to 450 degrees and cook about 10 minutes, or until no longer pink. Do not cook too long or they will dry out. To serve, drizzle a mixture of olive oil and lemon juice, whisked together (about a 2:1 ratio). Serve with bread.

### Warm Olives with Preserved Lemons

*Adapted from Joanne Weir's "From Tapas to Meze: first courses from the Mediterranean shore of Spain, France, Italy, Greece, Turkey, the Middle East, and North Africa." Crown Publishers, 1994.*

Another fine addition to the small plates theme – lemony, salty and a little spicy. And EASY! Serves 6 – 8

¾ c medium green olives with pits, scored  
¾ c Kalamata or Nicoise olives, with pits  
1/3 c extra virgin olive oil  
2 cloves garlic, minced  
½ t ground cumin  
¼ t paprika  
½ t harissa, or ¼ t red pepper flakes  
1 whole preserved lemon, diced, or grated peel from one lemon  
1 – 2 T fresh lemon juice  
1T chopped fresh parsley  
1T chopped cilantro (optional)



Place olives in a medium saucepan and cover with water. Bring to a boil and immediately drain. Repeat this process one more time. Heat the olive oil in a medium pan over low heat. Add garlic, cumin, paprika, harissa, preserved lemons and olives. Heat for 2 minutes. Remove from heat and place in bowl. Allow to cool slightly. Add lemon juice, parsley and cilantro and toss together. Serve warm or at room temperature. It is even better the second or third day. The oil is great for dipping bread into!

### Carrot Salad

*Adapted from "Couscous and Other Good Food From Morocco" by Paula Wolfert*

1 clove garlic  
1/8 t. ground cinnamon  
½ t. ground cumin  
½ t. sweet paprika  
Pinch of cayenne  
Juice of 1 lemon  
1/8 t. granulated sugar  
Salt to taste  
Olive oil  
Chopped parsley



Wash and peel the carrots. Boil whole in water with the garlic until barely tender. Drain. Discard the garlic and dice or slice the carrots.

Combine the spices with the lemon juice, sugar and salt and pour over the carrots. Chill. Sprinkle with oil and chopped parsley just before serving.

Serves 4.

### **Eggplant Salad, Rabat Style**

*Adapted from "Couscous and Other Good Food From Morocco" by Paula Wolfert*

1 pound eggplant  
1 clove garlic, peeled and slivered  
2 T. chopped parsley  
2 sprigs cilantro, chopped (optional)  
½ t. paprika  
½ t. ground cumin  
2 T. olive oil  
1 to 2 T. lemon juice  
Salt

Stud the whole eggplant with garlic slivers, using a paring knife to drill holes. Bake the whole eggplant in a 400 degree oven until very soft ( it will seem as if it has collapsed: the skin will be black and blistered). Remove from the oven to cool.

When cool enough to handle, rub the skin off the eggplant and squeeze the pulp to release the bitter juices or scoop out the pulp with a wooden spoon and let drain the in a sieve. Discard the bitter liquid. Mash or push the eggplant pulp and garlic slivers through a food mill. (I chopped very finely. Avoid the temptation to use a blender-it destroys the character of the dish). Add the chopped herbs and spices and mix well. Fry in the oil over moderate heat, turning the eggplant often with a perforated spatula until all the liquid has evaporated and the eggplant has been reduced to a thick black jam. (about 15 to 20 minutes). Sprinkle with lemon juice, taste for salt and readjust the seasoning to taste. Serve warm or slightly cooled. Makes about 1 cup.

### **Orange and Radish Salad**

*Adapted from "Couscous and Other Good Food From Morocco" by Paula Wolfert*

2 to 3 bunches long or round red radishes (I used mixed colors)  
2 T. granulated sugar  
Juice of 1 lemon  
1 T. orange flower water  
Salt  
2 navel oranges  
Cinnamon

Wash and trim the radishes. Place in the blender jar and grate by turning the machine on and off. Do not puree. Remove and drain off the excess liquid. Place in the serving dish and sprinkle with the sugar, lemon juice, perfumed water, and salt to taste. Toss lightly and chill. Peel and section the oranges. Just before serving, mix the orange sections with the grated radishes. Dust lightly with cinnamon and serve at once.



Evan Sung/NY Times

### **Orange and Black Olive Salad**

*Adapted from "Couscous and Other Good Food From Morocco" by Paula Wolfert*

3 navel oranges  
1 cup black olives, pitted  
2 cloves garlic, chopped  
½ t. paprika  
Cayenne to taste  
½ t. salt  
Pinch or two of granulated sugar  
Pinch of cumin  
2 T. chopped parsley



Peel and section the oranges. Arrange the oranges and the olives attractively in the serving dish. Make a dressing of the olive oil and remaining ingredients, pour over the olives and oranges and serve at once.

### **Moroccan Liver Salad (Kibbdha)**

*Adapted from "Taste of Morocco" by Robert Carrier*

1 pound calf's liver, trimmed  
Flour  
Peanut oil  
4-6 T. olive oil  
1-2 T. lemon juice  
Salt  
Powdered cumin  
Cayenne  
Chermoula  
1 clove garlic, peeled and finely chopped  
2 T. finely chopped Italian parsley  
1 T. finely chopped cilantro  
½ t each salt and sweet paprika  
¼ t. cayenne  
4T. olive oil  
2 T. lemon juice

Cut liver into 1/3 inch cubes or fingers 1/3 inch by 1 inch. Place half the liver pieces into a large colander and pour boiling water over to blanch them. Repeat with remaining segments. Drain both portions well. Place blanched liver in a large flat bowl and pour over the chermoula, saving a little for later use. Toss well and leave to marinate for at least 2 hours.

When ready to cook, drain the liver pieces well and dredge with flour. Heat ½ inch peanut oil in a large thick-bottomed frying pan and sauté one-third of the seasoned liver, stirring constantly, until liver is

golden brown on all sides but still rare in the middle. Remove liver pieces from pan. Repeat with remaining pieces, cooking them in two further batches. Drain well. Add olive oil and lemon juice to the remaining chermoula and pour over the liver pieces. Toss well, then sprinkle with salt, cumin and cayenne, to taste. Serve at room temperature.

### **Spicy Green Beans**

*Adapted from Robert Carrier's "A Taste of Morocco," Clarkson N. Potter, 1987*

This is a case of the final product being more than the sum of its parts. Delicious. Use fresh or frozen green beans. Serves 6 - 8

2 lbs. green beans, washed, topped and tailed if fresh, slightly thawed if frozen

4T olive oil

1 large onion, diced

3 cloves garlic, minced

½ 14 oz. can (or more) diced tomatoes

1 small jalapeno, minced (careful not to touch your eyes or face),

1/8t cayenne

Salt and pepper to taste.



or

Heat oil over medium-low heat in a large skillet. Add onion and cook, stirring, for about 6 minutes. Add garlic and stir a minute. Add tomatoes and peppers and cook another minute or 2. Finally, add the beans and raise heat to medium. Cook for 3 minutes, stirring. Reduce heat back to medium-low, add 6 tablespoons of water, about ¼ teaspoon of salt and some black pepper, and cook, covered about 4 more minutes for frozen, about 6 more minutes for fresh, checking for doneness halfway through cooking time as beans vary widely. Serve hot with any of the main courses below, or as another addition to the small plates table.

### **Moroccan-Style Carrots**

Adapted from <http://www.epicurious.com/recipes/food/views/Moroccan-Style-Carrots-12173>

Carrots are a spring crop, in season now. This dish is a beautiful addition, color-wise, to any plate of food, and especially alongside the green beans. Subtle and different flavor. Serves 4

1lb. carrots, peeled or well-scrubbed and cut diagonally into ¼ - ½ inch thick slices

3T olive oil

2 small cloves garlic, minced

½ t ground cumin

¼ t ground cinnamon

1t sugar

1/8 t ground cayenne pepper

1t fresh lemon juice

Salt and pepper to taste

Steam the carrots over boiling water, covered, for about 6 minutes or until tender but still a bit firm. Rinse with cool water and set aside. In a medium skillet, heat the oil over medium-low heat. Add the garlic, cumin and cinnamon and cook for a minute. Add the carrots, cayenne and sugar and stir well to coat and heat through for another minute or so. Add the lemon juice, and salt and pepper to taste. Transfer carrots to bowl. Serve at room temperature.

### **Warm Spiced Lentils**

Adapted from From Tapas to Meze, et al.

Here is what Joann Weir writes about this recipe: "In Morocco I met many Mohammeds- my guide, my butcher, my spice dealer, and my driver. Mohammed, my driver, was very quiet at the beginning, but after a week, he finally began to open up and a week after that, he invited me to his home on Friday for a traditional couscous lunch his wife had prepared. In the Moroccan home, there are a great many customs and I wanted to do everything right. When we walked in to the room that doubled as a dining and living room, Mohammed removed his shoes, so I removed my shoes. When he ate these warm lentils with the first three fingers of his right hand, so did I. "Delicious!" I said. Mohammed smiled his usual shy way, and handed me a piece of paper. His wife had already written out the recipe for me."

Serves 6

1 ½ c green lentils (you can use any lentil, but adjust cooking time)

4 whole cloves

1 medium onion, peeled

2 bay leaves

1 2-inch piece lemon peel, as little white part as possible

¼ c extra virgin olive oil

1 large red onion, minced

3 cloves garlic, minced

½ 14 oz. can diced tomatoes

1t ground cumin

1t ground ginger

½ t ground turmeric

½ t paprika

¼ t ground cayenne pepper

¼ c chopped fresh parsley

¼ c chopped fresh cilantro (optional)

1 – 2T fresh lemon juice

Salt and pepper to taste

6 lemon wedges

Check the lentils for small stones, rinse well and place in a large saucepan. Cover with water by 2 inches. Stick the cloves in the onion and add to the lentils with the bay leaves and lemon peel. Bring to a boil, then turn the heat down to low and simmer, partially covered, until lentils are just tender, about 20 minutes. Remove onion, bay leaves and lemon peel. Drain lentils and discard water. Heat the olive oil in a large skillet over medium heat and sauté the red onions until almost soft, about 5 minutes. Add the garlic, tomatoes, cumin, ginger, turmeric, paprika, and cayenne, and sauté 2 - 3 minutes. Add the parsley, cilantro and cooked lentils, stir together and heat for 2 minutes. Season with the lemon juice, a fair amount of salt, and some pepper. Serve warm, either directly from the skillet, or in a warmed bowl, garnished with lemon wedges.

### **Tagine of Lamb with Raisins and Almonds, Tiznit Style**



Adapted from Paula Wolfert, *Couscous and Other Good Food From Morocco*, Harper and Row, 1974.

Paula Wolfert says in her description of this tagine that "This dish is referred to by Moroccans as "the tagine that leaves nothing out." It is sweet and spicy, and one of the best things I have had the pleasure of cooking in my stint as your recipe researcher and tester. A real winner. And SUPER easy. Serves 6

2lbs. lamb stew meat, cut into 1 ½ - inch pieces  
 2T olive oil  
 2T unsalted butter  
 1c onion, chopped  
 3 cloves garlic, minced  
 Salt and ground black pepper (lots!) to taste  
 1t paprika  
 1/8 t ground cinnamon  
 ½ t turmeric  
 ¼ t ground cayenne pepper  
 ½ 14 oz. can diced tomatoes  
 1T mixed chopped fresh parsley and/or cilantro  
 ¾ c raisins, soaked in hot water for ½ an hour and drained  
 Oil for frying almonds (if necessary)  
 ½ c whole blanched almonds OR slivered almonds  
 (I used Marcona almonds here – already fried and delicious)

Heat olive oil and butter in a large heavy pot over medium-low heat. Add lamb, onion, garlic, ½ teaspoon salt, more or less, 1 teaspoon ground black pepper, and the other spices, through cayenne. Toss to coat lamb evenly. Add the tomatoes and 1 cup of water and stir. Bring to a boil, stir, reduce heat to a simmer. Cover and simmer, stirring occasionally, for about 45 minutes. Heat oven to 350. After 45 minutes, add the parsley/cilantro and drained raisins to the cooked lamb mixture. Continue cooking for another 20-30 minutes, partially covered, until the meat is tender and the sauce has thickened. Place the stew/tagine in the oven, either in the pot, if you are serving it from the pot, or place the stew/tagine in an ovenproof serving dish. Place whichever vessel you are using in the oven, and bake, uncovered, until the meat gets a glaze, about 10 minutes. Meanwhile, if you cannot find, Marcona almonds, heat a little oil in a small skillet over medium heat and add blanched whole or slivered almonds (whole, skinless almonds are most authentic). Fry almonds, stirring constantly, for about 4 minutes, or until they are slightly colored. Remove and drain on paper towels. Remove tagine from oven, sprinkle with almonds and serve hot, with couscous or bread, and one of the vegetable recipes on the side.

**NOTE:** Fantastic Foods makes an excellent couscous. It is easily found, and takes only a few minutes to cook.

### Harira (Moroccan Minestrone)

Adapted from [http://www.fineliving.com/fine/emeric\\_live/article/0,,FINE\\_31599\\_5945656,00.html](http://www.fineliving.com/fine/emeric_live/article/0,,FINE_31599_5945656,00.html)

Harira could be called the national dish of Morocco. Traditionally served to break the fast each evening during Ramadan, there are many versions of this dish. The one here uses only chicken, as opposed to the more traditional chicken and lamb. If you want to use lamb, just substitute some lamb stew meat for some of the chicken. It is a fairly thick soup, peppery and great comfort food. Be sure to allow a couple of hours before you get started to soak the lentils. Enjoy!! Serves 6 – 8



4T olive oil  
 1 ½ lbs. boneless, skinless chicken thighs, cut into 2 inch pieces  
 ¼ t ground black pepper  
 pinch of salt  
 1c onion, diced  
 ½ c celery, diced (optional but recommended)

2t ground ginger  
 2t turmeric  
 1t ground black pepper  
 ½ t paprika  
 1t cinnamon  
 ¼ t ground nutmeg  
 1 t ras al hanout (special Moroccan spice mixture – optional but recommended)  
 pinch of saffron  
 2T flour  
 1 28 oz. can diced or ground tomatoes  
 1 quart (approx.) low sodium chicken broth  
 1 15 oz. can chickpeas, drained  
 ½ c lentils, picked over, rinsed, soaked for at least one hour, and drained)  
 2/3 c angel hair pasta, broken into 1 ½ inch pieces  
 Salt to taste  
 ½ c fresh chopped cilantro (optional)  
 2T fresh chopped parsley  
 2t lemon juice

Heat the olive oil in a medium to large heavy pot over medium-high heat. Season the chicken with black pepper and just a pinch of salt. Brown the chicken in batches and set aside, cooking about 4 minutes per batch. Reduce heat to medium and add the onions and celery. Cook for about 5 minutes, stirring. Add all of the spices, ginger through saffron, and cook, stirring well, for one minute. Add flour, stir and cook for one minute. Return the chicken to the pan and stir to coat with the spices. Add the tomatoes and their juices and stir well. Turn the heat up to high, add the chickpeas, lentils and chicken broth, stir and bring to a boil. Reduce heat to low and simmer, partially covered, for about 30 minutes or until the lentils are almost ready. Turn the heat up to high again, add the pasta and about ½ teaspoon of salt, stir and bring to a boil. Reduce heat back down to low – medium-low and stir. Simmer until the pasta is cooked, partially covered, stirring occasionally, for 8 – 10 minutes. Remove from heat. Add cilantro, parsley and Serve hot, garnished with more cilantro or parsley, if desired.

### **Ghoriba (Almond and Sugar Based Macaroons)**

Adapted from A Taste of Morocco, et al.

These cookies go well with the peach dessert given after this recipe. They are pretty, too. Do not overcook or they will be very hard. They are best the day you make them. Makes about 20

1 ¼ c confectioners' sugar  
 1 small egg, beaten  
 1t vanilla extract  
 2 cups almond meal or flour (available at Health Food stores or many supermarkets)  
 Finely grated zest of one lemon, yellow part only  
 ¼ t ground cinnamon  
 garnish – more confectioners' sugar



Preheat oven to 350. In a bowl, either a stand mixer or regular bowl, mix together the confectioners sugar and egg. (I used a stiff whisk for this) Beat until well combined and has the texture of thick glue. Beat in the vanilla as best as you can – this is one stiff batter. In a different bowl combine the ground almonds and remaining ingredients and stir well to distribute. Add this mixture, one-third at a time, to

the egg and sugar mixture and stir. Ultimately you will have to use your hands, and this is a very sticky job, but worth it. Knead the dough in the bowl with your hands until it holds together. Cover the bowl with a towel and let the dough rest for 15 minutes to improve its texture. Lightly flour a work surface and move dough to surface. Miraculously, the dough can now be handled fairly easily! Roll dough into a long sausage about 1 ½ inches thick. Cut into 20 – 24 segments, ½ inch in diameter each. Lightly oil your hands and roll each segment into a ball, and then flatten between your palms until about ½ inch thick. Place shaped cookies on parchment covered cookie sheets, about 2 inches apart. Sprinkle with a little more confectioners sugar. This makes them very pretty. Bake 15 minutes or until slightly golden. Allow to cool slightly before removing to cooling tray. Allow to cool completely before storing for no more than 3 days in an airtight container.

### **Peach Dessert**

Adapted from A Taste of Morocco, et al.

June is time for peaches here in Virginia and this lovely dessert highlights them beautifully. You can find rosewater in gourmet stores. It lends a flowery taste – different and appealing. Serves 4

4 large ripe peaches, washed

4T sugar

½ t lemon juice

2t rosewater

Garnish

Ground cinnamon

Fresh mint leaves (optional)

Whipped cream or vanilla ice cream



The peaches may be served peeled or unpeeled, your preference. The easiest way to peel them is to cut a small X in the bottom. Boil some water, enough to cover the peaches, in a medium pot. Place the peaches in the boiling water for 1 minute and remove with a slotted spoon. Rinse with cool water. The skins should peel off fairly easily. Slice the peaches into ¾ - 1 inch slices and place in a bowl. Sprinkle with sugar, lemon juice and rosewater and mix gently, but well. Allow to stand in refrigerator for at least 2 hours. Just before serving, stir peaches again and place in serving bowl. Sprinkle with cinnamon and mint leaves, if using. Serve with whipped cream or vanilla ice cream.

*Special thanks to Carolyn Mayers and Shannon Gordon for contributing the recipes.*



Moroccan woman with her cooperative, supported by Nest

Sources:

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