

# Eat Morocco

When you first experience a Moroccan cous cous you are likely to be overwhelmed by the volume of food placed in front of you. Served on a round earthenware dish, the fluffy grains are piled high with subtly spiced meat, vegetables and pulses which never seem to decrease in size no matter how much you eat. Time and patience are required when making a cous cous using traditional methods, therefore enough is made to feed the extended family as well as neighbours and friends.

On a Friday, after morning prayer, many families still gather around the table to share this communal meal, dipping their bread into the juice and deftly scooping up the grains with their fingers. Guests will find that the best morsels are edged towards their side of the dish. Religiously symbolic, it is believed that God's blessing is on those who partake in a cous cous.

Another of Morocco's renowned dishes, the stew known as tajine, is named after the distinctive earthenware pot with a conical lid, in which it is slowly cooked over a low heat. With many regional variations, lamb and fig, and chicken and lemon are amongst the most popular recipes. The coastal town of Essaouira specialises in fish tajine. Here it is possible to select your own ingredients for a tajine in the lively medina market, to be transformed by expert Berber cooks into a delicious sizzling supper in a nearby café. You may prefer the simpler option of wandering down to the harbour, buying your fish straight from the returning fishing fleet and having it grilled before you at a quayside stall beneath the imposing Portuguese ramparts and towers that dominate the harbour.

**Katherine Goodsell**  
Morocco Specialist

## A WHISTLE STOP TOUR OF THIS COUNTRY'S FASHIONABLE CUISINE

### FACT FILE

Morocco can easily be visited in a weekend with prices from £595 for 3-nights, while a week-long tour costs from £875. For those who wish to learn a little more about the preparation of Moroccan cuisine, cookery courses are available. For further details please contact our Moroccan specialists on 01869 276 220.

