

Spices, Aromas and all things good

Saffron, nutmeg, cinnamon, ras el hanout, harissa, semolina, couscous, preserved lemons, olives and olive oil are a few of the many traditional ingredients that have influenced North African cuisine since ancient empires.



Included in their day-to-day preparations and special celebrations, they have created beautiful, delicious and popular dishes like couscous, pastilla, tagine and shakshuka. Let's not forget some well known cookies and cakes made with different types of nuts, such as baklava or basbousa.



In this game, you will explore three of the most popular recipes originating in the North African region, which have been recreated for generations. We want to reflect on memories surrounding food, family time and traditional celebrations.

What you will need:

- Paper
- Colour Printer
- Scissors
- Glue, sticky tape or stapler
- Colourful pens or pencils (optional)

Variation:

Participants can either write or draw the ingredients on the shopping list. You can also use these delicious recipes as an inspiration for cooking anytime.

How to:

1. Print the ingredients (pictures), recipes and shopping lists template onto plain paper.
2. Cut along the marked lines on the ingredient's list sheets. (Participants may need some assistance with using scissors).
3. Read each recipe out loud and then discuss what products from the 'Ingredients' you would like to add to each shopping list to make each recipe.
4. You can either say it out loud or stick each ingredient to the matching shopping list (The same ingredient can be used for more than one recipe).
5. You can do as many variations as you like with the ingredients. Add or omit ingredients depending on your taste - there is no one right answer!

Couscous – Traditional, quick and simple recipe!



- Start by cutting the shallots, mince a clove of garlic and sauté them in a pan with a tablespoon of olive oil and a pinch of cumin.
- Once the shallot and garlic is cooked through, add the vegetable broth and turn off the heat. Now, for 1 cup of couscous you will need 1 cup of water or vegetable stock.
- Add the couscous and let it steam for 5-10 minutes.
- Once it is rehydrated, you can add toasted nuts (pine nuts or almonds), fresh lemon juice for an extra kick, fresh herbs to garnish (i.e parsley) and any dried fruit you prefer.

Shakshuka – A worldwide staple food directly from North Africa!



- On a medium-heat skillet add olive oil, a medium chopped white onion, and one chopped bell pepper.
- Once cooked and softened, add minced garlic and spices (paprika, cumin, cayenne, and harissa).
- Once fragrant, add a tin of chopped tomatoes. Stir and let it cook for about 5 minutes.
- Then, add the eggs and cover the pan until they are set.
- Add salt and pepper to taste. Finally, garnish with some parsley and enjoy with some bread on the side, if you like.

Chicken Tagine – A North African homemade pot!



- First, preheat the oven to 180C/160C/gas 4 and season your chicken thighs/legs with salt, pepper and spices. Put it aside and then place an oven-proof casserole dish on a medium-high heat and drizzle in a good dollop of olive oil.
- Once the oil is heated, add the chicken thighs/legs and cook until brown. You can do this in batches.
- Take out the chicken and put it in a separate bowl. Lower the heat of the casserole dish.
- Add a large chopped white onion to the casserole, minced garlic and ras el hanout. Sauté the onions and spices until fragrant.
- Place the chicken thighs or legs in the casserole dish, drizzle a spoon of honey and add the chicken stock and water until it covers everything. Add salt and pepper to taste. You can add some potatoes, veggies (butternut squash, carrots, spinach, courgette or olives), and a handful of chopped dried fruit.
- Cover the casserole dish with a lid and put it in the oven. Let it boil for 25-30 minutes or until chicken is cooked through. Decorate with preserved lemon slices, dried fruit and garnish with parsley.

Couscous Shopping List



Shakshuka Shopping List



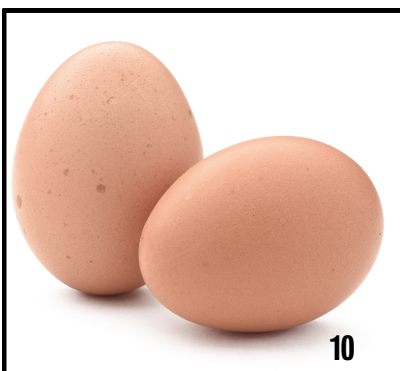
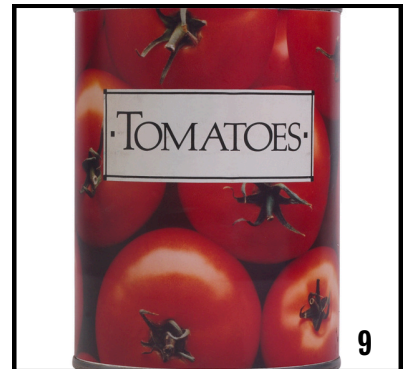
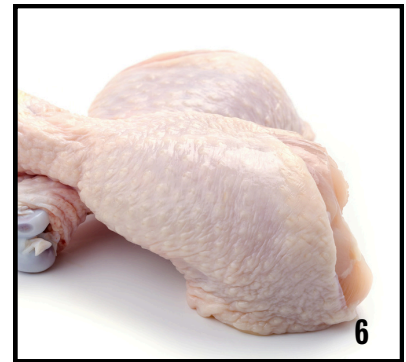
Chicken Tagine Shopping list



1. Shallots
2. Bell pepper
3. White onion
4. Couscous (Ferrero)
5. Olive oil
6. Chicken thighs or legs
7. Garlic
8. Vegetable or chicken stock (Knorr)
9. Tin of chopped tomatoes (Kie)
10. Eggs
11. Salt and pepper
12. Sourdough bread
13. Lemon
14. Olives
15. Preserved lemons
16. Honey
17. Potatoes (peeled and chopped)
18. Vegetables (peeled and chopped)
19. Ras el hanout
20. Spices (cumin, turmeric, paprika, cayenne pepper, harissa, saffron, cloves, bay laurel, ginger, fennel)
21. Nuts (pine nuts, almonds, cashews, pistachios)
22. Dried fruit (golden raisins, dates, apricots, figs)
23. Fresh coriander
24. Fresh parsley

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INGREDIENTS



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INGREDIENTS

