

Moroccan Recipes Collection

Traditional Cuisine Guide

December 19, 2024

1 Moroccan Breakfast Recipes

1. **Baghrir** (Moroccan Semolina Pancakes)

- Traditional honeycomb pancakes served with honey and butter
- Made with semolina flour and yeast

2. **Khobz** (Moroccan Bread)

- Traditional round flatbread
- Essential breakfast staple

3. **Shakshuka**

- Eggs poached in spiced tomato sauce
- Served with bread for dipping

4. **Bissara**

- Fava bean soup/dip
- Topped with olive oil and cumin

5. **M'semen** (Moroccan Flatbread)

- Square-shaped layered flatbread
- Served with honey or jam

6. **Harcha**

- Semolina bread
- Served with jam, honey, or cheese

7. **Moroccan Mint Tea**

- Green tea with fresh mint
- Traditional breakfast beverage

8. **Krachel**

- Sweet bread rolls
- Flavored with anise seeds and sesame

9. **B'stilla au Lait**

- Sweet milk pastry
- Dusted with cinnamon and sugar

10. **Moroccan Semolina Porridge**

- Warm breakfast cereal
- Topped with dates and nuts

2 Moroccan Lunch Recipes

1. **Moroccan Lentil Soup**

- Hearty soup with lentils and vegetables
- Spiced with cumin and turmeric

2. **Zaalouk**

- Eggplant and tomato dip
- Served with bread

3. **Chicken Pastilla**

- Savory-sweet chicken pie
- Wrapped in phyllo dough

4. **Moroccan Carrot Salad**

- Spiced cooked carrots
- Dressed with cumin and olive oil

5. **Loubia**

- White bean stew
- Flavored with tomatoes and herbs

6. **Moroccan Chickpea Salad**

- Fresh salad with chickpeas
- Dressed with lemon and olive oil

7. **Kefta Tagine**

- Meatball tagine with eggs
 - Cooked in tomato sauce
8. **Moroccan Fish Balls**
 - Spiced fish patties
 - Served with chermoula sauce
 9. **Taktouka**
 - Pepper and tomato salad
 - Served as a dip or side dish
 10. **Moroccan Stuffed Pita**
 - Pita filled with vegetables and meat
 - Served with harissa sauce

3 Moroccan Dinner Recipes

1. **Lamb Tagine**
 - Slow-cooked lamb with prunes
 - Served with couscous
2. **Couscous Royale**
 - Steamed couscous with meat and vegetables
 - Traditional Friday dish
3. **Chicken with Preserved Lemons**
 - Chicken tagine with olives
 - Flavored with preserved lemons
4. **Fish Chermoula**
 - Marinated fish
 - Cooked with herbs and spices
5. **Vegetable Tagine**
 - Mixed vegetables in tagine
 - Served with bread
6. **Moroccan Meatballs**
 - Spiced meatballs

- Served in tomato sauce

7. **R'fissa**

- Shredded msemen with chicken
- Topped with lentils and fenugreek

8. **Seven Vegetable Couscous**

- Couscous with seven vegetables
- Traditional vegetarian dish

9. **Beef Tangia**

- Slow-cooked beef
- Marrakech specialty

10. **Fish Tagine**

- Fish cooked with vegetables
- Seasoned with chermoula