

Tunisia

From Tunis to Sfax Taste Delicious
Cooking from Tunisia

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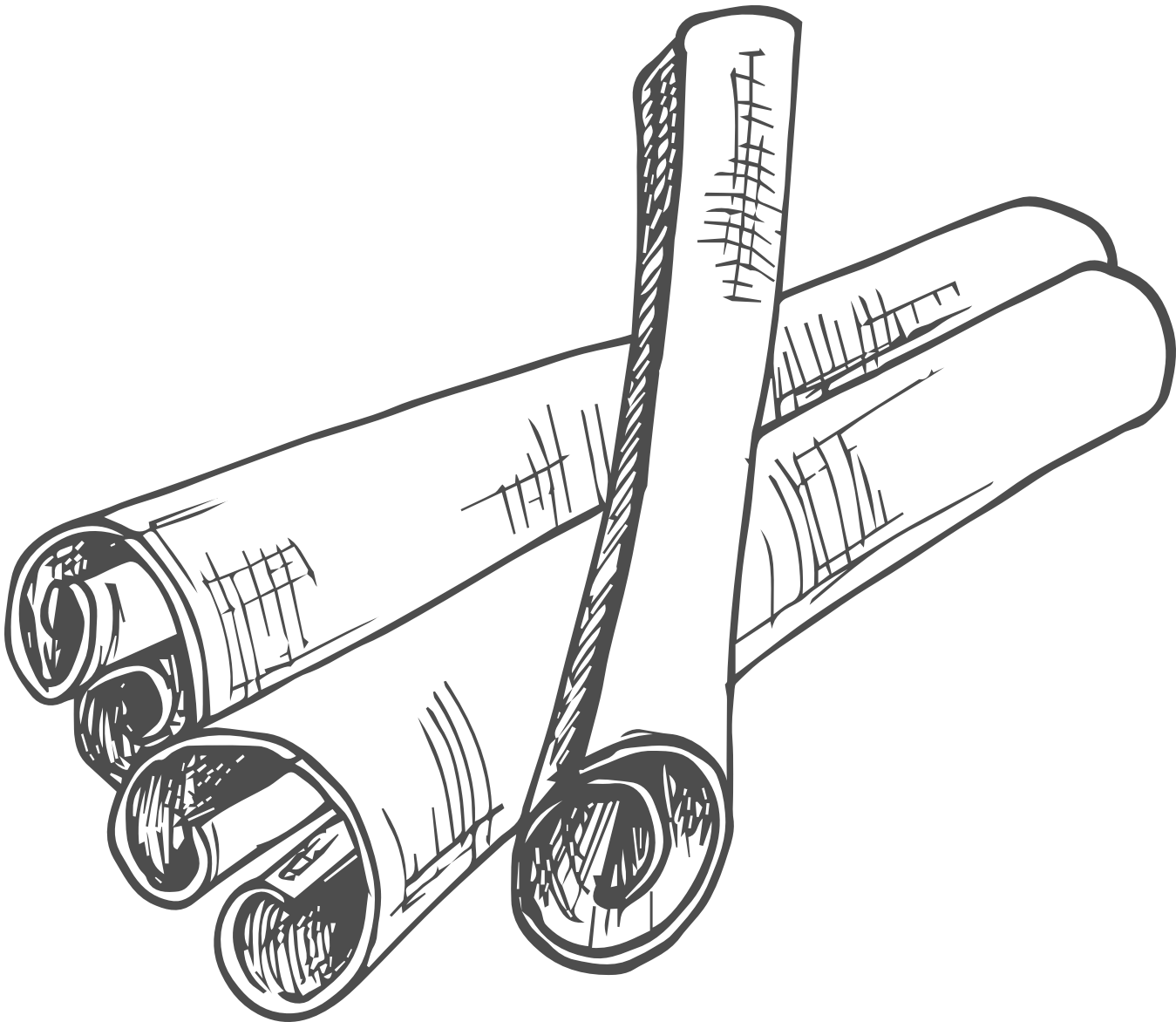


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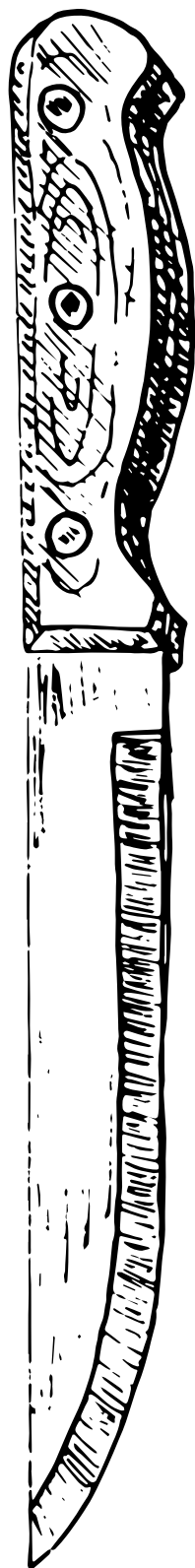
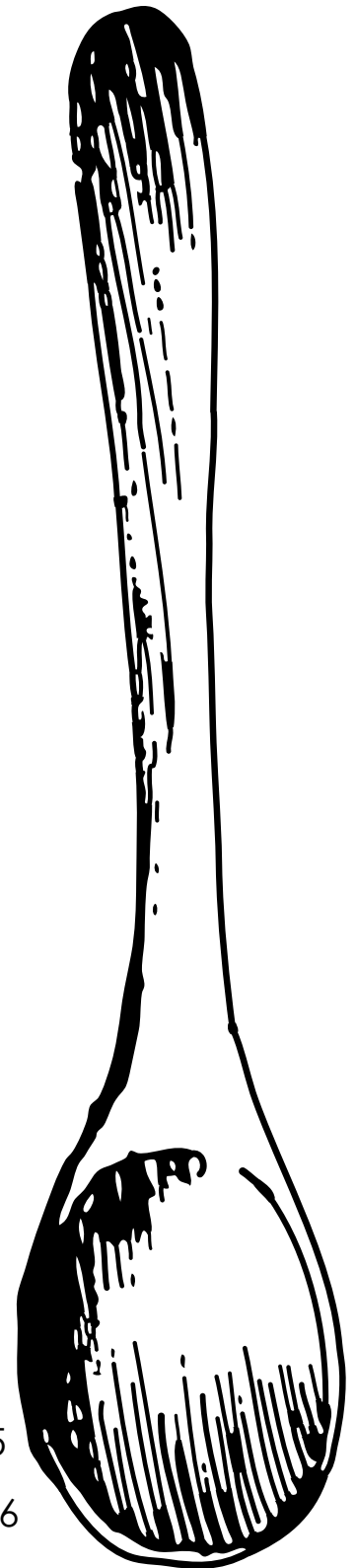


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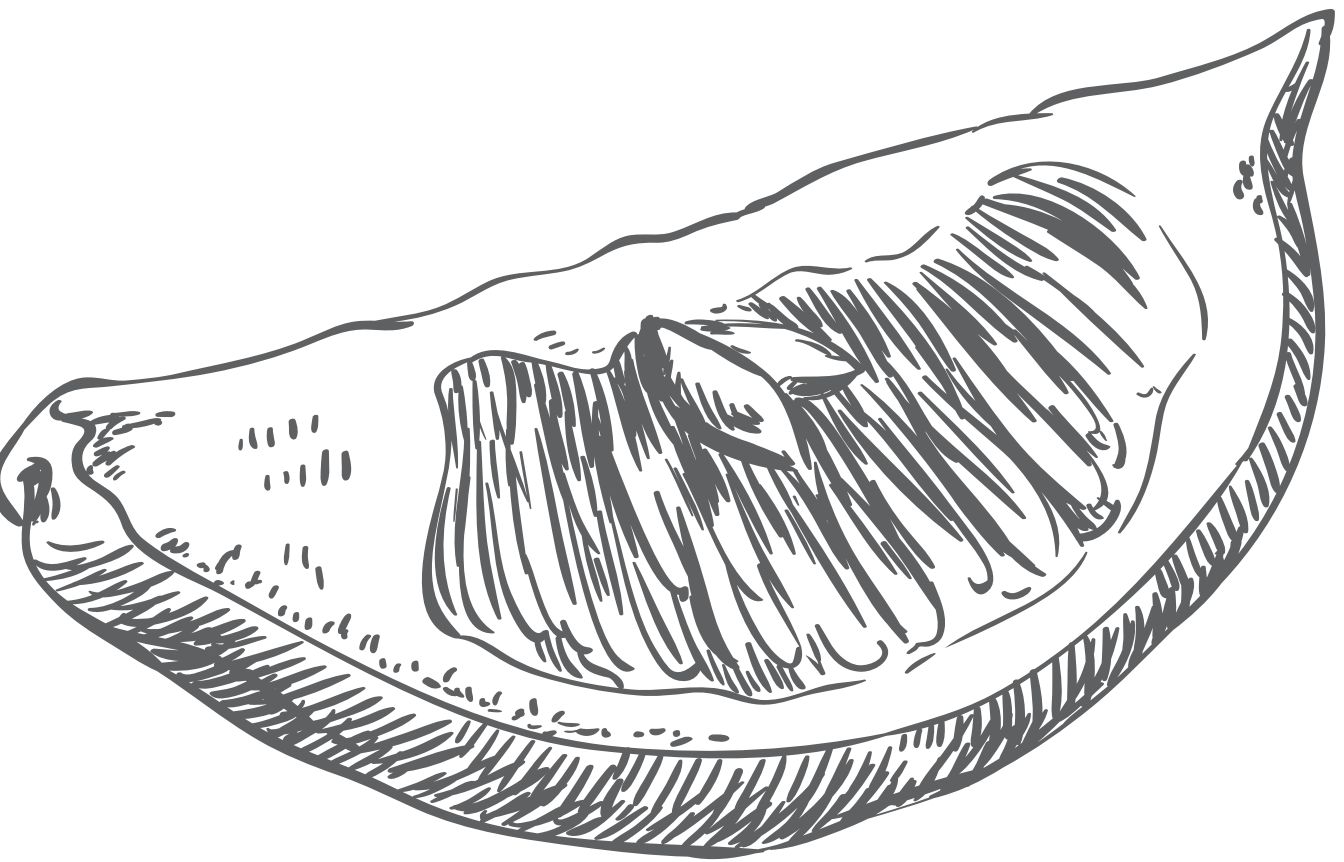
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Tunisian Quinoa Pilaf



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 3

Calories 195 kcal

Fat 6.5 g

Carbohydrates 29.1g

Protein 6.1 g

Cholesterol 0 mg

Sodium 77 mg

Ingredients

- 1 tbsp olive oil
- 1/2 onion, chopped
- 1 stalk celery, chopped
- 2 carrots, diced
- 1/2 C. quinoa
- 1 C. hot water
- 1 bay leaf
- 1 tbsp lemon zest
- 1 tbsp lemon juice
- 1/2 C. frozen green peas, thawed
- salt to taste
- ground black pepper to taste

Directions

1. Stir fry your carrots, celery and onions in oil for 12 mins. Then run your quinoa under water with a strainer.
2. Add the quinoa to the onions and cook for 2 mins. Then add: lemon zest and juice, water, and bay leaf.
3. Get everything boiling, then place a lid on the pan, and let the contents simmer, with a low level of heat for 17 mins.
4. After the quinoa is cooked add: pepper, salt, and peas.
5. Combine everything so the peas are evenly distributed throughout.
6. Enjoy.





HARISSA and Eggs Skillet



Prep Time: 5 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 426.8

Fat 37.2g

Cholesterol 372.0mg

Sodium 861.3mg

Carbohydrates 10.4g

Protein 14.7g

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,
- 1 tbsp caraway seed
- 1 tsp salt
- 1/2 tsp black pepper
- 8 large eggs

Directions

1. Get a blender: Place in it the chilies with bell pepper. Blend them smooth.
2. Place a skillet over medium heat. Heat in it the oil.
3. Stir in the pepper mixture with tomato paste, harissa, caraway seeds, tomato paste, salt, and pepper.
4. Stir in the water and cook them until they start boiling. Lower the heat and let them cook for 22 min.
5. 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.
6. Serve your eggs skillet warm with some bread.
7. Enjoy.

Tunisian Kitchen Fava Beans



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 144.9

Fat 5.5g

Cholesterol 7.6mg

Sodium 27.8mg

Carbohydrates 17.9g

Protein 6.8g

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

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

EGG SALAD in Tunisia



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 8

Calories 109.8

Fat 6.6g

Cholesterol 56.8mg

Sodium 132.5mg

Carbohydrates 4.3g

Protein 8.5g

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

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

My First Tunisian Couscous



Prep Time: 20 mins



Total Time: 1 hr 50 mins

Servings per Recipe: 3

Calories 873.4

Fat 12.3g

Cholesterol 0.0mg

Sodium 629.2mg

Carbohydrates 165.1g

Protein 28.0g

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

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

LAMB

Tagine with Saffron



Prep Time: 20 mins



Total Time: 3 hrs 20 mins

Servings per Recipe: 4

Calories 933.8

Fat 40.6g

Cholesterol 120.0mg

Sodium 923.9mg

Carbohydrates 89.4g

Protein 62.1g

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

1. Get a large mixing bowl: Mix in it the olive oil with garlic, ginger, and saffron.
2. Add the lamb pieces and toss them to coat.
3. Place a tagine or stew pot over medium heat. Heat in it 1 tbsp of olive oil.
4. Brown in it the meat pieces for 3 to 4 min on each side.
5. Arrange the artichoke hearts on top followed by the olives, preserved lemon, 1/2 cup of water, a pinch of salt and pepper.
6. 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.
7. Serve your lamb tagine warm with some bread.
8. Enjoy.

Tunisian Meatball Soup



Prep Time: 20 mins



Total Time: 2 hrs 5 mins

Servings per Recipe: 6

Calories 707.9

Fat 55.9g

Cholesterol 140.6mg

Sodium 1959.0mg

Carbohydrates 18.0g

Protein 33.0g

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

1. To prepare the meatballs:
2. Place a soup pot over high heat. Heat in it 1 tbsp of oil.
3. Cook in it the onion for 6 min. Transfer it to a mixing bowl.
4. chuck, cumin, pepper, cilantro, parsley, salt, paprika, cinnamon, and egg. Shape the mixture into meatballs.
5. Heat another tbsp of oil in the saucepan. Brown in it the meatballs for 5 min. Drain them and place them aside.
6. To prepare the soup:
7. Sprinkle some salt and pepper all over the ribs. Brown them for 7 min. Drain them and place them aside.

8. Stir the onion with garlic into the saucepan. Let them cook for 6 min.
9. Add the ribs back with stock. Cook them until they start boiling. Lower the heat and let them cook for 60 min.
10. Stir in the meatballs and let them cook for an extra 9 min. Stir in the beans with spinach for 5 min.
11. Adjust the seasoning of your ribs and meatballs stew. Serve it hot.
12. Enjoy.



Tuna Gyros Tunisian



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 260.3

Fat 8.8g

Cholesterol 109.4mg

Sodium 644.4mg

Carbohydrates 26.9g

Protein 17.7g

Ingredients

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

Directions

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





ORANGE

Honey Beignets (Doughnuts)



Prep Time: 1 hr



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 548.4

Fat 37.7g

Cholesterol 46.5mg

Sodium 49.8mg

Carbohydrates 50.8g

Protein 3.9g

Ingredients

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

Directions

1. To prepare the dough:
2. Get a mixing bowl: Whisk in it the eggs, oil, orange juice, 1 tsp orange peel and sugar.
3. Add the baking powder with flour and a pinch of salt. Combine them until you get a smooth dough.
4. Transfer it to a greased bowl. Put on the lid and let the batter sit for 46 min.
5. To prepare the syrup:
6. Place a saucepan over medium heat. Stir in it the water, lemon juice, and sugar.
7. Cook them until they start boiling. Lower the heat and let them cook for 6 min.
8. Stir in the honey and cook them for extra 6 min.
9. To prepare the wings:
10. Shape the dough into 12 balls. Flatten each one of them into a 3 inches circle.
11. Make a 1 1/2 inch hole in the center of each dough circle.
12. Place a deep pan over medium heat. Heat in it the oil.
13. Fry in it the donuts for 2 to 3 min on each side until they become golden brown.
14. Garnish your donuts with some icing sugar then serve them.
15. Enjoy.

Tunisian Tuna Sandwiches with Handmade Bread



Prep Time: 2 hrs



Total Time: 3 hrs

Servings per Recipe: 4

Calories 948.8

Fat 30.5g

Cholesterol 196.5mg

Sodium 1516.7mg

Carbohydrates 138.6g

Protein 31.4g

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

1. To prepare the pumpkin sauce:
2. Place a pan over medium heat. Heat in it the oil. Stir in it the garlic with pumpkin for 7 min.
3. 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.
4. Mash them until they become smooth. Place it aside.
5. To prepare the buns:
6. Get a mixing bowl: Mix in it all the dough ingredients until you get a smooth dough.
7. Transfer it to a floured surface and knead it for 5 min. Divide it into 20 balls.
8. Place them on greased baking trays then cover them with a kitchen towel. Let them rest for 45 min.
9. 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.

10. Drain the bread rolls and place them on paper towels to drain.
11. To prepare the filling:
12. Get a mixing bowl: Stir in it the eggs with pickles, olives, tuna, potatoes, a pinch of salt and pepper.
13. Slice the bread rolls in half. Spread the pumpkin sauce in the bottom halves. Top them with the tuna mixture.
14. Cover them with the top halves. Serve your sandwiches immediately.
15. Enjoy.



Tunisian Bean Bowls



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 144.5

Fat 1.1g

Cholesterol 0.0mg

Sodium 326.6mg

Carbohydrates 28.1g

Protein 6.7g

Ingredients

- | | |
|--------------------------------------|-----------------|
| 1 (15 ounce) cans cannellini beans | 1 tsp paprika |
| 1 (15 ounces) cans chickpeas | 1 tbsp of oil |
| 6 cups water | salt and pepper |
| 3 medium onions, chopped | parsley |
| 4 garlic cloves, minced | |
| 1 (15 ounces) cans diced tomatoes | |
| 2 cups raw pumpkin, peeled and cubed | |
| 2 - 4 tsps harissa, see appendix | |

Directions

1. Place a stew pot over medium heat. Heat in it the oil.
2. Cook in it the onion for 3 min. Stir in the rest of the ingredients. Put on the lid and let them cook for 28 min.
3. Adjust the seasoning of your potato stew then serve it hot.
4. Enjoy.

CHILI

Sausage and Potato Stew



Prep Time: 5 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 374.9

Fat 17.8g

Cholesterol 279.0mg

Sodium 152.7mg

Carbohydrates 40.5g

Protein 14.4g

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

1. Place skillet over medium heat. Heat in it the oil.
2. Cook in it the potatoes for 3 min. Stir in the tomato paste with harissa, garlic, caraway seeds and paprika.
3. Season them with a pinch of salt. Add enough water to cover the potatoes.
4. 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.
5. Get a mixing bowl: Whisk in it the eggs with a pinch of salt and pepper.
6. Add it to the stew and mix them well. Let them cook until the eggs are done.
7. Adjust the seasoning of your stew then serve it warm with some bread.
8. Enjoy.

Spicy Harissa Couscous



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 805.1

Fat 35.6g

Cholesterol 82.2mg

Sodium 564.5mg

Carbohydrates 89.1g

Protein 33.7g

Ingredients

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

Directions

1. Get a mixing bowl: Place in it the couscous and cover it with hot water. Place it aside.
2. 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.
3. Stir in the chicken breasts and cook them for 3 min on each side.
4. Get a small mixing bowl: Stir in it the saffron with a splash of hot water.
5. Stir it into the pot with spices, a pinch of salt and pepper.
6. 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.
7. Stir 1/2 cup water into the soaked couscous. Pour it in the steamer and let it cook for 28 min.
8. Transfer the couscous to a large serving plate. Add to it the butter with a pinch of salt.
9. Mix it well with a fork. Place it aside.
10. Stir the chickpeas with harissa into the veggies stew. Spoon it over the couscous then serve it hot. Enjoy.

SUMMER

Fennel Salad



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 169.6

Fat 16.9g

Cholesterol 0.0mg

Sodium 31.3mg

Carbohydrates 4.3g

Protein 0.7g

Ingredients

1 fennel bulb, sliced

5 tbsps olive oil

3 tbsps white vinegar

salt

pepper

Directions

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

North African Eggplants



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 431.6

Fat 32.1g

Cholesterol 47.3mg

Sodium 1044.5mg

Carbohydrates 11.0g

Protein 25.2g

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 (12 1/2 ounce) cans albacore tuna in water, drained
- 1 tsp salt
- 1 large tomatoes, seeded & chopped
- 1/4 cup feta cheese, crumbled
- crisp salad greens

Directions

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





BEEF STEW

Sousse



Prep Time: 20 mins

Total Time: 1 hr 35 mins

Servings per Recipe: 6

Calories 564.0

Fat 27.4g

Cholesterol 50.6mg

Sodium 751.5mg

Carbohydrates 54.7g

Protein 26.6g

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

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

Lulu's Oven Tagine



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 445.4

Fat 27.0g

Cholesterol 399.2mg

Sodium 567.3mg

Carbohydrates 27.0g

Protein 23.9g

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

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the potatoes with turmeric, cumin, a pinch of salt and pepper for 4 min.
3. Stir in the onion with meat. Cook them for 3 min. Stir in the harissa with garlic, chili pepper and a splash of water.
4. Let them cook for another 3 min. Stir in the parsley with cheese, tomato, and chopped eggs then turn off the heat.
5. 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.
6. Sprinkle the cheese on top. Bake it for 25 to 32 min. Serve it warm.
7. Enjoy.

KEBABS

Tunisiens



Prep Time: 1 hr

Total Time: 1 hr 30 mins

Servings per Recipe: 20

Calories 380.6

Fat 27.5g

Cholesterol 100.9mg

Sodium 96.0mg

Carbohydrates 6.0g

Protein 26.3g

Ingredients

2 medium red bell peppers

1 cup dried currant

14 ounces sweet peppadew peppers

1 cup extra-virgin olive oil

kosher salt

3 lbs. chicken thighs, skinless boneless,
trimmed and cut lengthwise into strips

3 lbs. chicken breasts, skinless boneless,
lightly pounded and cut into lengthwise
strips

Tunisian relish

Directions

1. Before you do anything, preheat the oven broiler.
2. Place in it bell peppers and broil them until they become black. Peel them, seed and rinse them.
3. Get a mixing bowl: Place in it the currents with 1/2 cup of hot water. Let them sit for 6 min. Strain them.
4. Get a blender: Combine in it the currents with roasted peppers and pickled peppers with their juice, 1 cup of olive oil, and a pinch of salt.
5. Blend them smooth to make the marinade.
6. Press the chicken strips onto wooden or metal skewers.
7. Place them in a roasting pan and cover them with half of the marinade. Place it in the fridge for 5 h.
8. Before you do anything else, preheat the grill and grease it.
9. Drain the chicken skewers and grill them for 5 to 6 min on each side.
10. Serve them with the remaining pepper marinade and some pita bread. Enjoy.

Sweet Pepper Relish



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 584.0

Fat 49.8g

Cholesterol 0.0mg

Sodium 1398.7mg

Carbohydrates 39.0g

Protein 2.8g

Ingredients

1 cup dried currant
2 cups green olives, pitted, chopped
1 cup sweet pepper, chopped
1/2 cup extra-virgin olive oil

1/4 cup sherry wine vinegar
kosher salt

Directions

1. Get a mixing bowl: Place in it the currants. Cover them with hot water and let them sit for 6 min.
2. Stain them and place them in a mixing bowl.
3. Stir in the olives with sweet pepper, olive oil, vinegar, and a pinch of salt.
4. Place the relish in the fridge overnight then serve it.
5. Enjoy.

PUMPKIN Sauce



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 2

Calories 186.8

Fat 10.6g

Cholesterol 0.0mg

Sodium 4.2mg

Carbohydrates 24.4g

Protein 3.6g

Ingredients

1 1/2 lbs. pumpkin, peeled, seeded and diced

1/4 tsp caraway seed

1/4 tsp ground coriander

1 1/2 tbsps olive oil

1 garlic clove, minced

1/2 tsp harissa, see appendix

3 tbsps lemon juice
salt, to taste

Directions

1. Place a large skillet over medium heat. Stir in the pumpkin with 1/3 cup of water.
2. Cook them until they start boiling. Put on the lid and lower the heat.
3. Let them cook until the pumpkin becomes soft. Strain it and place aside.
4. Wipe the skillet clean and heat in it the oil. Toss in it the coriander and cumin seeds for 3 min.
5. Add the garlic and cook them for 1 to 2 min. Stir in the pumpkin and press it with a fork to mash it.
6. Mix them well and let them cook for 1 min. Spoon the mixture into an airtight jar and serve it with some bread.
7. Enjoy.

Tomato Salsa Tunisian Style



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 368.3

Fat 36.7g

Cholesterol 0.0mg

Sodium 1564.7mg

Carbohydrates 10.7g

Protein 2.3g

Ingredients

2 tomatoes, chopped
1/4 cup olive oil
1 tbsp white wine vinegar
3/4 tsp caraway seed, ground
3/4 tsp ground coriander
2 tbsps parsley, chopped
2 tbsps green onions, chopped

1 garlic clove, chopped
1 tsp salt
1/2 tsp hot chili pepper, minced
1/2 tsp ground black pepper
1/4 tsp sugar

Directions

1. Get a serving bowl. Toss in it all the ingredients.
2. Place the salsa in the fridge for 2 h. Serve it with some bread.
3. Enjoy.

WEEKEND

Potato Turnovers (Brik)



Prep Time: 45 mins



Total Time: 54 mins

Servings per Recipe: 4

Calories 287.0

Fat 12.5g

Cholesterol 202.6mg

Sodium 862.6mg

Carbohydrates 30.3g

Protein 13.4g

Ingredients

Harissa

1 tsp caraway seed

1 tsp cumin seed

1 tsp ground ancho chili pepper

3/4 cup chopped bottled roasted red pepper

2 tbsps water

1/2 tsp sugar

1 garlic clove, crushed

Brik

2 cups Yukon gold potatoes, cubed

2 tsps extra virgin olive oil

1/2 tsp ground turmeric

1/4 tsp kosher salt

1/8 tsp ground red pepper

1/4 cup chopped parsley

1/3 cup sliced green onion

4 sheets frozen phyllo dough, thawed
cooking spray

4 large eggs, chilled

1/2 cup feta cheese, crumbled

1/4 tsp black pepper

1 large egg white

1 tsp water

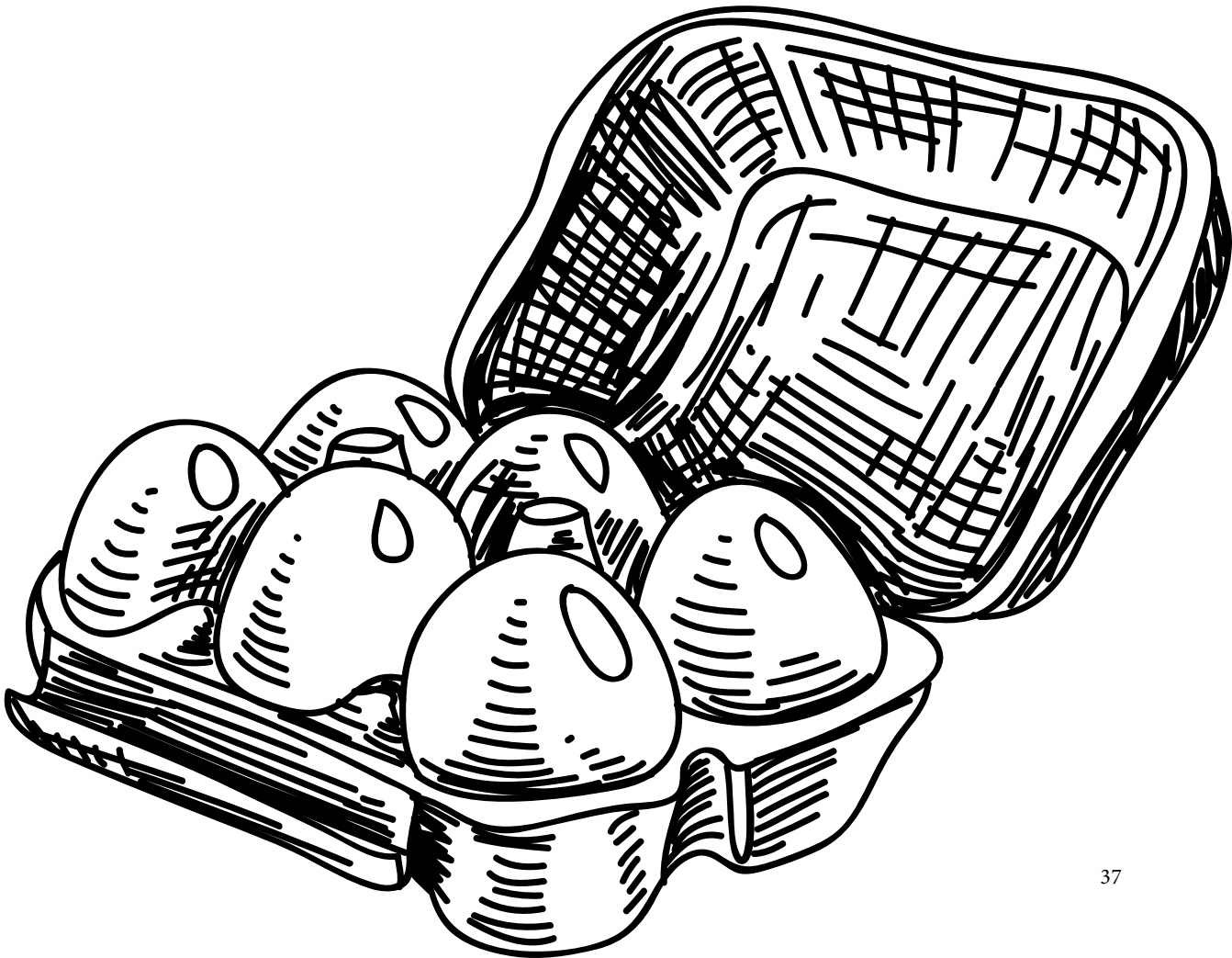
1/4 cup chopped cilantro

Directions

1. To prepare the harissa:
2. Place a pan over medium heat. Toast in it the cumin and caraway seeds for 30 sec.
3. Get a blender: Combine in it the toasted seeds with the remaining harissa ingredients.
4. Blend them smooth. Pour the mixture into a small bowl. Place it in the fridge until ready to serve.
5. To prepare the potato turnovers:
6. Before you do anything, preheat the oven to 450 F.
7. Place a pan over medium heat. Heat in the oil. Cook in it the potatoes with turmeric, salt and red pepper for 7 min.
8. Stir in the green onion with parsley. Cook them for 3 min. Turn off the heat and place the

filling aside to lose heat.

9. Place a phyllo sheet on an oil greased plate. Spray it with a cooking spray.
10. Place 1/4 of the filling in the middle. Make a hole in the center of it.
11. Pour an egg in it then top it with cheese. Pull the sides of the phyllo sheet on top of the filling.
12. Roll it and secure it with a cotton thread in the shape of a parcel. Place it on a baking sheet.
13. Repeat the process with the remaining ingredients.
14. Get a mixing bowl: Whisk in it the egg white with 1 tsp of water. Coat the parcels with the mixture.
15. Bake them for 10 min until they become golden and crunchy. Serve your potato parcels warm with harissa sauce.
16. Enjoy.







TUNISIAN

House Couscous



Prep Time: 10 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 718.6

Fat 28.5g

Cholesterol 0.0mg

Sodium 1295.5mg

Carbohydrates 99.5g

Protein 16.9g

Ingredients

1/4 cup dill, chopped
1/4 cup fennel leaves, chopped
1/2 cup parsley, chopped
1/4 cup celery leaves, chopped
1/4 cup carrot greens, chopped
1/2 cup scallions, chopped
1/2 cup olive oil
1 cup onion, chopped
3 tbsps tomato paste
2 tbsps garlic, crushed
2 tps sweet paprika
2 tps salt
2 tps ground coriander
1 tsp ground caraway
1 1/2-2 tps red pepper flakes, dried
2 1/2 cups medium grain couscous
3 cups water, divided
1 green chile, stemmed, seeded and minced
1 red bell pepper, stemmed, seeded, and cut into 6 parts
6 garlic cloves, peeled and left whole

Directions

1. Bring a saucepan of water to a boil. Place over it a steamer.
2. Place in it the greens, scallions, and leeks for 12 min with the lid on.
3. Place them aside to lose heat for a while. Drain them well.
4. Place a large pan over medium heat. Heat in it the olive oil. Cook in it the onion for 3 min.
5. Stir in the tomato paste and cook them for 2 min.
6. Stir in the garlic with paprika, coriander, caraway, red pepper flakes, and salt. Cook them for 1 min.
7. Stir in 1 cup of water. Put on the lid and let them cook for 16 min.
8. Turn off the heat and add the couscous. Combine them well.
9. Fold the steamed veggies with green chili, red pepper, garlic, 1 cup of water and a pinch of salt into the mixture.
10. Put on the lid and let them sit for 12 min.
11. Once the time is up, serve your couscous salad warm. Enjoy.

Roasted Tomato Salad



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 105.4

Fat 7.4g

Cholesterol 0.0mg

Sodium 134.2mg

Carbohydrates 9.3g

Protein 1.7g

Ingredients

- | | |
|------------------------------------|----------------------------|
| 2 large red peppers, halved | 2 tbsps lemon juice |
| 1 fresh red chili, halved | 2 tbsps olive oil |
| 3 plum tomatoes, halved and seeded | salt & ground black pepper |
| 4 garlic cloves, unpeeled | 2 tbsps capers |
| 2 tps dried ground coriander | |
| 1 tsp caraway seed | |
| 1/4 tsp cinnamon | |

Directions

1. Before you do anything, preheat the oven broiler.
2. Lay the bell peppers and garlic with chili and tomatoes on a baking sheet.
3. Broil them for 5 to 8 min until they become soft.
4. Allow the veggies to cool down for a while then peel them.
5. Dice the peppers and place them aside.
6. Get a blender: Place in it the tomatoes with chili, garlic, coriander, caraway seeds, and cinnamon.
7. Blend them smooth. Pour the mixture into a serving bowl.
8. Stir into it the peppers with a pinch of salt and pepper. Serve your salsa warm or cold.
9. Enjoy.

HOW TO

Make Almond Syrup



Prep Time: 20 mins



Total Time: 2 hrs 50 mins

Servings per Recipe: 10

Calories 478.5

Fat 21.5g

Cholesterol 0.0mg

Sodium 146.6mg

Carbohydrates 68.7g

Protein 8.7g

Ingredients

8 cups water
3 cups almonds, ground
3 cups sugar

Directions

1. Place a heavy saucepan over medium heat. Stir in it the water with sugar until it dissolves.
2. Add the almonds and bring them to a boil. Let them cook for 5 min.
3. Turn off the heat and let the syrup cool down for 2 h 30 min.
4. Use a fine cheesecloth to strain the syrup.
5. Pour it in a sterilized jar and let it sit for 4 h in the fridge before using it.
6. Enjoy.

Tunisian Beignets (Donuts)



Prep Time: 25 mins



Total Time: 1 hr

Servings per Recipe: 24

Calories 158.0

Fat 3.5g

Cholesterol 23.2mg

Sodium 89.3mg

Carbohydrates 30.7g

Protein 2.0g

Ingredients

Dough

3 eggs

2 ounces vegetable oil

2 ounces orange juice

2 tbsps grated coconut

1/4 cup sugar

9 ounces all-purpose flour

1 1/2 tps baking soda

vegetable oil

Glaze

1 cup sugar

2 cups water

2 tbsps lemon juice

1 cup honey

Directions

1. To prepare the dough:
2. Get a blender: Pour in it the eggs with oil, orange juice, 1 tbsp of coconut, 1 tbsp of sugar and a pinch of salt.
3. Blend them smooth until they become frothy. Pour the mixture into a mixing bowl.
4. Add the flour with baking powder. Combine them until you get a smooth dough.
5. Transfer it to a lightly floured board. Knead it for 3 min until it becomes soft and shape it into a ball.
6. Place the dough ball in a greased bowl. Cover it with a cling wrap and let it rise for 60 min.
7. Place a heavy saucepan over medium heat. Stir in it all the syrup ingredients. Cook them until they start boiling.
8. Place a large deep pan over high heat. Heat in it about 2 inches of oil.
9. Shape the dough into walnut size balls. Press them slightly with your hands to flatten them.
10. Poke each one of them with the handle of a spoon to make a hole in the center.

11. Gently drop the donuts in the hot oil. Cook them until they become golden brown.
12. Drain the donuts and place them in the hot syrup. Let them sit for few seconds then drain them.
13. Serve your donuts warm with some tea.
14. Enjoy.



Kings of Tunisia BBQ



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 164.5

Fat 5.3g

Cholesterol 211.6mg

Sodium 953.3mg

Carbohydrates 5.5g

Protein 23.5g

Ingredients

24 raw king prawns
2 garlic cloves, crushed
1 tbsp olive oil
1 tsp ground cumin
1/2 tsp ground ginger
1 tsp paprika
1/4 tsp cayenne pepper

2 tbsps coriander, chopped
2 lemons, cut into wedges

Directions

1. Discard the prawn head and slice their back butterfly style.
2. Get a mixing bowl: Mix in it the garlic with olive oil, ginger, cumin, paprika, cayenne pepper, coriander and a pinch of salt.
3. Add the prawns and toss them to coat. Cover the bowl with a cling foil. Place it aside to 25 min.
4. Before you do anything, preheat the grill and grease it.
5. Thread the prawns onto skewers. Grill them for 2 to 3 min on each side. Serve them warm.
6. Enjoy.

TUNISIAN

Morning Pastries (Abraj)



Prep Time: 10 mins

Total Time: 25 mins

Servings per Recipe: 1

Calories 201.0

Fat 6.5g

Cholesterol 0.0mg

Sodium 73.5mg

Carbohydrates 34.5g

Protein 2.9g

Ingredients

Pastry

9 oz. semolina flour

1/4 cup all-purpose flour

1/2-1 tsp salt

1/2 cup olive oil, warmed

warm water

Filling

3 cups pitted dates

3 oranges, zest of

1 tsp ground cinnamon

2 tbsps olive oil

1 tsp orange blossom water

Directions

1. To prepare the filling:
2. Get a blender: Place in it the dates and orange zest, cinnamon and orange blossom water. Blend them smooth. Pour in the olive oil and blend them smoothly.
3. To prepare the dough:
4. Get a mixing bowl: Stir in it the flour with semolina and salt. Pour in the olive oil and mix them well.
5. Add warm water gradually while mixing all the time until you get a smooth dough.
6. Shape it into 4 pieces. Knead each dough piece for 2 min until they become soft.
7. Flatten each piece into a 6 inches circle.
8. Place a dough circle on a greased baking sheet. Spread over it half of the filling. Cover it with another dough circle.
9. Repeat the process with the remaining dough circles and filling to make another loaf.
10. Press the edges with a fork to seal them. Slice them into 8 pieces.
11. Place a large skillet over medium heat. Place in it some of the date bread pieces.
12. Cook them for 4 to 6 min on each side until they are fully cooked.
13. Serve your date bites with some tea. Enjoy.

Weeknight Turnovers Tunis



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 35.9

Fat 0.5g

Cholesterol 5.1mg

Sodium 101.8mg

Carbohydrates 6.6g

Protein 1.1g

Ingredients

1 lb. russet potato, peeled and cut into chunks
1 onion, peeled and chopped
2 cloves garlic, peeled and minced
1 tbsp olive oil
3 tbsps minced parsley
3 tbsps minced cilantro

1 tbsp drained capers, rinsed and chopped
1 tsp salt
1/2 tsp ground pepper
1 large egg, separated
12 egg roll wraps
vegetable oil

Directions

1. Bring a large salted pot of water to a boil. Cook in it the potatoes until they become soft. Remove them from the water and mash them. Place a skillet over medium heat. Grease it with a cooking spray. Cook in it the garlic with onion for 12 min.
2. Add the mashed potato with parsley, cilantro, capers, a pinch of salt and pepper. Mix them well.
3. Get a mixing bowl: whisk in it the egg yolk. Add the potato mixture and combine them well.
4. Place an egg roll on a cutting board. Slice it into 4 pieces.
5. Place on one side of them 1 1/2 tsp of the potato filling.
6. Brush the edges with egg white. Pull the other side over the filling and press the edges to seal them and form triangles.
7. Repeat the process with the remaining filling and egg rolls
8. Place a large saucepan over high heat. Heat in it 2 inches of oil.
9. Deep fry in it the rolls until they become golden brown. Drain them and place them on paper towels. Serve your potato rolls warm with your favorite dipping sauce. Enjoy.





TUNISIAN

Semolina Soup



Prep Time: 5 mins

Total Time: 45 mins

Servings per Recipe: 6

Calories 129.6

Fat 7.1g

Cholesterol 0.0mg

Sodium 33.6mg

Carbohydrates 14.6g

Protein 2.5g

Ingredients

- 1 onion, chopped
- 3 tbsps olive oil
- 1 tbsp tomato paste
- 1 tsp harissa, see appendix
- 1 tsp paprika
- 1 tsp caraway seed
- 1 tsp ground coriander
- 2 celery ribs, chopped
- 3 garlic cloves, chopped
- 1/2 cup semolina
- The flesh of 1 lemon, chopped

Directions

1. Place a soup pot over medium heat. Heat in it the olive oil.
2. Sauté in it the onion for 3 min. Add the tomato paste with harissa, paprika, caraway, and coriander.
3. Cook them for 1 min. Stir in the celery with garlic, a pinch of salt and pepper. Cook them for 3 min.
4. Stir in 4 cups of water and cook them until they start boiling. Lower the heat and put on the lid.
5. Let the soup cook for 22 min. Stir in the semolina and cook it for an extra 12 min.
6. Stir in the lemon flesh and cook it for an extra 6 min. Serve it hot.
7. Enjoy.

Typical Tunisian Lunch Box (Spicy Eggplant Salad)



Prep Time: 10 mins



Total Time: 45 mins

Servings per Recipe: 1

Calories 212.6

Fat 14.2g

Cholesterol 0.0mg

Sodium 12.1mg

Carbohydrates 20.6g

Protein 3.5g

Ingredients

4 large garlic cloves, unpeeled
4 plum tomatoes
2 small onions, whole and unpeeled
2 large red bell peppers
1 large poblano chile
1 small eggplant
1/4 cup extra-virgin olive oil

lemon juice
kosher salt & ground black pepper

Directions

1. Before you do anything, preheat the grill and grease it.
2. Press the garlic cloves onto skewers.
3. Grill them along with the tomatoes, peppers, onions, chili, and eggplant for 4 to 6 min on each side.
4. Get a mixing bowl: Place in it chili and pepper. Cover them with a cling wrap and let them sit for 16 min.
5. Peel the onion and chop it. Seed and peel the peppers. Peel and chop the eggplant and tomato.
6. Get a food processor: Combine in it all the roasted veggies with olive oil, and a pinch of salt.
7. Pulse them several times until they become chunky. Pour the salad into a serving plate.
8. Drizzle over it some lemon juice then serve it.
9. Enjoy.

TUNISIAN

Flat Samosas (Brika)



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 1521.2

Fat 127.7g

Cholesterol 274.5mg

Sodium 1043.2mg

Carbohydrates 66.1g

Protein 30.7g

Ingredients

1 (5 ounces) cans tuna, drained of oil
4 medium baking potatoes, boiled and
mashed
1/2 cup scallion, chopped
1/2 cup fresh parsley leaves, chopped
1/2 cup cilantro leaf, chopped
2 to 3 ounces Greek feta cheese,
crumbled
4 eggs
1 tsp turmeric

1/2 tbsp ground caraway
1/2 tbsp ground coriander
1/2 tbsp garlic powder
1 - 2 tbsp capers
salt and pepper
2 cups canola oil
1 (8 ounces) packages egg roll wraps

Directions

1. Get a large mixing bowl: Mix in it the tuna, mashed potato, scallions, parsley, cilantro, feta, and eggs.
2. Add the ground caraway, ground coriander, turmeric, garlic powder, capers, and salt and pepper. Combine them well.
3. Place a large skillet over medium heat. Heat in it 2 cups of oil.
4. Place an egg roll on a working board. Place over it 3 tbsp of the potato mixture. Brush the edges of the roll with oil. Pull the edges over the filling then roll it forward.
5. Repeat the process with the remaining ingredients. Deep fry wrappers until they become golden brown.
6. Drain them and place them on paper towels to drain. Serve your golden wrappers warm with your favorite dipping sauce.
7. Enjoy.

Hot Tuna Salad with Peppers



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 306.4

Fat 18.0g

Cholesterol 126.8mg

Sodium 464.7mg

Carbohydrates 20.4g

Protein 18.8g

Ingredients

4 large tomatoes
2 green capsicum
4 red chilies
1 onion, quartered
2 garlic cloves, crushed
4 tsps caraway seeds
salt

3 tsps olive oil
1 tbsp lemon juice
24 black olives
7 ounces canned tuna, drained
2 hard-boiled eggs, quartered

Directions

1. Before you do anything, preheat the grill.
2. Layover it the tomatoes with chilies, onion, and peppers. Grill them for 18 min.
3. Discard the black skin of the veggies and place them in a blender.
4. Add the garlic with caraways seeds and a pinch of salt. Pulse them several times until they become chunky.
5. Spoon the salsa into a serving plate. Arrange over it the tuna with eggs, and olives.
6. Drizzle the olive oil with lemon juice on top. Serve it immediately.
7. Enjoy.

SPICED

Orange Couscous



Prep Time: 1 hr 20 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 819.5

Fat 43.5g

Cholesterol 175.6mg

Sodium 1243.0mg

Carbohydrates 60.3g

Protein 46.1g

Ingredients

- 1 (3 lb.) whole chickens, cut in 8 pieces
- 1 large onion, cut crosswise in slices and separated into rings
- 1 cup celery, sliced
- 1 small garlic clove, crushed
- 1 1/2 tbsps all-purpose flour
- 1/2 tsp sugar
- 1 tbsp ground cumin
- 2 tsps paprika
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 large tomatoes, cored and chopped
- 1 cup orange juice
- 2 large navel oranges, peeled and cut crosswise into slices
- 1/2 cup small pitted ripe black olives
- 1 1/2 cups water
- 2 tbsps butter
- 1/2 tsp salt
- 1 cup couscous
- watercress leaf
- 1 navel orange, sliced

Directions

1. Place a large stew pot over medium heat. Heat in it the oil.
2. Brown in it the chicken pieces for 2 to 3 min on each side in batches. Drain them and place them aside.
3. Stir the onion, celery, and garlic into the same pot. Cook them for 6 min. Add the flour with sugar, cumin, paprika, salt, pepper, and cayenne pepper. Cook them for 1 min.
4. Stir in the orange juice with tomato. Turn the heat to high and cook them until they start boiling.
5. Stir in the browned chicken pieces back. Lower the heat and let them cook for 32 min with the lid on. Stir in the olives with orange slices. Cook them for 6 min.
6. Prepare the couscous by following the instructions on the package.
7. Place it on a serving plate. Spoon the chicken and orange stew on top. Serve it right away. Enjoy.

Tunisian Chicken Hot Pot



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 6

Calories 530.1

Fat 34.9g

Cholesterol 315.1mg

Sodium 249.6mg

Carbohydrates 20.6g

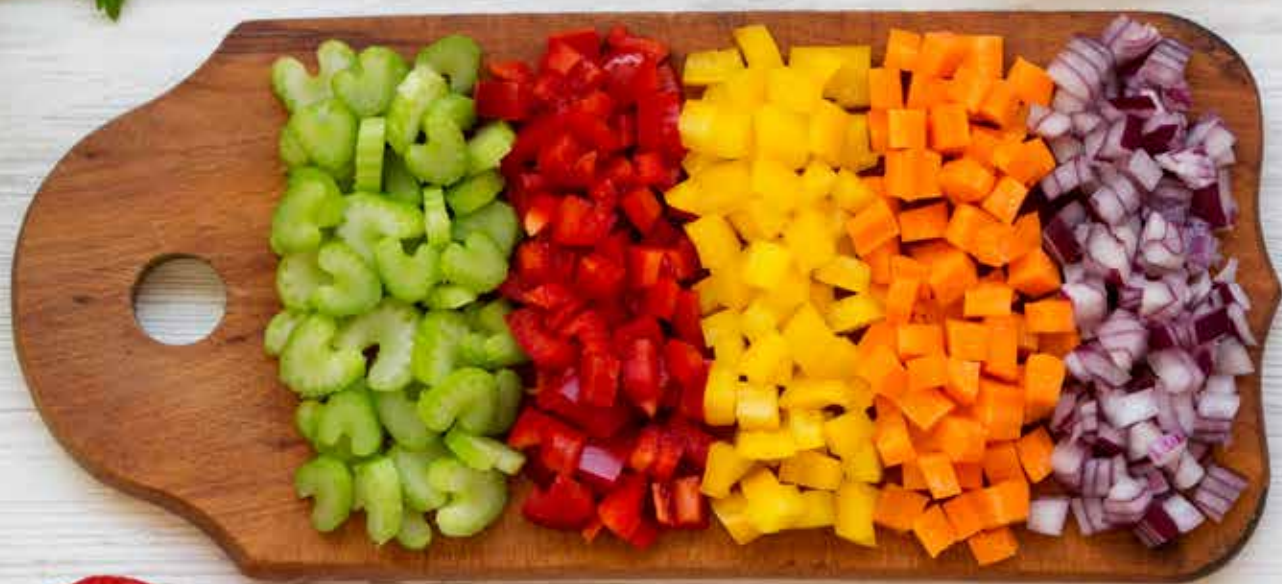
Protein 34.0g

Ingredients

- 1 large stewing chicken, cut into pieces
- 1 lemon, halved
- 6 tbsps lemon juice
- salt
- 3 onions, chopped
- 3 carrots, chopped
- 3 turnips, chopped
- 1 stalk celery, chopped
- 2 leeks, cleaned and chopped
- 1 tsp saffron thread, crushed
- 6 eggs
- 3 sprigs parsley
- 2 bay leaves
- 3 cloves
- pepper
- 1/2 tsp cinnamon, ground
- 1 tbsp mint

Directions

1. Massage the chicken pieces with the lemon halves then season them with salt. Place them in the fridge for overnight.
2. Place the chicken pieces in a large pot. Cover it with water and cook it until it starts boiling. Lower the heat and let them cook for 35 min while discarding the foam the rise on top.
3. Stir in the veggies with saffron, parsley, and a pinch of salt.
4. Once the time is up, strain the broth and place it aside. Let it cool down while discarding the fat the rise on top.
5. Drain the chicken pieces and veggies. Reserve them for later use.
6. Pour the broth in a soup pot. Cook it until it starts boiling. Stir into it the pepper and cinnamon.
7. Get a mixing bowl: Whisk in it the lemon juice with eggs. Stir the mixture into the hot broth and cook it for 9 min.
8. Serve your soup hot. Enjoy.





HOT

Turnips Tunisian



Prep Time: 3 hrs



Total Time: 3 hrs

Servings per Recipe: 4

Calories 36.6

Fat 0.2g

Cholesterol 0.0mg

Sodium 663.5mg

Carbohydrates 8.4g

Protein 1.1g

Ingredients

1 tbsp lime juice

1 tsp salt

4 medium turnips, peeled and sliced
into rounds

2/3 tsp cayenne

1/3 tsp cumin

Directions

1. Get a mixing bowl: Mix in it the salt with lime juice.
2. Stir in the turnips. Wrap the bowl with cling foil. Place it aside for 3 h 30 min.
3. Once the time is up, add to it the cumin and cayenne pepper.
4. Serve your pickled turnips immediately or place them in the fridge.
5. Enjoy.

Full Tunisian Dinner (Spiced Basmati with Saucy Meatballs)



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 6

Calories 606.7

Fat 24.0g

Cholesterol 192.4mg

Sodium 537.8mg

Carbohydrates 73.2g

Protein 27.7g

Ingredients

4 eggs, hard-boiled and cut into strips

Veggie

2 zucchini, cut into strips

Rice:

2 cups basmati rice

1 tbsp cinnamon

1/2 tbsp cumin seed

1 tsp coriander seed

1 tsp garlic powder

3 tbsps olive oil

Potato:

1/2 lb. potato, cut into wedges

olive oil

salt and pepper

Meatballs:

1 lb. ground beef

1 onion, chopped

6 garlic cloves, chopped

3 tbsps chopped parsley

1/2 tsp coriander powder

1 tsp caraway seed

1 tsp garlic powder

1 tsp paprika

1/2 tsp cayenne pepper

1/2 tsp salt

1/2 tsp black pepper

olive oil

Sauce

6 ounces tomato paste

2 cups water

4 green bell peppers, cut into strips

1 lemon, cut into semi-circles

Directions

1. To prepare the zucchini:
2. Before you do anything, preheat the grill and grease it.
3. Brush the zucchini strips with some oil. Grill until they become soft and charred.
4. Place them aside and cover them with a piece of foil.
5. To prepare the rice
6. Place a large saucepan over medium heat. Heat in it 3 tbsps of olive oil.
7. Cook in it the cinnamon, cumin seeds, coriander seeds, and garlic powder for 9 min.

8. Stir in the rice with 4 cups of water. Put on the lid and bring them to a boil.
9. Lower the heat and let them cook for 22 min until the rice is done. Stir it with a fork.
10. To prepare the potato wedges:
11. Before you do anything, preheat the oven to 375 F.
12. Place the potato wedges on a baking tray. Stir in it with some olive oil, a pinch of salt and pepper.
13. Spread it in the tray then bake it for 42 min until it becomes soft.
14. To prepare the meatballs:
15. Get a large mixing bowl: Mix in it all the meatballs ingredients.
16. Shape the mixture into bite-size balls.
17. To prepare the sauce:
18. Place a large pan over medium heat. Heat in it some olive oil.
19. Brown in it the meatballs for 4 min. Drain them and place them aside.
20. Stir the pepper strips into the same pan. Cook them for 3 min.
21. Stir in the tomato paste with water. Simmer them for 6 min.
22. Add the meatballs and put on the lid. Let them cook for 32 min over low heat.
23. Once the time is up, serve your saucy meatballs with rice, potato wedges, grilled zucchini, egg strips and lemon wedges.
24. Enjoy.



Pot Pies in Tunisia



Prep Time: 1 hr



Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories 565.1

Fat 39.5g

Cholesterol 320.5mg

Sodium 266.6mg

Carbohydrates 7.1g

Protein 43.1g

Ingredients

- | | |
|---|--|
| 2 1/2 lbs. chicken thigh | 4 large eggs, beaten |
| 3 medium brown onions, peeled and diced | salt & ground black pepper |
| 1 - 2 tsp crushed saffron threads mixed with a little water | 9 oz. ricotta cheese, thinly sliced |
| 1 cup water | 2 egg yolks mixed with 1-2 tsp vegetable oil |
| 12 large rounds phyllo pastry | vegetable oil |
| 3.5 oz. gruyere cheese, grated | |

Directions

1. Place a large skillet over medium heat. Heat in it some oil.
2. Cook in it the onion for 3 min. Stir in the water with chicken. Put on the lid and let them cook for 50 min.
3. Before you do anything else, preheat the oven to 375 F.
4. Drain the chicken thighs and discard their skin. Shred them and discard the bones.
5. Get a large mixing bowl: Combine in it the shredded chicken with saffron, cheese, 2 tbsp of water, beaten eggs, a pinch of salt and pepper well. Grease a round baking dish with oil. Lay in it 5 overlapped phyllo sheets to cover the bottom let them hang on the sides. Coat the sheets with oil. Cover the center with a phyllo sheet then top it with half of the chicken mixture.
6. Cover it with the slices ricotta cheese followed by the remaining chicken mixture. Pull the sheet hanging on the sides over the filling. Cover it with another 4 of sheets while tucking them on the sides.
7. Get a mixing bowl: Whisk in it the egg yolks with oil. Coat the whole pie with this mixture.
8. Place it in the oven and let it cook for 22 to 26 min.
9. Serve your crunchy chicken pie warm. Enjoy.

NORTH AFRICAN

Fish Cakes



Prep Time: 30 mins

Total Time: 30 mins

Servings per Recipe: 1

Calories 95.7

Fat 6.8g

Cholesterol 22.8mg

Sodium 173.9mg

Carbohydrates 4.1g

Protein 4.6g

Ingredients

2 lbs. mild white fish fillets, cubed
1 cup chopped onion
6 garlic cloves, chopped
3 tbsps chopped parsley
3 tbsps chopped cilantro
1 tbsp ground cumin
2 tsps coarse kosher salt
1 tsp ground ginger
3/4 tsp ground black pepper
6 tbsps matzo meal

1 large egg
10 -12 tbsps olive oil
Spicy Cream
1 1/2 cups mayonnaise
1/4 cup lemon juice
6 large garlic cloves, minced
1 1/2 tbsps tomato paste
1 1/2 tsps hot Spanish smoked paprika

Directions

1. To prepare the lemon cream:
2. Get a mixing bowl: Beat in it all the mayo with lemon juice, garlic, tomato paste and paprika until they become creamy.
3. Stir into it a pinch of salt and pepper. Place it in the fridge until ready to serve.
4. To prepare the fish patties:
5. Get a food processor: Place in it the fish and pulse it several times until it becomes finely chopped. Add the onion with garlic, parsley, cilantro, cumin, ginger, salt, and pepper. Blend them smooth.
6. Wet your hands with water or oil. Place 1 tbsp of the mixture in your hand and shape it into a patty. Place it on a lined up baking sheet. Repeat the process with the remaining mixture. Place a large pan over medium heat.
7. Heat in it 3 tbsps of oil. Cook in it the fish patties in batches for 3 to 4 min on each side. Serve your fish patties warm with lemon cream and pita bread. Enjoy.

Tunisian Fish and Potato Pot



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 238.2

Fat 9.1g

Cholesterol 2.3mg

Sodium 383.1mg

Carbohydrates 31.6g

Protein 9.4g

Ingredients

- 3 tbsps olive oil
- 2 onions, chopped
- 3 garlic cloves, chopped
- 1 red pepper, chopped
- 1 tsp harissa, see appendix
- 1/4 tsp saffron thread, crushed
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1 fennel bulb, diced, feathery fronds reserved
- 2 large potatoes, peeled and chopped
- 3 tbsps lemon juice
- 6 cups fish stock
- 4 1/2 lbs. of mixed fish, including shellfish, prepared
- 4 ripe tomatoes, peeled, deseeded and chopped
- 1/2 bunch cilantro, minced
- 1/2 bunch parsley, minced
- salt and pepper

Directions

1. Place a soup pot over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
2. Stir in the red pepper with garlic. Cook them for 4 min.
3. Add the Harissa, spices, fennel, potatoes, lemon juice, and broth or water. Cook them until they start boiling.
4. Lower the heat and let them cook for 22 min.
5. Stir in the fish, tomatoes, herbs, seasoning, and enough water to cover the veggies.
6. Simmer the soup for 10 to 12 min until the fish is done. Serve it hot.
7. Enjoy.

TUNISIAN

Seafood Casserole



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 253.3

Fat 3.6g

Cholesterol 80.4mg

Sodium 191.8mg

Carbohydrates 5.7g

Protein 46.9g

Ingredients

- | | |
|---------------------------------|------------------------|
| 1/2 tsp cumin seed | 1 medium onion, sliced |
| 1/2 tsp coriander seed | 1 large tomatoes |
| 1/2 tsp dried hot pepper flakes | parsley |
| 1/2 tsp caraway seed | 1 cup fish stock |
| 1 1/2 lbs. red snapper fillets | |
| 3 garlic cloves, sliced | |

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Place a large pan over medium heat. Toast in it the cumin and coriander seeds with pepper flakes for 2 min.
3. Get a mortar and pestle: Grind in it the spices until they become powdered.
4. Grease a casserole dish with some oil.
5. Stir in it the spice mix with tomato, onion, 2 cloves of garlic, a pinch of salt and pepper.
6. Spread the mixture in the casserole. Layover it the snapper fish.
7. Get a mixing bowl: Mix in it the remaining garlic, onion, tomato, a pinch of salt and pepper.
8. Pour the mixture over the snapper fish. Cook it in the oven for 25 to 32 min.
9. Serve your fish casserole hot with some rice or bread.
10. Enjoy.

Handmade Bread from Tunisia



Prep Time: 2 hrs



Total Time: 2 hrs 20 mins

Servings per Recipe: 1

Calories 1398.8

Fat 27.8g

Cholesterol 282.0mg

Sodium 1654.2mg

Carbohydrates 241.5g

Protein 40.3g

Ingredients

2 (1/4 ounce) package dry yeast

1/4 cup sugar

1 1/2 cups lukewarm water

4 large eggs

1/4 cup vegetable oil

2 tsps salt

7 cups unbleached all-purpose flour

Directions

1. Get a mixing bowl: Stir in it 1 cup of water with yeast and 1 tsp of sugar. Let them sit for 12 min.
2. Add 3 eggs with oil, remaining water, and sugar. Mix them well. Add the flour and combine them until you get a smooth dough.
3. Transfer it to a floured board and knead it for 5 min until it becomes soft.
4. Transfer the dough ball to a greased bowl and cover it with a cling foil. Let it rest for 60 min.
5. Once the time is up, shape the dough into 9 balls. Flatten them slightly then place them on greased baking trays.
6. Let them rise for 35 min.
7. Get a mixing bowl: Whisk in it an egg with a splash of water. Coat the bread loaves with it.
8. Bake the bread loaves in the oven for 33 min. Serve them warm or cold.
9. Enjoy.

BLACK and Green Garden Olives



Prep Time: 120 hrs

Total Time: 120 hrs

Servings per Recipe: 10

Calories 255.7

Fat 26.9g

Cholesterol 0.0mg

Sodium 5914.2mg

Carbohydrates 6.4g

Protein 1.0g

Ingredients

7 oz. green olives
7 oz. black olives
3 bay leaves
2 small lemons
1 tsp peppercorn
5 cloves

5 tbsps salt
1.5 oz. table salt
1 cup olive oil

Directions

1. To prepare the black olives:
2. Poke the black olives several times with a needle. Place them in an airtight glass container with salt. Put on the lid and shake it to mix them. Place it in a cupboard and let them sit for several days.
3. The olives will be releasing water so make sure to discard it every day until they don't release it anymore. Run them under some cool water then Place them in an airtight jar. Stir into them the olive oil with cloves and peppercorns. Place them in a cupboard and let them sit for few days before serving them.
4. To prepare the green olives:
5. Poke the black olives several times with a needle. Place them in an airtight glass container and cover them with water.
6. Place it in a cupboard and let it sit for 5 days straight. Change the water of the olives every day. Once the time is up, rinse the green olives and drain them. Place them back in a large airtight container.
7. Stir into them the bay leaf with lemon salt and enough water to cover them. Seal the container and place it in a cupboard until they start turning yellow. Drain the green olives, rinse them then serve them. Enjoy.

Sweet Orange Puff Pastry (Samsa)



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 807.5

Fat 40.3g

Cholesterol 0.0mg

Sodium 500.1mg

Carbohydrates 97.9g

Protein 19.0g

Ingredients

2/3 cup sugar	1 1/2 tsps grated orange peel
1 1/4 cups water	1 1/2 tsps ground cinnamon
1 tbsp lemon juice	4 ounces phyllo pastry
1 tbsp orange flower water	2 tsps olive oil
1 1/2 cups blanched almonds, lightly toasted and ground	lightly toasted sesame seeds

Directions

1. Place a heavy saucepan over medium heat. Stir in it the water with 1/2 cup of sugar. Stir them until it dissolves.
2. Stir in the lemon juice and cook them until they start boiling. Lower the heat and stir in the orange flower water.
3. Turn off the heat and place the syrup aside to cool down.
4. Before you do anything else, preheat the oven to 350 F.
5. Get a food processor: Combine in it the almonds, orange peel, and cinnamon, and the remaining sugar.
6. Process them until they become smooth to make the filling.
7. Place a phyllo sheet on a plate. Coat it with olive oil. Slice it into 3 strips.
8. Put 1 tbsp of the filling on top of a strip. Pull the sides of the sheet over it then roll it forward. Coat it with olive oil then place it on a baking tray.
9. Repeat the process with the remaining filling and phyllo sheets.
10. Cook them in the oven for 17 to 22 min until they become golden and crunchy.
11. One the time is up, heat the syrup for 2 min. Dip in it the phyllo and let them sit for 4 min.
12. Drain them and place them on a serving plate. Garnish them with sesame seeds then serve them. Enjoy.





HOW TO Harissa



Prep Time: 40 mins



Total Time: 40 mins

Servings per Recipe: 8

Calories 73.4

Fat 2.7g

Cholesterol 0.0mg

Sodium 451.1mg

Carbohydrates 12.5g

Protein 2.0g

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

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

Smoked Chili Harissa



Prep Time: 25 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 1115.6

Fat 111.4g

Cholesterol 0.0mg

Sodium 1200.5mg

Carbohydrates 32.2g

Protein 7.2g

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

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

EASY

Baharat Spice Mix



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe: 1

Calories 12.2

Fat 0.1g

Cholesterol 0.0mg

Sodium 0.7mg

Carbohydrates 3.5g

Protein 0.3g

Ingredients

- 1 tbsp ground cinnamon
- 1 tbsp dried rose petals
- 1 tbsp ground black pepper

Directions

1. Get a spice grinder: Place in it all the ingredients and grind them until they become powdered.
2. Transfer the mixture to a jar. Seal it and place it aside until ready to use.
3. Enjoy.

Ras el Hanout Spice Mix



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 4 kcal

Carbohydrates 0.8 g

Cholesterol 0 mg

Fat 0.2 g

Protein 0.1 g

Sodium 195 mg

Ingredients

- | | |
|-------------------------------------|-------------------------------|
| 1 tsp salt | 1/2 tsp ground coriander seed |
| 1 tsp ground cumin | 1/2 tsp ground cayenne pepper |
| 1 tsp ground ginger | 1/2 tsp ground allspice |
| 1 tsp ground turmeric | 1/2 tsp ground nutmeg |
| 3/4 tsp ground cinnamon | 1/4 tsp ground cloves |
| 3/4 tsp freshly ground black pepper | |
| 1/2 tsp ground white pepper | |

Directions

1. Combine salt, turmeric, cinnamon, black pepper, ginger, white pepper, coriander, cayenne pepper, cumin, allspice, nutmeg, and cloves in a small sized bowl thoroughly.
2. Store this in a container that is airtight up to 1 month.

TUNISIAN

Tabil Spice Mix



Prep Time: 10 mins

Total Time: 10 mins

Servings per Recipe: 10

Calories 268.8

Fat 13.3g

Cholesterol 0.0mg

Sodium 27966.0mg

Carbohydrates 41.4g

Protein 13.0g

Ingredients

2 tbsp coriander seeds

2 tbsp cumin seeds

2 tbsp caraway seeds

2 tbsp hot red pepper flakes

2 tbsp coarse salt

Directions

1. In a dry frying pan, toast the caraway, cumin and coriander seeds on medium heat for about 3 minutes.
2. Remove everything from the heat and keep aside to cool.
3. In a spice grinder, add all the ingredients and grind till powdered.
4. Transfer everything into an airtight container and preserve in cool and dark place up to 6 months.

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