**Recipes for Mimouna**

Nothing speaks more love than food.

Mimouna is an outstanding example of the love lavished on family, friends, and neighbors through Moroccan Jewish cuisine.

Like other Sephardi celebrations, Mimouna is filled with delicious symbolic foods and sweet delicacies.

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**Mufleta**

[Short intro]­­Mufleta is a Moroccan crêpe served with honey and butter. It is one of the most famous Maghrebi Jewish delicacies. Though eaten at other celebrations throughout the year, it is traditionally very closely associated with Mimouna.

**Ingredients:**

* 3 cups of flower
* 1 teaspoon salt
* 1 ½ cups of water
* 1/3 cup of cooking oil

**Preparation Instructions:**

1. Sift flower and mix in salt in a bowl. Slowly add water and mix, until sticky dough consistency is reached. Pour a small amount of oil on top of dough, cover and let sit for 15 minutes.
2. On a baking sheet, pour 1/3 cups of oil, form dough into golf-ball sized portions, spreading them out and placing them on the oiled sheet. Cover balls and let sit additional 15 minutes.
3. Heat a large skillet on the stove on medium-high. Flatten the balls into thin, circular pancakes. Dip in oil tray to hydrate, and stretch again, in order to have a very thin shape larger than your hand.
4. Using two hands, transfer each Mufleta to the pan, one by one. After placing one, immediately start stretching another ball, flip what is in the pan with a fork, and place the next one on top of the first. Strech another ball, flip both Mufleta in the pan and add another new one.
5. Continue this pattern untill all of the balls are stretched and you have a huge pile of Mufletot on the pan (use 2 forks or a spatula when the stack is heavier).
6. Mufletot are best served hot from the pan. Each pastry can be covered with a spread of butter, jelly, date honey, or other sweet spreads. They may then be served rolled up with the filling inside.

**Couscous with Milk and Cinnamon**

[Short intro]Although Mufleta is the star of Mimouna, couscous-au-lait, couscous with milk sprinkled with sugar and cinnamon, is a favorite tradition (in Moroccan Arabic *‘ada*) of many Jewish communities.

**Ingredients:**

* 1 box of large couscous
* 3 tablespoons of butter
* 3 cups of milk
* Cinnamon and sugar, added to taste

**Preparation Instructions:**

1. Boil the couscous in a pot of water with a pinch of salt, like pasta. Keep the pot simmering until the couscous has absorbed all the water. (You may follow the cooking directions on the package.)
2. Pour the couscous into a large bowl and while still hot, mix in the butter.
3. In a separate pot, heat 3 cups of milk, and pour over the hot milk over the couscous.
4. Mix in cinnamon and sugar to taste.

**Eggplant Jam**

[Short intro] Jams made from fruits or vegetables cooked with sugar or spices are common across many cultures in the Mediterranean region. At Mimouna, when sweet treats are served, jams made from orange, citron, date, and eggplant fill the table. This recipe for eggplant jams contains a sweet and savory combination of flavors which may be a totally new culinary experience for some around the world.

**Ingredients:**

* 3 medium eggplants
* Kosher salt
* Olive oil
* 2 cloves of garlic, peeled and minced
* 2 teaspoons paprika
* 1 teaspoon ground cumin
* 1/8 teaspoon ground cinnamon or allspice
* 1/8 teaspoon harissa
* 1/4 cup (60ml) water
* 2 tablespoons fresh lemon juice
* 1 tablespoon chopped parsley
* Optional: pomegranate molasses, added for additional flavor

**Preparation Instructions:**

1. Rinse and dry eggplants, then use a vegetable peeler to remove the peel in vertical strips, leaving about an inch (3 cm) of space between each peeling. Slice the eggplant lengthwise, about 1/2-inch (2 cm) thick.
2. Sprinkle salt on the eggplants and let stand vertically in a colander for about 30 minutes, shaking it occasionally, over the sink to drain some of the water inside.
3. Preheat the oven to 375ºF (190ºC). Brush two baking sheets with olive oil and lay the eggplant slices on the baking sheets in a single layer, then flip them over, leaving oil on both sides.
4. Bake the eggplants for about 25 minutes, flipping them on the baking sheets midway through.
5. Once the eggplants are cooked, put them in a large bowl with the garlic, paprika, cumin, cinnamon or allspice, harissa, and water, and mash them together.
6. Heat a few tablespoons of olive oil in a skillet and cook the mashed eggplant mixture on low heat, stirring frequently so it doesn’t burn on the bottom.
7. Continue to cook the eggplant until it’s thick and most of the moisture is evaporated, about 20 minutes. Stir in lemon juice and let cook another minute, then remove from heat and add the parsley. When cooled enough to taste, add salt and lemon juice to taste.
8. Optional: serve drizzled with pomegranate molasses.

**Stuffed Dates**

[Short intro] Stuffed dates are another staple on the Mimouna table. Marzipan is the traditional filling, and dates may also be stuffed with pistachios, almonds, or other nuts.

**Ingredients:**

* About 1 and 2/3 cups of dates, pitted
* 1 cup peeled, ground almonds (or pistachios, or a mixture)
* 1 cup of confectioners’ sugar
* 1 egg white

**Preparation Instructions for Nut-filled Dates:**

1. Prepare pitted dates, removing pits and making a slit down the middle, leaving the whole date intact but open to be filled.
2. Mix the ground almonds (or other nuts), sugar and egg white together. May use food processor to finely grind nuts.
3. Put this mixture in a skillet, and cook on low heat, stirring constantly, until the mixture becomes sticky.
4. Add one teaspoon of water and cook for a minute longer.
5. Remove mixture from the heat and let cool for several minutes.
6. Stuff the dates with this mixture and roll in confectioners’ sugar.
7. Serve while the filling is hot or at room temperature. Before serving, in addition to sugar, or instead, dates may be sprinkled with tahina and salt.

**Mrouzia**

[Short intro] Mrouzia is a sweet and savory Moroccan tagine (a dish cooked in an earthenware pot) that’s seasoned with ginger, saffron, cinnamon, and *ras el hanout* (a special spice mixture, literally meaning “head of the shop”). Mrouzia is a dish enjoyed by Moroccan Muslims during the Eid al-Adha holiday–and it is also found on the Mimouna table after the Jewish Passover. This dish is one more example of the longstanding cultural and culinary exchange of North African Muslims and Jews.

**Ingredients:**

#### Meat and Marinade

* 2.2 lbs Trimmed lamb with bones (shanks, neck or shoulder), - cut into large pieces
* 1 1/2 tbsp [Ras-el-hanout for Mrouzia,](http://amzn.to/2FVeNXz" \t "_blank) - preferably freshly ground
* 1/2 tsp ground pepper - a mix of black and white
* 2 tbsp vegetable or olive oil

#### For Cooking the Meat

* 4 tbsp olive and vegetable oils, - mixed
* 2 tsp ground ginger
* 1 medium-size yellow onion, - finely chopped, optional
* 1 tsp smen
* 1 tsp salt
* 1 [cinnamon stick](http://amzn.to/2FP220p" \t "_blank)
* 1/2 tsp [saffron threads](https://amzn.to/32GsnJI" \t "_blank)

#### For Cooking the Raisins

* 1.1 lbs dark raisins, - preferably not too sweet
* 1 tsp [Ras el Hanout (Mrouzia blend),](http://amzn.to/2FasjJw" \t "_blank) - freshly ground preferably
* 4 tbsp clear honey, - or icing sugar
* 1 tsp [ground cinnamon](http://amzn.to/2oLWj4r" \t "_blank)

#### Garnishing

* 5.2 oz [whole blanched almonds](https://amzn.to/3cl6owg" \t "_blank)

**Preparation Instructions:**

#### Marinate the Meat

* In a large container, mix the spices with 1 to 2 tablespoons of oil. Brush the meat with this mixture and massage it well. Cover and refrigerate 6 to 12 hours.

#### Cook the Meat

* In a heavy-bottom pot or a dutch oven, add the meat, the onion, the spices, smen and about 1/4 cup of water. Place on medium heat for 10 minutes, stirring a couple of times to rotate the meat, making sure that all sides have been immersed in the liquid at some point.
* Slowly add enough water to cover the meat, taking care to pour the water near the sides of the pot and not directly on the meat itself. (You don’t want to wash off those spices). Add the rest of the oil and bring the liquids to a simmer.
* Continue simmering the meat over medium-low heat for about two hours, or until the meat is tender. During this period, check the pot frequently to see if it needs more liquid and also to ensure that the meat does not stick to the bottom of the pot and burn.

#### Cooking the Raisins

* While the meat is cooking, place the raisins in a bowl and cover with cold water. Leave them to soak for at least an hour before draining and using.
* Once the meat is tender, add drained raisins, the teaspoon of ras el hanout, and the honey or sugar. Continue cooking over medium-low heat while watching carefully. The sauce should be reduced and thickened after 20 to 30 minutes or so. No watery liquid should remain.

#### Fry or Roast the Almonds

* The almonds can be prepped for garnish ahead of time or while the meat is cooking. Use one of the methods below.
  + **To Oven-Roast**: Preheat the oven to 325° F (160° C). Spread the blanched almonds on a baking sheet and roast them for about 25 minutes, tossing them a couple of times. They should be roasted evenly throughout with a nice crunch and a golden color at the end. Adjust the time according to your oven in order to achieve the right texture and color.
  + **To Fry:** Pour the oil in a small deep pan and wait until it’s warm to start frying the almonds. Oil that is too hot will NOT achieve the desired outcome. Give a stir from time to time and fish all the almonds out once they turn lightly golden. Spread them on paper towels or a kitchen towel to git rid of excess oil.

#### Serving and Storing

* Always serve mrouzia hot. The meat is first placed in the center of a warm serving plate, topped with the confit of raisins and followed by any drop of that thick dark amber liquid. The dish is garnished with almonds. Some dried rose petals will nicely finish off the presentation.
* Keep mrouzia in an airtight container in the fridge for a couple of weeks or in the freezer for months. It’s advisable to divide the portions in different containers so It’s easy to thaw them as needed.

### Additional Tips:

* The recipe makes 8 servings when following the Moroccan tradition of sampling the dish rather than filling up on it. It will serve 4 when offered as a standalone entree.
* You may use lamb chops for a faster version.
* The easiest and most practical way to cook Mrouzia in a dutch oven or a sealed clay pot in the oven.
* Before the arrival of the modern fridge, Mrouzia was stored in a deep clay urn which was glazed on the interior. A layer of meaty bones would go first, followed by the raisins and then the thick sauce would be added last. The urn was then covered with an oiled paper and sealed with string. Almonds might also be stored inside but some families waited to add them at serving time.
* Traditionally, Mrouzia was shared with all visiting family members and neighbors. The moment somebody showed up at anytime of the day, we would heat some and serve it accompanied with bread. This dish belonged to the community rather than the family who cooked it.

\*Credit to Autor [Nada Kiffa](https://tasteofmaroc.com/author/nada/) at [Taste of Maroc](https://tasteofmaroc.com/mrouzia-lamb-with-raisins-almonds-honey)

**Zaban (Nougat)**

[Short intro] Recipes for Zaban vary, but this sweet treat often takes the form of a foamy meringue or soft caramel.

***Meringue Version of Zaban:***

**Ingredients:**

* 4 egg whites
* 3 tbsp sugar
* Dash of almond extract (optional)
* Almonds or walnuts

**Preparation Instructions:**

* Combine the egg whites, sugar, and almond extract in a bowl. Using an electric mixer, beat on high speed for about 8 minutes, or until the nougat looks like whipped cream.
* Cover and refrigerate for at least one hour. When ready to serve, add nuts on top for garnish.

***Caramel Version of Zaban:***

**Ingredients:**

* ¼ cup of honey
* ½ cup of sugar
* 1 egg white
* Pinch of salt
* Dash of almond extract (optional)
* Almonds or walnuts

**Preparation Instructions:**

* In a saucepan combine sugar, honey, and almond extract with 2 tbsp of water. Cook over medium heat, stirring occasionally, until sugar dissolves and the mixture starts to bubble.
* In a bowl, combine the egg white and salt, and beat on high speed until the egg white thickens, about 4 minutes.
* While beating the egg white, slowly add the hot sugar/honey mixture to the bowl. Beat for another 6-8 minutes. The nougat should be thick and gooey, and stick to a spoon. Garnish the nougat with nuts and serve.

\*Credit to [Elizabeth Michaelson](https://www.myjewishlearning.com/author/elizabeth-michaelson/) from [The Nosher](https://www.myjewishlearning.com/the-nosher/nougat-for-maimouna/)

**Mint Tea**

[Short intro] Moroccan mint tea–also known as “Moroccan whiskey”–accompanies all celebrations in Morocco. It represents hospitality and abundance.

**Ingredients:**

* 16 oz water
* 2 tbsp loose green tea. Chinese gunpowder tea is commonly used.
* 5-6 sprigs of mint (optional; may also use dried mint)
* 4-5 tsp sugar.

**Preparation Instructions:**

* Boil water
* Place tea into water, add mint and sugar. bring kettle to a boil again to steep tea, taking off heat and setting for approximately 5 minutes before serving.

**Moroccan Candied Baby Eggplant** (Berenjenitas en Dulce)

**Ingredients:**

* 25 baby eggplants
* 1.5 kilos (7-1/2 cups) sugar
* 500 grams (1-1/2 cups) honey
* crushed fresh ginger (according to taste)
* 8 cloves
* 1 stick of cinnamon
* a few grains of allspice

**Preparation Instructions:**

1. Poke the raw eggplants all over with a fork.
2. Put them in a (large, heavy, enamel) casserole dish, cover with cold water and add sugar.
3. Boil for 10 minutes, lower the flame and simmer for 2 or 3 hours over a low flame.
4. Remove from the heat.
5. Make a sack with a fine cloth or gauze and put in all the spices.  Add the spices and half the honey to the casserole and return it to the flame.
6. When the pot begins to boil, lower the flame and simmer over a low flame for 2 or 3 hours.
7. Add the rest of the honey. The eggplants have to cook for another 2 or 3 hours more, until they turn very dark.

\*Credit to [Rob Eshman](https://jewishjournal.com/commentary/opinion/rob_eshman/184979/moroccan-candied-eggplant/)

**Meme Suissa’s Galettes – Anise Tea Biscuits**

**Ingredients:**

* 4 eggs
* 1 cup of sugar
* 1 cup of vegetable oil
* 1 cup of water
* 6 ½ cups of flour
* 2 tbsp baking powder
* 1 cup of anise seeds

**Preparation Instructions:**

1. Beat the first four ingredients together in bowl.
2. Add the rest of the ingredients, then mix by hand or with a sturdy spoon until a stiff dough comes together.  Put in a electric mixer and use a dough hook to knead at low speed for three minutes.
3. Divide the dough into quarters. Roll each quarter out to 1/8 inch thickness. Perforate pastry, then cut into 1 ½ inch by 2-inch rectangles.
4. Place the cookies on parchment-lined cookie sheet, slightly separated.
5. Bake in a 350 degree oven for 8 to 10 minutes, until just brown. Switch pans for even cooking.

\*Credit to [Bob Eshman](https://jewishjournal.com/mobile_20111212/108925/meme-suissas-anise-tea-biscuits-video-recipe/) Jewish Journal

# Baked Coconut Balls

**Ingredients for cookies:**

* 3 cups unsweetened shredded coconut
* 3 tablespoons apricot, raspberry or orange jam, or maple syrup or honey
* ½ teaspoon baking powder
* 3 egg yolks
* ¼ to ½ cup confectioners’ sugar

**Ingredients for glaze:**

* ¼ cup apricot jam
* Ground pistachios, slivered almonds or rainbow sprinkles

**Preparation Instructions:**

1. Make the cookies: Heat oven to 325 degrees. In a medium bowl, add the coconut, jam or syrup or honey, baking powder and egg yolks and beat with an electric mixer on medium speed until well combined.
2. Squeeze the mixture together to form small balls, about 1 inch wide, and roll them in confectioners’ sugar to fully coat. Transfer the balls to a parchment-lined baking sheet lightly coated with cooking spray, spacing them 1 inch apart. Bake for 10 minutes.
3. Meanwhile, prepare the glaze: In a small pot over medium-low heat, whisk together the apricot jam and 1/4 cup water until warm. Remove from heat and pour into a small bowl.
4. Let the balls cool completely on the sheet pan, then dip one side into the glaze. Return to the pan, glaze side facing up, and sprinkle immediately with the pistachios, almonds, sprinkles or anything else you wish.

\*Credit to [Yuki Levinson and Ron Lieber](https://cooking.nytimes.com/recipes/1019236-baked-coconut-balls), New York Times

# Bitter Orange Marmalade

**Ingredients**:

* 2 kg (about 5 lbs) bitter orange, thoroughly washed
* 1 kg (about 2 lbs) sugar
* 1/2 kg (about 2 ½ cups) water

**Preparation Instructions:**

1. Use stainless steel mandoline to thinly shave off the very outer skin of bitter oranges. Peel each bitter orange into 5 to 6 slices from top to bottom.  Put orange peel in a deep cooking pot filled with boiled water and leave them for 3 minutes over a medium heat. Take them off the pot and soak them in another bowl filled with cold water. Change the cold water four to five times within 24 hours in order to get the strong bitterness out of them.
2. Cut each orange peel slice into two or three thinner slices. Wrap each peel slice to get the final form of rolled orange slices. In order to keep this form, place them in a long string using a steel needle. Knot the edges of the string together after having it filled with rolled slices.
3. Place a cooking pot over medium heat, add 1/2 kg of water (about 2 ½ cups) and sugar, and stir for 5 minutes until sugar gets dissolved. Add strings of rolled slices to the pot and leave them over low heat for about two hours while stirring from time to time until sugar syrup gets slightly thickened. (Test consistency of sugar syrup by taking a spoon of it and cool it down, you should get slightly thick syrup not too thick). Cut strings off the rolled slices and then add half cup of bitter orange juice (using the same oranges), leave them over heat for another 15 minutes. Make sure to lift off formed foam. Place the marmalade into jam jars and keep them in the refrigerator.

\*Credit to [Eman Bushnaq](http://www.kitchenofpalestine.com/bitter-orange-marmalade/) of Kitchen of Palestine

# Moroccan Spiced Strawberry Jam

**Ingredients**:

* 2 pounds whole strawberries (include a few slightly under-ripe berries)
* 1½ cups light brown sugar
* 1½ cups granulated sugar
* 2 lemons ends removed, halved lengthwise, seeded and thinly sliced
* 1 cup champagne vinegar
* 1/3 pound fresh ginger peeled and grated
* 1 Tbsp ground toasted cumin seed
* 1 Tbsp ground cinnamon
* ¼ tsp ground cloves
* Several scrapings of nutmeg
* 1 pound small strawberries stemmed and quartered
* Salt and freshly ground black pepper
* ½ tsp orange blossom water optional

**Preparation Instructions:**

In a large saucepan, mash whole strawberries and both kinds of sugar with a potato masher to release juice. Cook over medium heat, stirring, until sugar dissolves. Add lemons and bring to a simmer, stirring constantly. (Add a bit of water if necessary to avoid scorching.) Add vinegar, ginger, cumin, cinnamon, cloves and nutmeg. Simmer briskly, stirring frequently, until mixture is thick, dark and flavorful. Add quartered strawberries; remove from heat.

Season with salt and a generous amount of black pepper.

Cool; stir in orange blossom water, if using.

\*Credit to [California Strawberries](https://www.californiastrawberries.com/moroccan-spiced-strawberry-jam-recipe/)

# Moroccan Tomato Jam

**Ingredients**:

* 2 kg (about 4 1/2 pounds) ripe tomatoes
* 3 to 4 tablespoons olive oil
* 4 tablespoons honey
* 3/4 teaspoon ground cinnamon
* 1 teaspoon salt, or to taste
* 1/4 teaspoon pepper, or to taste
* 2 teaspoons orange flower water
* 1 tablespoon sesame seeds
* 1/2 teaspoon ginger (optional)
* 1/4 teaspoon [Ras el Hanout](https://www.thespruceeats.com/easy-ras-el-hanout-simplified-version-2394676) (optional)
* 1/8 teaspoon cayenne pepper (optional)

**Preparation Instructions:**

1. Preheat broiler to medium-high heat. Line a large rimmed baking sheet with aluminum foil.
2. Core the tomatoes, cut them in half cross-wise and discard the seeds. Arrange the tomato halves skin-side-up on the baking sheet and place under the broiler for about 25 minutes, or until the skins are scorched and can be pinched off, and the tomatoes are very soft. Remove the tomatoes from the oven and allow to rest until cool enough to handle.
3. Remove the tomato skins and discard them. Coarsely chop the tomatoes and transfer them to a large skillet. Add the olive oil and cook over medium-high heat for about 15 minutes, stirring frequently and mashing the tomatoes while they further soften.
4. When all the liquids have evaporated and the mashed tomatoes have begun to brown, stir in the honey and seasoning. Cook for a few minutes longer and remove from the heat.
5. Stir in the orange flower water and adjust the seasoning. Serve warm or cold, garnishing the tomato jam with sesame seeds.
6. Once completely cooled, the jam may be stored the refrigerator for up to one week.

 \*Credit to [Diana Rattray](https://www.thespruceeats.com/spicy-tomato-jam-3061705), The Spruce Eats