

Top Ten...

*Foods You Always Bought Pre-made from
a Store but Now Will Have to Make
from Scratch*

Tomato Sauce

- 5 to 6 tomatoes (maticha)
- Salt and Pepper (mlHa u lbzar)
- 1 Onion (bsla) chopped, 3-5 cloves of garlic (tuma)
- 1 Tbsp. paprika (tHamra)
- 1 Tbsp. basil (Hbq)
- 1 Tsp. Oregano (z3tr)
- 1 Tbsp. Sugar (senida) (more or less depending on how sweet the tomatoes are)
- Sautee onion and garlic 3-5 minutes in pot. Add shredded tomatoes. Season with herbs, and salt and pepper. Bring to boil, then reduce heat and allow to simmer until reduced to desired consistency.
- Enjoy over spaghetti with kefta or cooked veggies.





Tahini



- 1 cup sesame seeds
- 3-4 Tbsp. olive oil

- Clean sesame seeds, then blend 1/4 cup at a time thoroughly in spice grinder. Combine full cup of ground sesame seeds in grinder, then blend together and add oil until smooth.





Hummus

- 1 cup uncooked chickpeas
 - Juice from one lemon
 - 2-4 garlic cloves
 - 3-4 Tbsp. tahini
 - 1/4-1/2 cup olive oil
 - Salt, pepper and cumin to taste
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- Put uncooked chickpeas in a pressure cooker. Add at least 3 cups of water to cover well. Sprinkle with salt and olive oil. Cook chickpeas and check every 20 to 30 minutes to make sure they don't burn. Add water as needed.
- When chickpeas are soft, strain chickpeas but RESERVE the liquid.
- Blend lemon juice, olive oil, and garlic cloves in blender. Then blend in tahini. Finally add in chickpeas and spices. Blend and add reserved cooking water as needed until the hummus reaches a smooth and creamy consistency.
- Enjoy with carrot and cucumber slices!!

Peanut Butter

- 1 cup raw peanuts
- 1-2 Tbsp. veggie oil
- 1/2 tsp. salt (or to taste)
- 2 tsp. honey or confectioners sugar (optional)



Heat oven to 160 degrees celsius and roast peanuts until light brown. Stir every 5 minutes to prevent burning. Wait until cool then add them to a blender or spice grinder. Add salt, honey or sugar, and 1 Tbsp. oil. Blend. Add more oil to achieve desired consistency. Enjoy in a PB and J sandwich or with carrots (Yes, carrots. It's delicious. Just try it.)

Tortillas

- 3 cups flour
- 2 Tbsp. butter
- 2 tsp. baking powder
(or 2 packets *Alsa*)
- 1 tsp. salt
- 1 cup warm water
(as needed)



Mix flour, salt, baking powder, and butter until a crumbly mixture is formed.



Add water $\frac{1}{4}$ at a time until a soft, elastic dough is formed. It should not be sticky.



Roll dough into long
tube.



Cut into inch thick
disks.



Flatten and roll disks
into flat circles
(or squares)





While rolling out tortillas, heat a pan on medium heat. One by one, bake the tortillas in the pan about 30 seconds on each side or until it just starts to bubble and brown in one or two spots. It is better to undercook than overcook these as overcooked tortillas become hard and brittle. Not ideal for wrapping around hot sizzling chicken and seasoned sautéed peppers.

Ricotta Cheese



1 Liter Milk

+



2 Tbsp. Lemon
Juice or Vinegar

+



Salt to taste

=



Ricotta Cheese

Heat milk just until it starts to boil. Remove from heat and add lemon juice or vinegar. Allow to cool for 30 minutes. The acid in the juice will curdle the milk during this time. After 30 minutes, pour into a cheese cloth or fine sifter over a pot or the sink. Let the liquids drain fully from the curds. This may take several hours. After the mixture is mostly dry, add salt to taste. Enjoy with pasta and tomato sauce.

Italian Dressing

- 1 Tbsp. garlic salt
- 1 Tbsp. onion powder
- 1 Tbsp. sugar
- 2 Tbsp. oregano
- 1 tsp. pepper
- 1/4 tsp. thyme
- 1 tsp. dried basil
- 1 Tbsp. dried parsley
- 1-2 Tbsp. Salt
- 1/4 cup white vinegar
- 2/3 cup veggie oil (1/3 veggie and 1/3 olive)
- 2 Tbsp. water
- 2 Tbsp. dried milk (optional)



Mix dry ingredients to make Italian dressing mix. When ready to use, add mix to wet ingredients and stir well. Enjoy with a salad or over chicken..

Pumpkin Puree

- 1/2 kg. pumpkin
- 1 Tbsp. olive or veggie oil
- salt and pepper to taste



- Cut pumpkin into 1 inch square pieces. Toss in oil and season with salt and pepper. Place on baking sheet and cook in oven at 150 degrees celsius for about 40 minutes or until very soft. Check every 15 minutes to prevent burning and turn individual pieces as needed. When cooked thoroughly, remove from oven and allow to fully cool. Then place the pieces in a blender and blend until smooth. Use in pumpkin cookies, pumpkin pie, and pumpkin bread, and share with your Moroccan friends.

Granola

1. Combine wet and dry
2. Spread on tray
3. Bake at 150 degrees celsius until golden (about 30 min.)
4. Enjoy with yogurt or milk or just plain.

4 cups oats


Combine Dry

1 tbsp favourite spice

eg. Cinnamon, pumpkin spice, cardamom, cloves

1 cup raw nuts / seeds

eg. Sliced almonds, chopped pecans, sunflower seeds, pumpkin

1/2 cup chopped dried fruit

eg. Raisins, apricots, apple, pineapple

1 cup coconut

Or more oats or nuts

1 1/2 tsp flavour

eg. Vanilla, almond

1 pinch

Salt

1/4 cup fat

Melted butter, canola or coconut oil

1/4 cup sweet

Maple syrup, agave, honey, brown sugar, or any combo

Combine Wet



Wine Tips

- Get tubing from most hardware stores
- Sanitize equipment with bleach
- Have someone send wine yeast from the states
- 5 gallon water bottles work well to ferment wine
- 1.5 liter water bottles work well to store it
- Balloons or condoms work well as air locks
- If the wine goes bad, use in cooking

