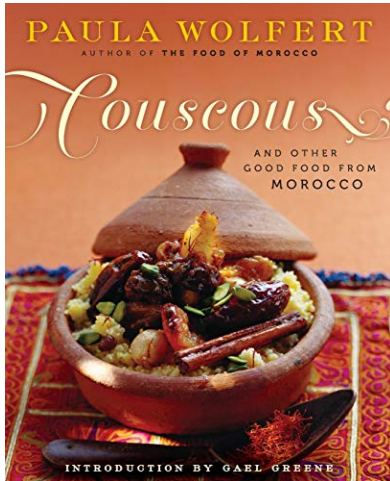


# [PDF] Couscous And Other Good Food From Morocco

Paula Wolfert - pdf download free book

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## Books Details:

Title: Couscous and Other Good Food

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## Description:

North Africa is the home to one of the world's great cuisines. Redolent of saffron, cumin and cilantro, Moroccan cooking can be as elegant or as down-home hearty as you want it to be. In *Couscous and Other Good Food from Morocco*, author Paula Wolfert has collected delectable recipes that embody the essence of the cuisine. From Morocco's national dish, couscous (for which Wolfert includes more than 20 different recipes), to delicacies such as *Bisteeya* (a pigeon pie made with filo, eggs, and raisins among other ingredients), Wolfert describes both the background of each recipe and the best way to prepare it. As if the mouthwatering recipes weren't enough, each chapter includes some aspect of Moroccan culture or history, be it an account of Moroccan *moussems*, or festivals, or a description of *souks*, or markets. Just reading

the recipes will be enough to induce ravenous hunger even on a full stomach. Once you've tried the Chicken Tagine with Prunes and Almonds, or the Seared Lamb Kebabs Cooked in Butter, Paula Wolfert's *Couscous and Other Good Foods from Morocco* will become a well-worn title on your cookbook shelf.

### **About the Author**

Paula Wolfert is an expert on Mediterranean food and the author of nine cookbooks, including *The Food of Morocco*, *Mediterranean Clay Pot Cooking*, *The Slow Mediterranean Kitchen*, and *The Cooking of Southwest France*. Wolfert has won the James Beard Award, the Julia Child Award, the M. F. K. Fisher Award, and the Tastemaker Award, and was a finalist for the André Simon Award. A regular columnist for *Food & Wine*, Wolfert lives in Sonoma, California.

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Although some debate exists, couscous is a food whose origins are best linked with the Berbers from North Africa. As the Berbers were poor agrarian people living in the mountains, it became a staple food for them due to easy access to wheat in Morocco. At one point in time, couscous was also the national dish for southern Spain; however, when the Arabs were expelled it became illegal to eat couscous by the decree of the inquisition. In Morocco it is prepared using a variety of other elements popular with children such as dried fruit, nuts, and cinnamon. One thing to keep in mind when eating couscous during your travels in Morocco is that it is a communal dish and eaten with your hands. This is especially important if you are a guest in someone's home. Couscous and Other Good Food from Morocco, by Paula Wolfert, Gael Greene. ISBN 0-06-091396-7. Cuisine des palais d'orient, by Alain Mordelet. ISBN 2-87678-868-3. Food of Morocco: Authentic Recipes from the North African Coast, by Fatema Hal. ISBN 962-593-992-X. Scent of Orange Blossoms: Sephardic Cuisine from Morocco, by Kitty Morse, Owen Morse. ISBN 1-58008-269-6. Traditional Moroccan Cooking: Recipes from Fez, by Madame Guinaudeau. Morocco is a Muslim majority country that will make it easier for Muslim tourists from all over the world to choose the authentic Moroccan menus that they want to try. But don't worry! Non-Muslim tourists can still be enjoying their authentic dishes without exception. The presentation of Couscous is also quite unique. It is shaped like a pyramid on a large plate with side dishes around it. The side dishes that usually served with couscous are generally in the form of boiled meat and vegetables. One of the tribes in Morocco, Berbers usually add raisins and buttermilk to the couscous they consume. Come and see for yourself the delicacy of each food that can arouse your tastes! Are you on Pinterest? Pin these!