



La Maison Arabe

Cooking Workshops at La Maison Arabe

Choice of half-day classes:

Briouate class:

- Assortment of Moroccan briouates (turnovers) – cheese, chicken ground meat, vegetables and seafood

Pastilla class (choice of):

- chicken with almonds
- seafood
- vegetables

Tajine class (choice of):

- chicken tajine with lemon and olives
- chicken tajine *M'derbel* (stewed tomatoes with cinnamon and sesame seeds).
- Chicken tajine with almonds and boiled eggs
- Lamb tajine with dates and almonds
- Lamb tajine with figs and walnuts
- Beef or lamb tajine *Makfoul* (steamed tomatoes with small onions)
- Lamb tajine with prunes and apricots

Couscous class (choice of):

- Chicken or lamb with caramelized onions
- Chicken or lamb with seven vegetables

Rates per class and per person:

600 dhs per person for a maximum 16 people capacity

For a private cooking session the price is:

5000 dhs in the Hotel workshops

8000 dhs in the Palmeraie workshops

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Moroccan Cooking Workshops

A cooking class usually starts with a comprehensive introduction that highlights the importance of cooking in Moroccan society, and reviews the variety of recipes created by *dadas* (traditional woman cooks) over the centuries for special occasions such as marriages, baptisms, and circumcisions.

We then proceed to an overview of the most traditional recipes such as *pastilla*, *couscous*, and the broad variety of *tajines* (stews usually made with lamb or chicken), while reviewing some of the basic pillars of Moroccan cuisine:

- **Spices:** The core spices used in Moroccan cuisine include ginger, saffron, cumin, *ras el hanout* (a mixture of up to 35 different spices), as well as salt and pepper. Olive oil, of which there is abundance in Morocco, is also an essential ingredient in the local cuisine, as well as *ghi* (a kind of aged butter).
- **Herbs:** Most Moroccan recipes use parsley and coriander. Other important herbs such as thyme, oregano, bay leaf, rosemary and basil, are used depending on the recipe being prepared.

- Mode of cooking: Traditionally, Moroccan homes used charcoal and clay pots to cook *tajines* or *couscous*. Modern Moroccan homes of course use the same gas or electric ranges found in European or American homes. The cooking workshops at **La Maison Arabe** are conducted using modern equipment, so that the participants can easily prepare the dishes they have learned once they have returned to their own countries.
- Cooking techniques: A typical *tajine* recipe calls for searing the meat, softening the onions, bringing to a boil and allowing to slowly simmer. This results in a reduced, thick sauce.

Finally, before the practical part of the cooking class begins, the participants are acquainted with the recipe of the day, whether it's a chicken *tajine* with olives and preserved lemons, *couscous* or *pastilla*, and review the various vegetables and ingredients that will be used.

The cooking classes at **La Maison Arabe** are structured around easy-to-make traditional recipes. Each participant has his or her own workstation and equipment, and follows step-by-step the preparing of that day's dish. In a typical workshop, one learns how to make a main course as well as a Moroccan appetizer or salad (for example, eggplant or roasted green peppers with tomatoes).

When the class has finished, it's time to savor the result of one's labor. The participants enjoy the meal they've prepared, in the cool shade of an olive or fig tree by the hotel's pool. It's been the job of the chef and translator to make sure that they've enjoyed themselves and learned a great deal about Moroccan cuisine and culture. Bon appétit!

Good to know

- There are two cooking workshops per day: one at 10h00 and the second at 15h00
- The price includes the cooking workshop and lunch, and excludes alcoholic drinks

