

Fez Cooking School



At Palais Amani

Semolina Ghriba

INGREDIENTS:

2 eggs
½ cup of sugar
½ cup of oil
Baking powder
Salt
Vanilla Sugar or Lemon zest
¼ kg of coconuts
125 g semolina
½ cup of orange blossom
¼ cup of icing sugar

METHOD OF PREPARATION:

First of all, we are going to mix our ingredients in a gasàa, step 1 we are going to remove just the thin, colored skin, or zest, of the lemon. Always leave behind the soft, white pith that lies underneath. The pith has a bitter, unappealing taste that you simply don't want to include. Crack the egg open in a large bowl to check the quality of the yolk and white. Add each one on the zest, add sugar and oil and mix well. Then add the semolina, the baking powder, the icing sugar and the coconuts and work the dough with your hands.

Form a round cookie using just your hands. Then put it into the orange blossom and dust it with powder sugar.

Place the cookies on a baking tray and bake for 10-15mins (180 degree). Keep checking the cookies as they have a very thin margin between being perfectly cooked to getting burnt.

Cool and store in an airtight container.



MOROCCAN BREAD

4 people

Preparation time: 4h / cooking time: 30mins.

INGREDIENT

300 g white flour,
200 g of wheat flour or semolina "Smida Moroccan"
10 g yeast or yeast powder (dried yeast)
Salt
50 ml of warm water or more (depending on how much dough)
Provide more semolina or white flour to work the dough.
10 cl olive oil
1 teaspoon of granulated sugar

METHOD OF PREPARATION

To prepare the recipe of traditional Moroccan bread

In a large bowl or "Moroccan Gassâa" put the 2 kinds of flour, make a well in the center and add the yeast and the sugar, warm water and oil gradually while mixing the ingredients.

Knead well for approximately 15 minutes.

The dough should be soft and smooth (the texture is the same as pizza dough).

The dough should double in volume, crush or "punch" the dough several times with your fists to get air out, then form a ball and roll out the dough to 2 cm (80 inches) thick, cover and let rise for couple of minutes according to the room temperature. Use the tips of your fingers to gently flatten the dough into circle, put it on the wood board.

Cover the dough with a clean towel and let rise for 30 minutes.

Preheat oven to 220 degrees (420 F and Gas Mark 7) and using a fork, put a few small holes on the bread and bake for 30 minutes or until crust is completely gold