



Flavours

ALGERIA

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about me

I currently work at Shell Business Operations. I find the food even more delightful and enjoyable when its shared with friends and family.

Cooking is for sure not my strength, but trying a variety of food and also sharing our traditional cooking with those who are passionate about it, makes me want to learn even more about cooking.

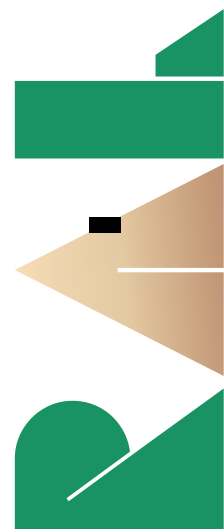
Since I have been living in Europe, I particularly enjoyed the Georgian and Bulgarian cuisine, though my favorite food will always be my mother's and Grandma's food (probably something magical in their hands).

intro

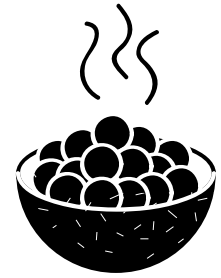
Inherited from the Berber culinary traditions, and then influenced over the centuries by the Ottoman, Spanish and then French gastronomies.

Algerian cuisine is a rich blend of Mediterranean flavors and scents. It is characterized primarily by the use of herbs and spices (saffron, cumin, coriander, mint, thyme, basil, pepper, cinnamon...) that come at once to perfume and to raise the taste of soup, sauce or meat.

For this ebook I choose my most preferred dishes that bring me joy and memories.



MTEWEM WHITE SAUCE MEAL



Mteuem is my favorite Algerian dish, when my mom prepares a dish and asks me what do I want for dinner?



*I say Mteuem (and my wish is fulfilled). Mteuem is a very popular dish, typically Algerian. A dish that found birth in the past splendor of the Kingdom of Algiers. You can say MTEWEM or the full original name Mteuem El Raïs in reference to the great Corsairs who reigned over Algiers. The MTEWEM is the dish that will delight the amateur of garlic because it is the large quantity of this condiment that gives it its taste and its specificity to the other Algerian dishes. This traditional dish is part of the list of dishes in white sauce of the Algerian gastronomy (*Algerian cuisine uses two types of sauce: the white sauce and the red sauce). The one that I prefer and I am sharing is with chicken even if the most popular is with goat meat.*

- ingredients*
- 1 chicken, cut into pieces
 - 250 g minced meat
 - 6 cloves of garlic
 - 100 g chickpeas
 - 100 g whole almonds (but I prefer to serve the dish without the almonds)
 - 1/2 tsp to 1 tsp of black pepper
 - I like to add 1/2 tsp of cinnamon
 - 1/2 cumin tsp
 - 3 tbs oil and salt

directions

Put the pieces of chicken in a casserole with hot oil or butter, add the crushed garlic, black pepper, cumin and salt, after 3 minutes cover with small amount of boiling water, add the chickpeas, the almonds and let cook. After 5 minutes add more boiling water to the meat and let cook for another 10-15 minutes.

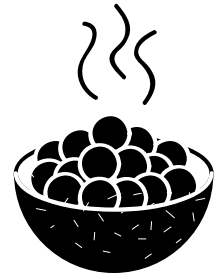
The second stage is to prepare the meat balls. Prepare the stuffing with minced meat, add 2 cloves of crushed garlic, 1 pinch of cumin, salt and egg, mix it all together, form small balls.

Dip the meatballs in the meat sauce (or chicken breast) that is already ready and simmer until the meatballs are cooked to perfection. Sprinkle the almonds on the dish. Minced meatballs can also be pitted with almonds.

Note: You can replace the chicken with other meat. You can serve this as a separate dish or you can serve it with white rice.

Enjoy your meal!

TADJINE ZITOUNE



CHICKEN WITH OLIVES

30min 
+ 40min cooking time

I still can remember this delicious mixture of taste, and the smell of it when it's tenderly served. Tajine zitoune or Algerian chicken with olives, is a very popular dish among us, especially during the period of Ramadan. The white sauce is scented with cinnamon is thickened with an Akda (mixture of spices) at the end of the preparation. Here I put carrots, but the traditional recipe is prepared without.

ingredients

- 1 chicken, cut into pieces or thighs or sticks.
- 2 chopped onions
- 1 clove of garlic (optional)
- 3 carrots
- 500 g of pitted green olives
- oil and some butter
- salt
- black pepper
- white pepper preferably
- 1 cinnamon stick
- 1 tsp of cinnamon powder
- 1 bunch of chopped fresh parsley
- 1 cube of poultry broth (optional)
- 1 lemon (juice)
- 1 egg yolk

directions

In a pot or tajine, heat the oil and butter (you can use only oil) or smen (clarified butter); Put the chopped onions in this oil;
Add the chicken pieces with the carrots cut into slices;
Put crushed garlic and spices as well as half of the bunch of parsley.
Cover with water (not too much), crumble the chicken broth cube if you use it and let it cook over low heat.

Meanwhile,

Bleach your olives in boiling water for 7 minutes, by changing the water twice.

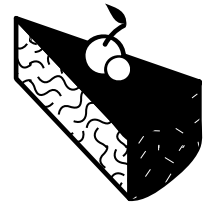
At half-baked chicken, insert the olives, continue cooking.

Once the chicken is cooked, in a bowl, take a little sauce (2 tablespoon) let cool, add egg yolk, 2 teaspoon of chopped fresh parsley and sprinkle with lemon juice.

Whisk with a fork, then insert this mixture (in Algeria we call it the AKDA) in the sauce to bind and make it smoother, stir with a wooden spoon, let simmer no more 1 minute then turn off the heat immediately.

Sprinkle with chopped parsley and serve hot.

TAMINA



15 min
+ 15 min cooking time

The reason why I have chosen this traditional cake is simply because it reminds me of family celebrations and happy days.

This cake can be enjoyed on various festive occasions in Algeria, mainly to celebrate the birth of a newborn, but also marriage or even exams success, in order to share the good omen, with our guests.

ingredients

- 300 g medium semolina (kasza manna)
- 150 ml honey
- 150 g cinnamon
- butter
- some pecan nuts

directions

Three key ingredients to make this succulent cake: the roasted semolina, the honey and the butter.

Heat a skillet over moderate heat.

Pour in the semolina grains, brown by stirring constantly with a wooden spoon.

When the semolina has roasted, remove from the fire and reserve in a bowl.

Melt the butter, add the honey and heat the mixture again 5 minutes.

Immediately mix the golden semolina with this hot mixture.

Fill plates and smooth the surface.

Garnish with walnuts and cinnamon.

Bon appétit!



Legal Aid Center The Halina Nieć

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