



Morocco

QCWA Country of Study - 2024

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au







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Introduction to QCWA

Country Kitchens

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

The Queensland Country Women's Association, proudly turning 100 in 2022, has been the guiding force behind the Country Kitchens program. Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



**Get more fruit
and veg into
your meals**



**Cook at
home**



**Check your
portion size**



**Be aware of
sugar in your
drinks**



**Sit less,
move more**

The QCWA Country of Study

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Country of Study through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2024 Country of Study - Morocco, and are designed to be used by QCWA members.

These Community Activity Guidelines provide an overview of Moroccan cuisine, as well as guidelines for four health promotion activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages get more fruit and veg into your meals and cook at home, and involves completing a healthy Moroccan recipe promotion at your branch meeting or showcase. Other activities involve promoting Morocco through a Country Kitchens showcase, as well as two sit less, move more challenges; a team-based virtual walk around Morocco, and a belly dancing activity.

The team would love to see how you incorporate the Country Kitchens Morocco Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook photos or posts (@qcwacountrykitchens) or send a message to countrykitchens@qcwa.org.au. As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include all Country Kitchens Country of Study activities in your monthly reports!

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 8.0% of adults and 4.6% of children** are eating the recommended **5 serves of vegetables each day**. We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home **increased from 25 per cent in 1988-89 to 34 per cent in 2015-16**.¹ In Health and Wellbeing' Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.² Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 32% of Queensland adults are within the healthy weight range and 25% of Queensland children are in the overweight and obese range, according to the 2020 Report of the Chief Health Officer Queensland**. Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few.

Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.

Water is always the best option!



Sit less, move more

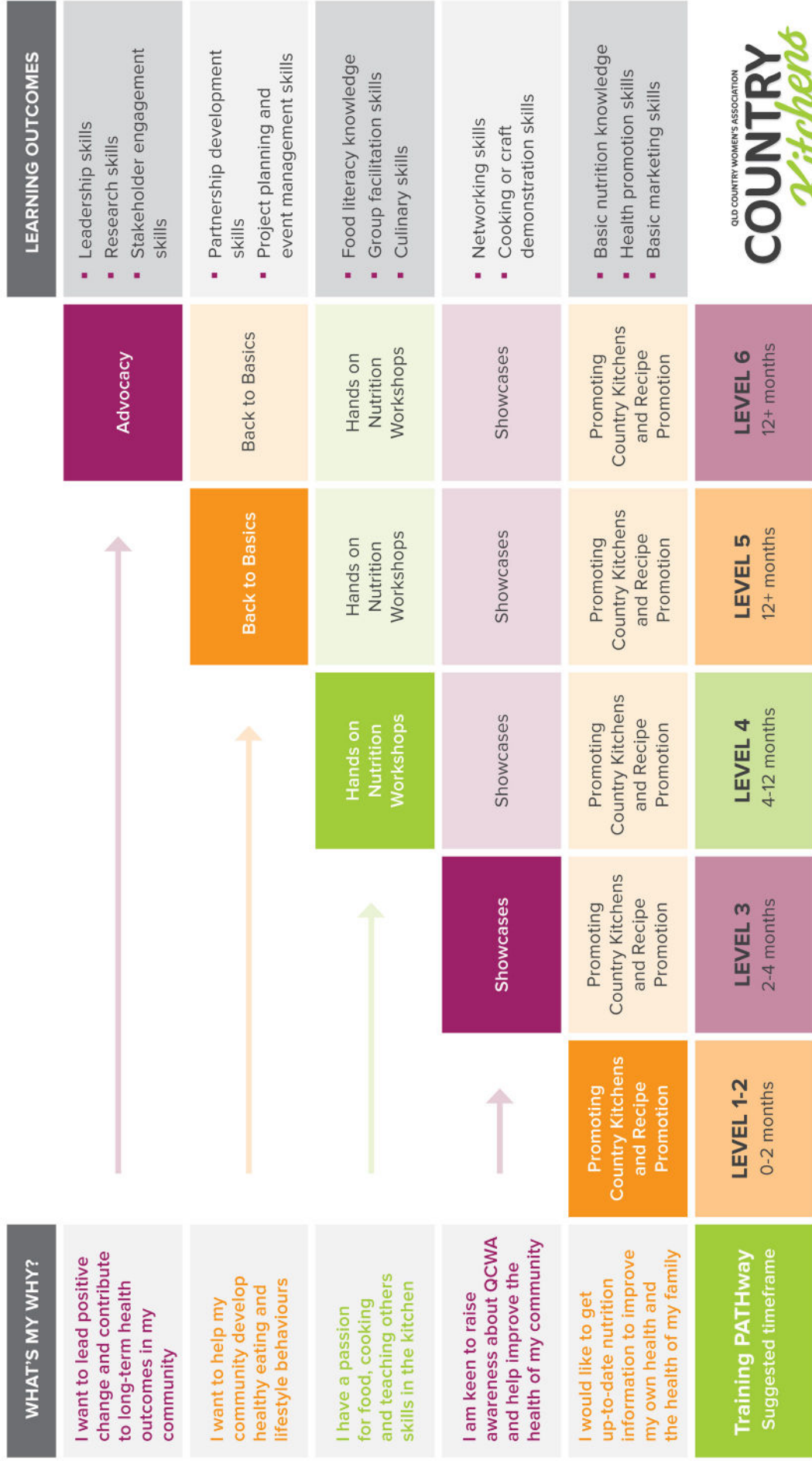
Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day**. Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

¹ Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

² A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

PATH - Promoting and Advocating Together for Health

QCWA Country Kitchens Facilitator Training PATHway



Connecting women who have the power to heal their communities

QCWA Country Kitchens Program Overview



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens Monthly Munch newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class

Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- *Back to Basics: Food Literacy* - targeted to adults
- *Back to Basics: 5 Key Messages* - targeted to children



Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Background

Country Kitchens Country of Study Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Country of Study and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline four Country Kitchens activities for the 2024 QCWA Country of Study - Morocco. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

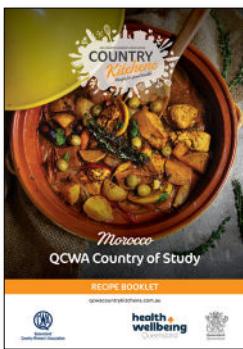
- Moroccan recipe promotion (pg. 10)
- Morocco showcase (pg. 15)
- Walk Morocco (pg. 22)
- Belly dancing (pg. 30)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions and within the community. Get in touch with your CK buddy to order any of the 2024 Country of Study resources listed below:

- Country Kitchens *Moroccan Recipe Booklet*
- Moroccan Recipe Cards
- *Common Moroccan Ingredients* Flip Cards
- Morocco Poster
- *Walk Morocco* Posters



Moroccan
Recipe Booklet



Moroccan
Recipe Cards



Morocco Flip Cards



Morocco Poster

Morocco

Nestled in the northwest corner of Africa, Morocco calls upon travellers with its blend of ancient traditions and vibrant culture. It is a country that captivates the senses, offering a range of experiences from bustling markets, architectural wonders, delicious food, and warm hospitality. Moroccan culture has historical influences from Arab, Berber, and French cultures. At the heart of Moroccan culture is hospitality, which is demonstrated through the warm welcome extended to visitors. Moroccan cities are a mix of old and new, with historical medinas and bustling souks (markets). Artistry is a big part of Moroccan architecture and daily life, from the detailed tilework, beautiful mosques and palaces, to the vibrant colours of traditional Berber carpets. Music and dance are integral to Moroccan culture, with rhythmic beats heard throughout the cities and at the many festivals celebrating the nation's diverse cultural heritage. Outside of the Moroccan cities and towns is the vast Sahara Desert which covers an incredible 9.2 million km²; a total of 8% of the earth's land area. The country's primary language is Arabic, with Berber and French being commonly spoken as well.



Moroccan Cuisine

Moroccan cuisine is a fusion of aromatic spices, vibrant flavours, and centuries-old culinary traditions. Tagines, slow-cooked stews filled with meats, vegetables, and an array of spices like cumin, coriander, and saffron, are iconic to Moroccan dining. Tagine is also the name of the conical shaped cookware typically made of clay that the stew is cooked inside. The country is renowned for its aromatic tagines, couscous dishes, and flavourful pastries. A sip of traditional mint tea is an essential part of the Moroccan dining experience, providing a refreshing counterpoint to the bold and savoury dishes. Street markets and busy souks offer a sensory feast with fragrant kebabs, freshly baked bread, and mint teas, a common symbol of hospitality. Moroccan cuisine reflects the country's diverse cultural influences. The Arab influence is evident in the generous use of spices like cumin, coriander, and cinnamon, adding depth and complexity to dishes. Berber traditions, rooted in Morocco's indigenous communities, contribute staples like couscous, often accompanied by vegetables, meat, or fish. French colonial influence has left its mark on pastries and baked goods.

Moroccan Kitchen Staples

- **Spices:** cumin, coriander, cinnamon, ginger, paprika, saffron, and turmeric are frequently used
- **Herbs:** fresh herbs such as coriander and parsley
- **Olive oil:** widely used for sautéing, dressing salads, and adding depth to various dishes
- **Couscous:** tiny granular pasta made from crushed wheat and served as a base for many savoury and sweet dishes
- **Nuts:** almonds and walnuts are frequently used for texture and flavour



- **Preserved lemons:** a distinctive ingredient in Moroccan cuisine, imparting a unique tangy flavour to tagines and stews
- **Harissa:** a spicy chilli paste or sauce that adds heat and depth to various dishes
- **Argan oil:** native to Morocco, argan oil is used in cooking and is prized for its nutty flavour. It is often drizzled over salads or used in traditional pastries. Argan oil is also used in cosmetic and hair products, however the cosmetic type should not be used in cooking
- **Meat:** lamb, chicken and beef are all popular
- **Vegetables:** eggplants, tomatoes, bell peppers, and zucchini are frequently used
- **Dried fruit:** dates, apricots, raisins, figs and prunes are all commonly used in savoury and sweet cooking
- **Fruits:** oranges, apples, pomegranate, grapes, citrus fruits and olives are all popular



Harissa Paste



Argan Oil



Pomegranate

Popular Moroccan Dishes

Starters, Soups and Sides

- **Dips:** hummus with harissa, baba ganoush and labneh are all popular Moroccan dips commonly served as a starter with bread
- **Zaalouk:** an eggplant and tomato salad, cooked with garlic, cumin, and paprika, often served as a dip or side
- **Harira:** a hearty and nutritious soup made with tomatoes, lentils, chickpeas, and a variety of spices. Harira is often enjoyed during Ramadan to break the fast
- **Bissara:** a creamy soup made from dried broad beans and seasoned with cumin, garlic, and olive oil to provide a rich and earthy flavour
- **Couscous:** a staple in Moroccan cuisine, couscous is often steamed and served as a base for stews, tagines, or mixed with vegetables to make a salad



Couscous



Zaalouk



Harira

Meat, Poultry and Seafood

- **Tagine:** a tagine is a slow-cooked stew named after the pot in which it is cooked. It features a combination of meats (often lamb or chicken), vegetables, dried fruits, and a blend of spices
- **Bastilla (pastilla):** a savoury-sweet pie made with layers of thin pastry, typically filled with a mixture of shredded poultry, almonds, eggs, and aromatic spices. It's often dusted with powdered sugar and cinnamon
- **Mechoui:** whole roasted lamb, often prepared for special occasions and celebrations
- **Kefta tagine:** Kefta are seasoned ground meat (usually lamb or beef) shaped into small balls or patties. They are simmered in a flavourful tomato-based sauce and served with bread or couscous
- **Fish chermoula:** grilled or baked fish (commonly white fish or sardines) marinated in a mixture of herbs, garlic, cumin, coriander, and lemon



Tagine



Bastilla



Fish chermoula

Breads and Pancakes

- **Khobz:** Moroccan flatbread, a staple that accompanies almost every meal. It has a round shape and is often used to scoop up tagines and other dishes. Khobz is made with white flour and can be found in various sizes
- **Msemen:** Msemen is a square-shaped, layered flatbread that is pan-fried. It's made with a dough that includes semolina, flour, and yeast
- **Baghrir:** Also known as "thousand-hole" pancakes, baghrir is a spongy and porous Moroccan pancake. Typically served for breakfast or as a snack, it is often drizzled with honey or a mixture of butter and argan oil

Desserts and Drinks

- **Chebakia:** These intricately shaped pastries are made by folding dough into flower-like shapes, deep-frying them, and then soaking in honey. Chebakia is a popular sweet treat during Ramadan
- **Sellou:** Also known as sfouf or zmita, sellou is a nutritious and energy-packed dessert made from roasted flour, ground almonds, sesame seeds, honey, and spices. It's often enjoyed during special occasions
- **Moroccan mint tea:** Moroccan mint tea is a sweet and refreshing way to conclude a meal. It's a blend of green tea, fresh mint leaves, and generous amounts of sugar



Khobz



Baghrir



Chebakia

ACTIVITY 1

MOROCCAN RECIPE PROMOTION

Preparation and Planning

Use this activity guide to:

- Complete a healthy Moroccan recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2024 QCWA Country of Study



Overview - *Recipe Promotion*

Recipe Promotion

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Moroccan Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Country of Study event (e.g. branch or division international days). For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Moroccan Recipe Booklet* or turn to the appendix (pg. 37-48) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity

Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets essential nutrition criteria for either everyday or discretionary foods. The *Moroccan Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, and food labels.
- **Recipe cards** - reach out to your CK buddy if you would like to order Moroccan recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event), If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 37-48) under the heading '*What's Great About It*'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Recipe Promotion*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (<i>optional</i>)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (<i>optional</i>): - Australian Guide to Healthy Eating - Food safety		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Recipe Promotion*

BEFORE ACTIVITY

<input type="checkbox"/>	<i>Optional:</i> re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
<input type="checkbox"/>	Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
<input type="checkbox"/>	Choose a Moroccan recipe from the Country Kitchens <i>Moroccan Recipe Booklet</i> or appendix (pg. 37-48)
<input type="checkbox"/>	<i>Optional:</i> order resources from your CK buddy (minimum 2 weeks prior)
<input type="checkbox"/>	Confirm participant numbers
<input type="checkbox"/>	Purchase ingredients
<input type="checkbox"/>	Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
<input type="checkbox"/>	Using the session plan (pg. 14), identify the five elements that make your recipe a healthy choice (to present on the day)
<input type="checkbox"/>	Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

<input type="checkbox"/>	Set up promotional materials and equipment
<input type="checkbox"/>	Arrange tables and chairs for participants
<input type="checkbox"/>	Introduce yourself, the program and the 5 key messages using the session plan (pg. 14)
<input type="checkbox"/>	Promote the recipe using the points listed in the session plan (pg. 14)
<input type="checkbox"/>	Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
<input type="checkbox"/>	Share taste testers of your recipe with participants
<input type="checkbox"/>	Pack up and leave the venue as found

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media and tag Country Kitchens
<input type="checkbox"/>	Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time

Session Plan - *Recipe Promotion*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

Talk about the five elements that make your recipe a healthy choice:

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about Morocco and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2

MOROCCO SHOWCASE

Preparation and Planning



Use this activity guide to:

- Complete a Morocco showcase activity at your branch or for an event
- Promote the Country Kitchens 5 key messages in the context of the 2024 QCWA Country of Study

Overview - Morocco Showcase

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook) or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Morocco Showcases

All three types of showcases outlined above can be given a Morocco theme using the various Country Kitchens QCWA Country of Study resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Morocco Static Showcase

Give your static showcase a North African theme by including Moroccan recipe cards, Moroccan themed bunting, or the Morocco poster. Keep it stocked with the other Country of Study resources such as the *Moroccan Recipe Booklet* and a set of the *Common Moroccan Ingredients* flip cards. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Morocco Interactive Showcase

Use the *Moroccan Recipe Booklet* and the recipe promotion guide (pg. 10-14) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the *Common Moroccan Ingredients* flip card activity with your group instead!







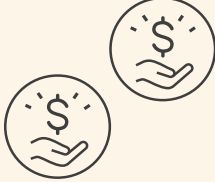

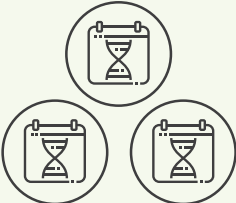
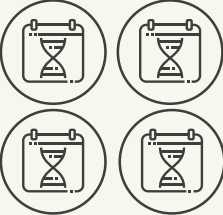
Morocco Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Moroccan Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.



Resource Guide - Showcases

DIFFICULTY 

	STATIC	INTERACTIVE	DEMONSTRATION	
Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner <i>(optional)</i> Backdrop <i>(optional)</i>	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Showcases*

BEFORE ACTIVITY

<input type="checkbox"/>	Decide on the type of showcase you will deliver (static, interactive or demonstration)
<input type="checkbox"/>	Organise and book the venue/space
<input type="checkbox"/>	Print/order resources from your CK buddy
<input type="checkbox"/>	Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i>
<input type="checkbox"/>	Locate equipment/promotional gear in your division and organise use for the day/period of time
<input type="checkbox"/>	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
<input type="checkbox"/>	Select recipes, purchase groceries and prepare food (interactive or demonstration showcases only)

ON THE DAY

<input type="checkbox"/>	Promote Country Kitchens and the 5 key messages
<input type="checkbox"/>	Network with key community stakeholders
<input type="checkbox"/>	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
<input type="checkbox"/>	<i>Optional</i> : run an activity (<i>Common Moroccan Ingredients</i> flip cards)
<input type="checkbox"/>	<i>Optional</i> : set up chairs for the audience for your demonstration (demonstration showcase only)
<input type="checkbox"/>	Use Country Kitchens stamp of approval markers and serving platters for taste testers
<input type="checkbox"/>	Discuss food safety with your audience (demonstration showcase only)
<input type="checkbox"/>	Pack up: remove all promotional gear and leave the venue tidy
<input type="checkbox"/>	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

<input type="checkbox"/>	Reflect on what worked well and what could be done differently next time
<input type="checkbox"/>	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
<input type="checkbox"/>	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
<input type="checkbox"/>	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
<input type="checkbox"/>	<i>Optional</i> : Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release

Session Plan - *Showcase Recipe Demonstration*

INTRODUCTION

Introduce yourself, your branch and the program

5 ELEMENTS OF A HEALTHY RECIPE

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

<input type="checkbox"/>	Demonstrator cheat sheet
<input type="checkbox"/>	Ingredients
<input type="checkbox"/>	Equipment list
<input type="checkbox"/>	Resources organised (stamp of approval markers, recipe cards etc.)
<input type="checkbox"/>	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.

ACTIVITY 3 WALK MOROCCO

Preparation and Planning

Use this activity guide to:

- Complete a walk around Morocco activity with a small group e.g. branch, community group, walking group
- Promote the key message 'sit less, move more'

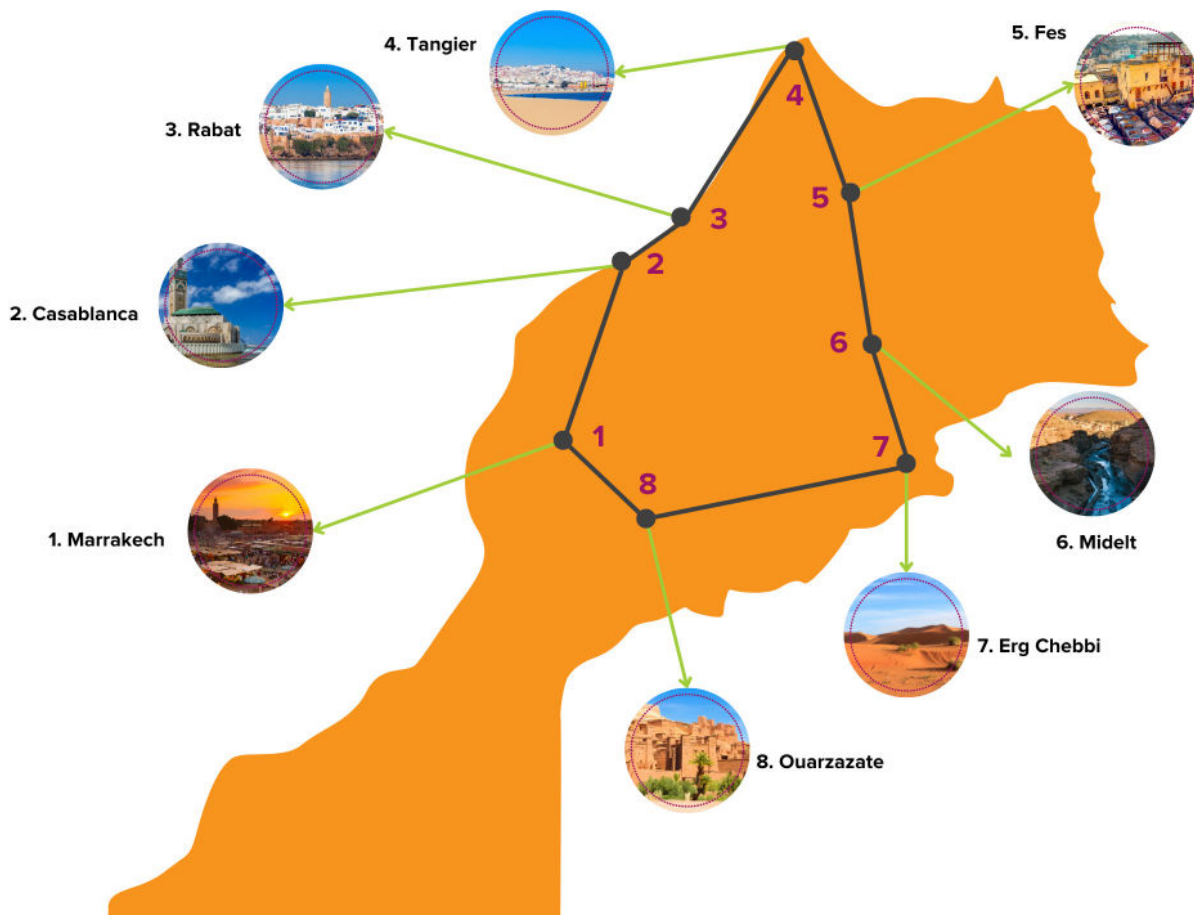


Overview - *Walk Morocco*

Walk Morocco

Sit less, move more is one of the Country Kitchens 5 key messages, as being physically active every day is important for your health and wellbeing. Walking for an average of 30 minutes or more a day can lower your risk of heart disease, stroke and type 2 diabetes. Regular physical activity can also improve balance and coordination, and improve your daily mood.

To help you reach your walking goals, try completing this Walk Morocco activity with your branch, family or group of friends! Appoint a team captain, recruit your team, and use the table on page 29 to tally the steps of your team until you reach the total required. To complete the walk around Morocco, your team must reach a total of 2,154,000 steps (approximately 1795 kilometres). There are 8 stops on the trip. Check out the map below for the list of attractions you will be visiting, and to track how far you have walked around the country. Be sure to have your team captain share the fun facts about each stop on your journey as your team reaches the destinations!





*Ancient Market Square,
Jemaa el-Fna Square*

1. Marrakech, 0 kilometers, 0 steps

We start our journey in one of Morocco's four imperial cities, Marrakech. Marrakech is a vibrant North-African city in Morocco. It is famous for its traditional sweet mint tea, red sandstone buildings, and ancient square which hosts the busiest market in Africa. Marrakech is a popular destination for tourists all year round. From here we are walking to Casablanca.



*Hassan II Mosque,
Casablanca*

2. Casablanca, 245 kilometers, 294,000 steps

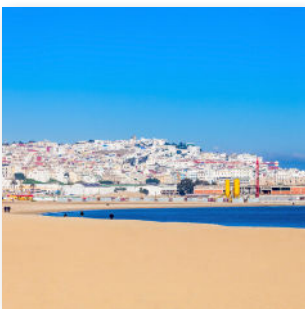
Casablanca, dubbed the "White City", is located on Morocco's Atlantic coast, and is the largest city in Morocco. It serves as Morocco's economic and business centre, as it has the largest port in the north of the continent. Casablanca is home to the largest mosque in Africa, and the fifth largest in the world. The city is a popular surfing location, as it boasts sun-kissed beaches. It is also home to the Bouskoura forest; a forest planted in the 20th century.



*View of Kasbah of the
Udayas from the river, Rabat*

3. Rabat, 331 kilometers, 397,200 steps

The next stop is Rabat, the capital of Morocco. The city lies where the Bou Regreg River flows into the Atlantic Ocean. Rabat is known for landmarks that speak to its Islamic and French-colonial heritage, including the Kasbah of the Udayas. This royal fort overlooks the ocean and is surrounded by formal French gardens. The city's most iconic attraction is the Hassan Tower; a 12th century minaret.



"The White City", Tangier

4. Tangier, 582 kilometers, 698,400 steps

Tangier is 2,500 years old, making it one of the oldest cities in Morocco. Located on the bay of the Strait of Gibraltar, 27 km from the southern tip of Spain, it has long been the gateway between Africa and Europe. The tangerine was named after Tangier. The mandarin-like fruit originated here, and was first exported to Europe and USA in the 1800s.



*Chouara Leather Tannery,
Fez*

5. Fez, 980 kilometers, 1,176,000 steps

Fez is the cultural and traditional craft center of Morocco. Its old town (a walled, medieval city or medina), is a UNESCO World Heritage Site recognised as one of the largest and best preserved historic towns of the Arab-Muslim world. Until the late 19th century, Fez was the only place in the world where the fez (brimless red felt hat) was made.



Midelt Mountain, Midelt

6. Midelt, 1,178 kilometers, 1,413,600 steps

Midelt is a town in Morocco, in the high plains between the Middle Atlas and High Atlas mountain ranges. The city is highlighted by its beautiful nature and breathtaking landscapes. It is also known for its apple production, along with being famous for its fossils and rocks. Activities here include hiking and trekking. Midelt is a popular stop over town between Fez and the desert.



Sand Dunes, Erg Chebbi

7. Erg Chebbi, 1,434 kilometers, 1,720,800 steps

Erg Chebbi, or “Sea of Dunes”, is part of the Sahara Desert. Chebbi is the proper name, and erg is a type of desert composed completely of sand dunes. Erg Chebbi is located in the south-east of Morocco, and the nearest town is Merzouga. The dunes can be up to 150m high and are formed by wind-blown sand.



Taourirt Kasbah, Ouarzazate

8. Ouarzazate, 1,795 kilometers, 2,154,000 steps

Ouarzazate (pronounced ‘war-za-zat’) is a city south of Morocco’s High Atlas mountains, known as a gateway to the Sahara Desert. It is most famous for its Taourirt Kasbah (North African fortress), one of the world’s finest examples of clay architecture dating back one thousand years. As such, it has been featured in a number of films and TV shows.

10,000 Steps Resources

The 10,000 Steps program is a physical activity initiative that encourages Australians to increase their day to day activity through the use of step counting pedometers or activity trackers. If you would like to use the 10,000 Steps platform to log your steps for the Walk Morocco challenge, head to their website and create a free account. You can also set up a team to complete the challenge using their app or website. They also have various resources and articles available on their website to help you with your challenge. Finished walking around Morocco? Don't stop now! Try one of the many other challenges listed on the 10,000 steps website:

www.10000steps.org.au/



Completing the Challenge

Completing all 2,154,000 steps will be a challenge! If you take the challenge over a year, you need to take 5901 steps per day individually or as a team. To help get as many steps each day as possible, yourself and your team could try the following strategies:

- Take the dog for a walk. If you don't have a dog yourself, you might like to volunteer to walk a friend or family member's dog.
- Make it a social walk. Instead of catching up for a coffee, lunch or dinner, suggest a walk with a family member or friend to get some extra steps in.
- Wear your tracker or keep your phone in your pocket when you are doing household chores. You will be surprised by the number of steps you will take doing these everyday tasks.
- Try music, a podcast or audiobook. Get lost in your thoughts as you listen to something engaging whilst out on a walk.
- Include the family. Instead of an afternoon movie, go for a walk or hike together on the weekends.
- Increase your steps at work. Try walking to your colleague's desk instead of sending an email, organising a walking meeting, scheduling some workday walking breaks, or taking a short walk on your lunch break.
- Walk while waiting. Take a walk instead of sitting when you're early for an appointment or waiting for a train, bus or flight.
- Park farther away from the entrance to increase the steps you need to take.
- Take the stairs instead of the lift.

Extra Resources

If you would like to set up a display in your branch or in a community facility, you can request the Walk Morocco posters from your CK buddy to display around a room or hall.



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Resource Guide - *Walk Morocco*

Helping hands				
Cost				
Time				
Venue resources	Safe walking track			
Equipment				
Promotional materials				



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Walk Morocco*

BEFORE ACTIVITY

<input type="checkbox"/>	Create one or more teams and set a team captain for each
<input type="checkbox"/>	Organise a way to count your steps (e.g. pedometer, activity tracker, smart phone)
<input type="checkbox"/>	<i>Optional:</i> set a daily step goal
<input type="checkbox"/>	Print a copy of the step log (pg. 29) for each team captain

DURING THE CHALLENGE

<input type="checkbox"/>	Have each participant track their daily steps
<input type="checkbox"/>	Send daily step counts to team captain on a regular basis
<input type="checkbox"/>	<i>Optional:</i> organise a team walk to reach your goal faster!
<input type="checkbox"/>	<i>Team captain:</i> record and tally step totals using the step log (pg. 29). Provide updates to team each time a new city is reached using the information on pg. 24-25
<input type="checkbox"/>	<i>Optional:</i> take photos!

POST ACTIVITY

<input type="checkbox"/>	<i>Optional:</i> post photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your walking activity in your Country Kitchens Monthly Report under the 'Level 3' section

Resources - *Walk Morocco*

Step Log

Date	Name	Steps

ACTIVITY 4 BELLY DANCING

Preparation and Planning

Use this activity guide to:

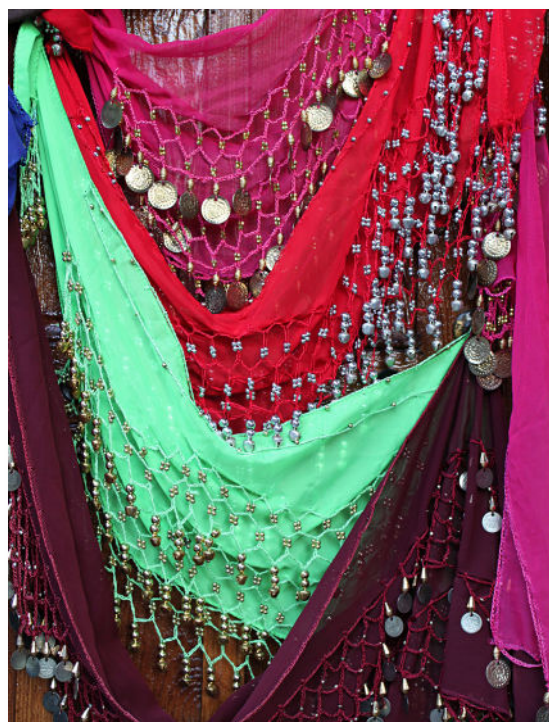
- Complete a belly dancing activity with a small group e.g. branch or community group
- Promote the key message 'sit less, move more'



Overview - *Belly Dancing*

Moroccan Belly Dancing

Belly dancing, also known as "Raqs Sharqi" or "Eastern/Oriental Dance," is a traditional dance form that is believed to have originated in the Middle East, particularly in Egypt, Turkey, and Lebanon, but it has spread to many other countries over time, including Morocco. In Morocco, belly dancing has been influenced by a variety of cultural and historical factors. Morocco has a long history of Arab, Berber, and African cultural influences, as well as a history of trade and exchange with other countries in the region. These influences have helped to shape the unique style of belly dancing that is practiced in Morocco today. Moroccan belly dancing is often characterised by its energetic and expressive movements, as well as its use of props such as veils, finger cymbals, and swords. It also incorporates elements of traditional Moroccan music and clothing, such as the use of bright colors and flowing fabrics. Today, belly dancing continues to be a popular dance form around the world, with many people practicing it both for its artistic and cultural significance, as well as for its physical and mental health benefits.



Country Kitchens Belly Dancing

To celebrate and share Morocco's love for music and dance, try completing this belly dancing activity with a small group, such as your QCWA branch. This sit less, move more activity involves a series of six short exercises which aim to improve co-ordination, flexibility and relieve stress. Start by running through the series with your group once. You may then choose to run through the exercises as many times as your group is comfortable with.

Things to consider:

Listed below are a few things to consider if you choose to complete this activity with your branch, division or other community group.

- **Venue** - this activity requires all participants to move in a number of different directions. Make sure your venue has enough space for the number of participants that will be involved. About two square metres of space per person should be sufficient.
- **Position** - ensure that participants can see and hear you as you instruct them through the exercises.
- **Fitness and mobility** - exercise progression is unique to every person. Ensure that participants only attempt exercises that they are comfortable with.

Tips before you get started:

- Practice the exercises before you run through the activity with participants. This will help with the flow of the session. It will also help you to build confidence before you complete the activity in front of a group.

Exercise 1: Shoulder and Arm Warm Up

Stand with your feet slightly wider than shoulder width apart. Roll your shoulders down with palms facing the floor. Pick up your shoulders with your elbows at the same time, going all the way through the forearm, into the wrist, and down through the hands. Keep repeating the movement, gradually picking up your arms further with each repetition, until you are creating a large circle.



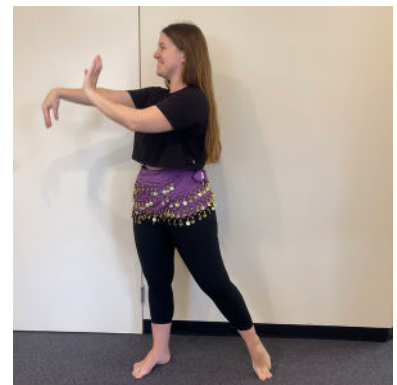
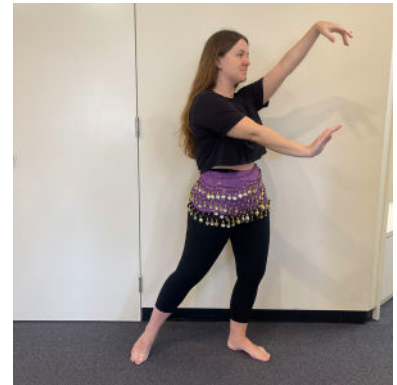
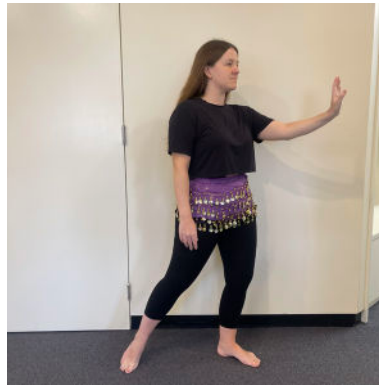
Exercise 2: Leg Warm Up

Stand with your feet wide apart and toes facing outwards. Hold your arms out wide to each side. Slowly bend down from your knees, bringing your hands down and across in the centre as you bend. Straighten your legs to stand, bringing your hands back up and out to the side as your rise. Repeat for 30 seconds.



Exercise 3: Snake Arms

Stand with your feet slightly wider than shoulder width apart. Shift your weight to one side and rotate your upper body to the same side. Using the arm on the same side as your shifted weight, gently lift your elbow through the arm; shoulder, elbow, wrist. Bring in the other arm, alternating the movement one at a time. Switch sides by bending through the knees and sweeping your hands down and up. Starting with your back arm, continue the arm movements on this side. Repeat for 30 seconds, shifting back and forth between each side after four counts of snake arm movements.



Exercise 4: Hip Bounce

Stand tall with your weight on your back foot, flat to the ground and turned out on a slight angle. Rest your front foot pointed with toes to the ground. Bring your back hand up onto the side of your head, and your front hand on your hip. Raise your hips up and down for eight counts. Switch and repeat on the other side. Continue for 30 seconds.



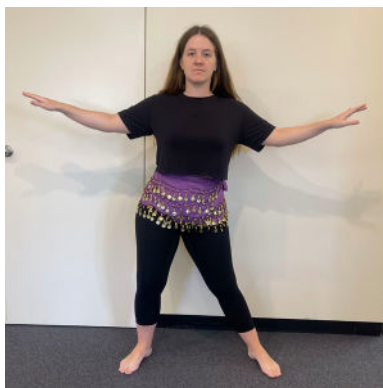
Exercise 5: Figure 8

Stand with your feet slightly wider than shoulder width apart and place your hands on your hips. Push one side forward to the corner, and then around to the back corner. Push the other side of your hips forward, and then around to the back. Repeat slowly, moving your hips in a figure 8. Bring your arms out and up to the side, or to your head. Continue for 30 seconds, sinking into each hip.






Exercise 6: Chest Shimmy

Stand with your feet wide and shift your weight to one side. Hold your arms out softly to each side. Alternate pushing each shoulder back and forth. Keep moving your shoulders as you shift your weight to the other side. If you are comfortable, increase the speed and add some wrist turns once you reach each side. Continue for 30 seconds.



Resource Guide - *Belly Dancing*

DIFFICULTY

Helping hands				
Cost				
Time				
Venue resources	Open space			
Equipment	Banner (<i>optional</i>) Belly dancing skirts (<i>optional</i>)			
Promotional materials	Posters (<i>optional</i>)			



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Belly Dancing*

BEFORE ACTIVITY

<input type="checkbox"/>	Confirm venue meets space requirements
<input type="checkbox"/>	<i>Optional:</i> organise promotional materials and equipment (banner, posters)

ON THE DAY

<input type="checkbox"/>	<i>Optional:</i> set up promotional materials and equipment
<input type="checkbox"/>	Introduce yourself, the Country Kitchens program, and the activity
<input type="checkbox"/>	Spread participants out so everyone has enough space to complete the movements
<input type="checkbox"/>	Lead participants through the belly dancing exercises
<input type="checkbox"/>	Take photos during the activity
<input type="checkbox"/>	Pack up and leave venue tidy
<input type="checkbox"/>	<i>Optional:</i> organise the next sit less, move more session with the group

POST ACTIVITY

<input type="checkbox"/>	Post photos to social media tagging all relevant parties
<input type="checkbox"/>	Include your belly dancing activity in your Country Kitchens Monthly Report under the 'Level 3' section

APPENDIX

Moroccan Recipes



The Country Kitchens team has put together a collection of twelve healthy recipes to feature for the 2024 QCWA Country of Study - Morocco. The recipes have been health-a-sized to meet the Country Kitchens nutrition criteria and are great options to incorporate into your branch or division events. Request extra copies of the Country Kitchens *Moroccan Recipe Booklet* from the team.



Chicken Tagine with Preserved Lemons and Olives

Serves: 6

Prep time: 20 minutes

Cook time: 45-55 minutes



2 serves per portion

Ingredients

1 tablespoon olive oil
600g chicken thighs, fat trimmed
1 brown onion, sliced
4 garlic cloves, minced
2 teaspoons sweet paprika
1 teaspoon ground ginger
1 teaspoon cumin
1 teaspoon ground turmeric
Black pepper, to taste
1 tablespoon harissa paste* (*optional*)
2 carrots, cut in quarters lengthwise
1 zucchini, cut in quarters lengthwise

***Note:** use store-brought harissa, or try the Country Kitchens *homemade harissa* recipe (pg. 47)

Method

HEAT oil in a heavy-based casserole dish or base of a tagine over medium heat. Add chicken and brown on all sides. Remove from pan and set aside.

ADD onion and garlic to pan and stir until softened and lightly browned.

MIX paprika, ginger, cumin, turmeric and pepper together in a bowl. Add spice mix and harissa paste (*optional*) to onions and cook for 1 minute or until fragrant.

RETURN chicken to pan and stir through onions. Arrange vegetables in a conical shape on top of chicken. Sprinkle with olives and preserved lemon, and pour in chicken stock.

COVER with casserole or tagine lid and reduce heat to low. Cook for 30-40 minutes, or until chicken is cooked through and vegetables are tender.

GARNISH with parsley and serve with couscous or flatbread.

What's Great About It?

This one-pot chicken tagine recipe is a flavour-packed dinner loaded with vegetables and Moroccan spices. The preserved lemons and green olives are traditional in this dish, and add a delicious, complex flavour. Try swapping any of the vegetables for your favourites, such as pumpkin, eggplant or sweet potato. For added heartiness and fibre, you can also stir in a tin of drained chickpeas. The spices in this recipe can also be switched up – try cinnamon, garam masala, ras el hanout (pg. 48) or saffron.



EVERYDAY FOOD

2 medium potatoes, cut into wedges
1 red capsicum, deseeded and cut into strips
½ cup green olives, pitted
1 preserved lemon, thinly sliced
1 cup chicken stock, reduced salt
½ cup flat leaf parsley, chopped

Recipe courtesy of the Country Kitchens team

Harira (Lentil and Chickpea Soup)

Serves: 6

Prep time: 15 minutes

Cook time: 2 hours 30 minutes



2 ½ serves per portion

Ingredients

2 tablespoons olive oil
1 medium onion, finely diced
500g beef or lamb stew meat, diced
2 teaspoons ground ginger
1 tablespoon paprika
½ cup fresh coriander, finely chopped
½ cup fresh parsley, finely chopped
Salt and pepper, to taste
700g tomato puree (passata)
1L beef stock
1L water
1 cup dried green lentils
400g can chickpeas, drained and rinsed
1 cup vermicelli egg noodles, broken into bite sized pieces

Method

HEAT a heavy-bottomed soup pot over medium-high heat. Add oil, onion, beef, ginger, paprika half the coriander and parsley, and salt and pepper.

SAUTE for 5-10 minutes or until the meat has browned and onion is translucent.

ADD tomato puree, stock and water and bring to a boil. Lower heat, cover, and simmer for two hours or until the meat is tender.

MEANWHILE, place the lentils in a small saucepan and cover with water. Bring to a boil then cover and lower the heat to simmer for 15 minutes. Turn off the heat and set aside.

ADD the chickpeas to the soup and cook for a further 10 minutes or until the chickpeas have softened.

ADD the noodles and drained lentils and simmer for a further 5 minutes or until the noodles are cooked.

SPRINKLE with remaining coriander and parsley and serve.

What's Great About It?

Harira is a traditional Moroccan chickpea and lentil soup, packed full of hearty ingredients. It is prepared annually during Ramadan to break the fast each night. It is usually served alongside other foods such as Moroccan mint tea, sweet dates, hearty eggs and decadent cookies. If you like a bit of spice, add a tablespoon of harissa (pg. 47) to your harira.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Lamb, Pumpkin and Date Tagine

Serves: 6

Prep time: 15 minutes

Cook time: 1 hour 45 minutes

 2 ½ serves per portion

Ingredients

1 tablespoon olive oil

1 medium onion, finely diced

2 garlic cloves, minced

2 tablespoons ras el hanout*

500g lamb leg or shoulder, fat trimmed, diced into 2cm pieces

2 cups butternut or kent pumpkin, diced into 1cm pieces

⅔ cup dates, pitted and roughly chopped

400g can diced tomatoes

2 cups lamb or beef stock, salt reduced

1 bunch fresh coriander, leaves only, roughly chopped

Zest of 1 lemon

½ cup flaked almonds

Greek yoghurt, to serve

***Note:** use store-brought ras el hanout (Moroccan spice blend), or try the Country Kitchens *ras el hanout* recipe to make your own (pg. 48)

Method

PREHEAT oven to 200°C.

HEAT oil over medium heat in the base of a tagine, or in a deep, ovenproof casserole dish with a lid. Add onion and garlic and stir until onion has softened.

ADD ras el hanout to onions and cook for 1-2 minutes until fragrant, taking care not to burn the mix. Add lamb to pan and brown lightly on all sides.

ADD pumpkin, dates, tomatoes, and stock, and bring mixture to the boil. Once boiling, cover with the lid and transfer to the oven to cook for 1 hour.

REMOVE tagine from oven and stir. Return to the oven, uncovered, for a further 30 minutes, or until liquid has reduced and thickened.

REMOVE tagine from oven and allow to rest for a few minutes.

GARNISH with coriander, lemon zest, almonds and a dollop of yoghurt. Serve with couscous or bread.

What's Great About It?

This delicious, versatile recipe has a great depth of flavour. It is easy to swap the pumpkin for root vegetables. Similarly, try swapping the dates for the same quantity of dried apricots or prunes. Once in the oven, you can leave this dish to cook slowly so the lamb will be very tender, and the vegetables will take up the fragrant spices of the ras el hanout.



EVERYDAY FOOD

Marrakech Carrot Salad

Serves: 8

Prep time: 15 minutes

Cook time: 0 minutes

 2 serves per portion

Ingredients

4 carrots, grated
400g can chickpeas, rinsed and drained
6 large Medjool dates, pitted and finely sliced
4 spring onions, finely chopped
½ cup fresh parsley, finely chopped
3 tablespoons olive oil
2 limes, juiced
1 teaspoon cumin
½ teaspoon nutmeg
½ teaspoon turmeric
½ teaspoon cracked black pepper
½ cup pistachios, de-shelled and roasted
100g reduced fat feta, crumbled

Method

COMBINE carrots, chickpeas, dates, spring onion and parsley in a bowl and toss together.

ADD olive oil, lime juice, cumin, nutmeg, turmeric and pepper to a jar with lid and shake to mix. Pour dressing over salad and toss to coat.

SPRINKLE feta cheese into the salad and toss to combine.

SERVE immediately or cover and chill in the fridge for up to three days.

What's Great About It?

Simple, fresh and delicious, this recipe is quick and easy to prepare. It is packed with Moroccan flavours, and the dates add a touch of sweetness to balance things out. This recipe is a perfect midweek side salad – just serve alongside your favourite protein. It is also an easy dish to keep up your sleeve when entertaining guests, or to take to your next dinner party!



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Moroccan Couscous with Seven Vegetables

Serves: 6

Prep time: 20 minutes

Cook time: 45 minutes

 3 serves per portion

Ingredients

2 cups water
1 teaspoon olive oil
2 cups couscous
1 tablespoon olive oil
1 brown onion, diced
2 teaspoons ground ginger
1 teaspoon ground turmeric
2 teaspoons sweet paprika
1 teaspoon black pepper
1 carrot, cut into large chunks
1 turnip or parsnip, cut into large chunks
1 cup pumpkin, cut into large chunks
1 zucchini, cut into large chunks
1 small eggplant, cut into large chunks

Method

BRING water and 1 teaspoon oil to a boil in a large sauté pan with a lid.

REMOVE pan from heat, add couscous and stir through. Cover with lid and let stand for 5 minutes. Fluff couscous with a fork to separate grains. Cover and set aside.

HEAT 1 tablespoon oil in a large pot over medium heat. Add onion and sauté until soft and translucent. Add spices and stir until fragrant, around 1 minute.

ADD carrot and turnip and sauté until carrots begin to soften. Toss in pumpkin, zucchini, eggplant and cabbage, and sauté for a few more minutes before adding herbs, diced tomatoes and stock. Cover slightly and cook until vegetables are tender, about 20-25 minutes.

ADD chickpeas and mix, cooking until warmed through.

SERVE couscous first, topped with vegetables, broth and extra herbs.

What's Great About It?

This Casablanca style colourful Moroccan couscous is packed with flavour and nutrition, boasting 3 serves of vegetables per portion! Substitute any of the vegetables for your favourites, such as sweet potato, swede, broad beans or fava beans. For a non-vegetarian version, try stewing the vegetables with lamb shanks or shoulder.



EVERYDAY FOOD

¼ green cabbage, cut into chunks
¼ cup flat leaf parsley, chopped
¼ cup coriander, chopped
400g can diced tomatoes
2 cups vegetable stock, salt reduced
400g can chickpeas, drained and rinsed

Recipe courtesy of the Country Kitchens team

Moroccan Rice Pudding

Serves: 6

Prep time: 5 minutes

Cook time: 40 minutes

 ½ serve per portion

Ingredients

2 cups medium grain rice

3 ½ cups milk, reduced fat

2 cups water

⅓ cup white sugar

1 cinnamon stick *OR* 1 teaspoon ground cinnamon

1 vanilla pod, halved and scraped to remove seeds *OR* 1 teaspoon vanilla extract

1 small piece orange peel, approx. 3-4cm

¾ cup sultanas

½ cup pistachios, roughly chopped *OR* flaked almonds (*optional*)

Method

PLACE rice, milk, water and sugar in large saucepan and bring to the boil.

ADD cinnamon, vanilla and orange peel. Reduce heat and simmer, stirring occasionally, for 30 minutes or until rice is tender and liquid has evaporated.

REMOVE from heat and remove orange peel and cinnamon stick, if used. Stir in sultanas.

SERVE in small bowls, topped with chopped pistachios or flaked almonds, if desired.

What's Great About It?

This simple, creamy Moroccan inspired dessert is sure to impress guests at your next dinner party! The cinnamon, vanilla and orange combine to create a classic Moroccan flavour. Try swapping out the sultanas for the same quantity of chopped dried apricots, prunes or dates. You can also add orange blossom or rose water for added depth of flavour.



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Moroccan Spiced Chicken Pot Pie

Serves: 6

Prep time: 20 minutes

Cook time: 1 hour



2 serves per portion

Ingredients

3 tablespoons margarine

1 onion, diced

1 teaspoon ground paprika

½ teaspoon ground turmeric

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon ground black pepper

½ teaspoon chilli flakes

⅓ cup plain flour

1 ½ cups chicken stock, reduced salt

½ cup milk, reduced fat

2 carrots, chopped

1 zucchini, chopped

1 capsicum, chopped



EVERYDAY FOOD

⅓ cup dates *OR* prunes, roughly chopped

⅓ cup slivered almonds

2 cups chicken, shredded* (store bought rotisserie or homemade)

¼ cup fresh parsley leaves, roughly chopped

1-2 sheets frozen puff pastry, reduced fat, thawed

1 large egg, beaten

***Note:** If making shredded chicken at home, simply place 2 chicken breasts in a large pot, cover with water and bring to the boil on the stovetop. Once liquid is boiling, reduce heat, cover and simmer until chicken is cooked through. Remove and shred with a fork

Method

PREHEAT oven to 200°C.

MELT margarine over medium heat in a large ovenproof skillet. Add the onion, paprika, turmeric, cumin, coriander, pepper and chilli. Cook until onions are soft and fragrant (about 3-5 minutes).

ADD the flour and whisk for 1-2 minutes, until there are no lumps.

WHISK in chicken stock and milk slowly. Bring to the boil.

REDUCE heat to medium-low and whisk until sauce thickens slightly, about 10 minutes. Stir in carrots, zucchini, capsicum, dates or prunes, and almonds. Simmer for 10 minutes until tender.

REMOVE skillet from heat and stir in shredded chicken and parsley.

ROLL out thawed puff pastry on a floured surface until it is slightly larger than your skillet. Place the pastry over the skillet, tucking the sides under the top to fit.

BRUSH with egg and make three slits in the top of the pastry with a sharp knife.

BAKE until pastry is golden brown, about 45 minutes. Allow to cool slightly before serving.

What's Great About It?

This easy chicken pot pie is full of delicious Moroccan flavours, with a fragrant mixture of spices, dates, and almonds. A modern take on the more classic Moroccan pastilla, this tasty dinner pie combines plenty of veg with rotisserie chicken to cut down the prep time. Serve as is, or alongside mashed potatoes and extra vegetables.

Trio of Moroccan Dips

Zaalouk (Eggplant and Tomato Dip)

Makes: ~2 cups

Prep time: 10 minutes

Cook time: 25-35 minutes

Ingredients

2 large eggplants, halved lengthways

¼ cup olive oil

6 garlic cloves, finely chopped or crushed

2 large tomatoes, roughly chopped

2 tablespoons parsley, finely chopped

2 tablespoons coriander, finely chopped

2 teaspoons paprika

2 teaspoons cumin

Salt, to taste

Whole chilli peppers (*optional*)

Method

LINE a baking tray with tin foil and arrange the eggplant halves skin-side up on the tray.

GRILL the eggplants in the oven for 20-25 minutes, or until skin is charred with sections that are crumbling or cracking like paper when pressed.

HEAT oil in a skillet over medium heat and add garlic. Cook until fragrant (about 1 minute).

ADD the tomatoes, parsley, coriander, spices and chilli (*optional*) and cook, stirring frequently, until tomatoes have broken down into a thick sauce (between 10 to 20 minutes depending on the ripeness of the tomatoes).

SCOOP eggplant flesh out of roasted eggplants (once cool enough to handle) and add to the tomato mixture. Combine well and mash any remaining chunks of eggplant with a fork.

COOK for a further 5 to 10 minutes until desired consistency has been reached. Allow to cool.

GARNISH with a drizzle of olive oil and a sprinkle of chopped herbs.



EVERYDAY FOOD

Creamy Yoghurt and Harissa Dip

Makes: ~1 cup

Prep time: 5 minutes

Cook time: 0 minutes

Ingredients

225g thick and creamy plain yoghurt

1 teaspoon harissa paste* (or to taste)

Small handful coriander, finely chopped

Small handful mint, finely chopped

***Note:** use store-brought harissa, or try the Country Kitchens *homemade harissa* recipe (pg. 47)

Method

SPOON the yoghurt into a bowl, then beat in desired amount of harissa.

STIR in the majority of the fresh herbs, leaving a little bit to sprinkle on top as a garnish.

SERVE cold.

Continued over page...

Spiced Carrot Dip

Makes: ~2 cups

Prep time: 10 minutes

Cook time: 20-25 minutes

Ingredients

Carrot seasoning:

2 tablespoons olive oil

¼ brown onion, finely diced

3 large carrots (approx. 450g), roughly chopped

2 garlic cloves, crushed

½ teaspoon sumac

¼ teaspoon cumin

¼ teaspoon cinnamon

1 teaspoon salt

Dip:

Zest of 1 orange

2 tablespoons parsley

¼ cup roasted hazelnuts

⅛ teaspoon cumin

¼ teaspoon cinnamon

¼ teaspoon sumac

½ teaspoon red pepper flakes

1 teaspoon harissa paste*, or to taste (*optional*)

1-2 tablespoons olive oil

1 tablespoon honey

***Note:** use store-brought harissa, or try the Country Kitchens *homemade harissa* recipe (pg. 47)

Method

HEAT oil in a large skillet over medium heat. Add the onion and sauté until softened (about 5 minutes).

ADD the chopped carrot, garlic, spices, and a tablespoon of water. Cook covered, stirring frequently, until the carrots are easily pierced with a fork (15-20 minutes). Set aside to cool.

ADD the cooled carrots and all the dip ingredients except the oil and honey to a food processor. Pulse until combined (the mixture will be quite coarse at this point).

SCRAPE down the sides of the processor and add the oil and honey to bind the mixture. Pulse again until combined, but still slightly chunky.

PLATE and garnish with a drizzle of olive oil and your choice of toppings (e.g., chopped parsley, crushed nuts, orange zest).

What's Great About It?

Moroccan cuisine features a variety of colourful dips, commonly served with crusty bread or as a side to fish, chicken or meat dishes. This trio of dips has been curated to give you a taste of the different flavours and styles of dips commonly found in Moroccan cuisine. They complement each other well or can also be served individually.

Recipe courtesy of the Country Kitchens team

Homemade Harissa

Makes: ~400mL

Prep time: 5 minutes

Cook time: 0 minutes

Ingredients

1 medium-large red chilli

3 red capsicums, roasted*

2 tablespoons tomato paste

4 garlic cloves, peeled

2 teaspoons ground coriander

2 teaspoons ground cumin

1 teaspoon paprika

1 lemon, juiced

2 tablespoons olive oil



***Note:** instead of roasting the capsicum yourself, you can also purchase roasted peppers or chargrilled capsicum in a jar. When using capsicum from a jar, drain liquid and pat dry with a paper towel.

Method

COMBINE all ingredients in a food processor and process until the consistency of a paste.

What's Great About It?

Harissa is a hot red chilli paste/sauce used in Northern African cooking. While harissa is typically spicy, you can turn the heat up or down by increasing or reducing the amount of chilli used, and it will still taste delicious! Made from fresh ingredients, this harissa paste is great to keep in your fridge and use on meat or vegetables. You can also stir it into several Moroccan dishes, into soups and stews, or to add a kick to your shakshuka or hummus.

Recipe courtesy of the Country Kitchens team

Ras el Hanout (Moroccan Spice Mix)

Makes: ~9 teaspoons

Prep time: 5 minutes

Cook time: 0 minutes

Ingredients

- 1 teaspoon ground nutmeg
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- $\frac{3}{4}$ teaspoon ground paprika
- $\frac{3}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon cayenne pepper
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon ground cloves

Method

COMBINE all ingredients in a small bowl.

STORE in an airtight container in a cool, dry place for up to 1 month.

What's Great About It?

Ras el hanout is a spice mix used throughout several countries in Northern Africa, including Morocco. Literally translated as 'head of shop' or 'top shelf', this implies it is the best blend of spices the seller has on offer. There is no set mixture of spices that comprise ras el hanout, and each family or shop may have their own blend. This recipe combines twelve common spices to create an earthy mix that works well with tagines, couscous, marinated lamb or chicken, and Moroccan pastilla pie.



Recipe courtesy of the Country Kitchens team



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