



QCWA Country of Study
Morocco

Common Moroccan Ingredients

Flip Cards




Use these flip cards to promote the 2024 QCWA Country of Study and the Country Kitchens key message 'cook at home'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

1. Read the question on the front of the card
2. Ask participants to share their answers
3. Flip the card and read out the correct answer



**What is the
name of this
pastry?**

**Answer:
Warqa**

Warqa (brik pastry) is a very thin, crispy pastry, similar to filo, which is used extensively in North African cooking.

Warqa is used to make bastillas (savory pies) and briouats (sweet or savory triangles) as well as other sweet pastries.

The batter is 'painted' in a very thin layer onto a flat pan above a pot of boiling water and cooked.

**What is the
name of this
condiment?**

**Answer:
Preserved
lemon**

Preserved lemons are very common in Morocco and can be purchased from most major supermarkets or specialty stores.

Preserved lemons are tart, briny and surprisingly complex, and help to offset some of the rich flavours in dishes such as tagine.

The lemons are packed in a brine of kosher salt and water or lemon juice and left to pickle.

What is the
name of this
condiment?



Answer: Harissa

This hot chilli paste is originally from Tunisia, but was introduced to the Moroccan food scene a few decades ago. It quickly became a very popular ingredient in stews, marinades and tapenades.

Harissa is the North African version of sriracha or ketchup, in the sense that it is a common condiment added to a wide range of dishes.

Harissa can be used to season meat and vegetables, or stirred into hummus.

**What is the
name of this
flour?**

**Answer:
Semolina**

Semolina is used extensively in Moroccan cuisine. It is a type of coarse flour that is made from durum wheat.

Semolina is also used to make certain types of bread such as harcha (pan-fried bread), porridge and sweet treats such as crepes and pancakes.

Fine and coarse semolina is the main ingredient used to make couscous.

What is the
name of this
condiment?

Answer:
Chermoula

Chermoula is a popular North African condiment made from fresh herbs such as parsley and coriander, with garlic, citrus and warm spices.

Chermoula can be used as a marinade or as a sauce to spice up fish, seafood, poultry, meat and vegetables.

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Recipe for good health

What is
the name of
this spice
blend?

**Answer:
Ras el
hanout**


This spice mix is used by several countries in North Africa, including Morocco. There is no set mixture of spices, and each family or shop might have their own blend.

Ras el hanout is translated as 'head of shop' or 'top shelf', implying it is the best blend of spices the seller has to offer.

The earthy mixture of spices works well in tagines, couscous, marinated lamb or chicken and bastillas.

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Recipe for good health



**What is
the name of
this meat
product?**

Answer:
Khlea

Khlea, also known as khlii, is a preserved meat that can be added to eggs and vegetable dishes. It is usually made from beef, lamb or camel meat.

In the past, when refrigerators weren't found in every Moroccan house, preserved meats were dietary staples.

Nowadays, it is considered a delicacy.

Once preserved, the meat can last for one to two years.

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Recipe for good health

What is the
name of this
traditional
ingredient?



Answer:
Smen

Smen is a type of preserved butter used in Moroccan cuisine. It can be added to various dishes such as harira soup and chicken rfissa.

Smen can also be enjoyed on a slice of bread, but if you aren't familiar with the flavour, you might find the aroma too pungent on its own.

Smen is made from clarified butter and has a cheesy flavour.

What is the
name of this
essential
ingredient?



**Answer:
Orange
blossom
water**

Orange blossom water is a key ingredient in many savoury dishes and soups, but is also used in sweet treats like pastries and puddings.

Some Moroccans prefer rose water to orange blossom water and the two can often be used interchangeably.

The white, waxy flowers of the bitter orange tree are boiled with water to make this sweet fragrant essence.