



Chef's Specials:

Chef Mariam's Moroccan Couscous with Vegetables

Name: Mariam Amgoune

Cultural heritage: Kenitra - Casablanca Region, Morocco



Tell me, what inspired this dish?

This was the first dish my mother taught me how to cook. It's a dish that the whole family enjoy and eat together. It's full of Moroccan Spices and flavours.

Are there any traditional cooking implements or techniques that are used to make this dish?

Traditionally it is cooked in a Tagine Clay pot. These techniques are still used today!

So, is this a popular meal among the Moroccan community?

Yes! Very popular – this dish can be adapted for all different meats as well. Moroccan people love couscous!

Traditionally, would you serve this dish on a particular day?

In Morocco, this dish is always served on a Friday lunchtime after Prayers in the local Mosque. The whole family used to come home, and my mother would have everything prepared – we would all eat together.

What is your favourite Moroccan meal now?

I love Harira Soup! This is a traditional Moroccan soup made with chickpeas, coriander and lentils.



Do you have a favourite memory associated with this dish?

Once I turned 16 my mother taught me to cook this recipe and at that age I took over the cooking duties. I still cook this recipe for my whole family, but in England we eat this dish on a Sunday.