

To discover Moroccan cooking

Key points :

- ✦ Discovery of a refined cooking in a beautiful place
- ✦ Courses limited to few attendants, to ensure a real communication with the teacher
- ✦ Variety of recipes and activities
- ✦ A program for spouses who do not wish to attend the course
- ✦ Recipes easy to cook and adapt in Europe.

Moroccan cooking is one of the most refined in North Africa, even in all Africa, and its spices mix equals the ones you can find by « Cap Town Malaysians ». A family cook, usually the mother, will spend hours, even a day to prepare her "ras-el-hanout" (Master cook's mix), mixing up to sixty spices, each of them carefully hand-prepared and grinded, in a partition where each spice, each note, must not be individually recognizable, but just harmoniously blend with the others.

Variety of tajines, pastilles, grilled meats and cakes is so impressive that one could believe each village has developed its own recipes. Moroccans are proud of their cooking, and the speaker of the Cooking TV show, Choumicha, is a true star today.

It is this cooking we offer you to discover and taste in a long 4 days-week-end, under the guidance of our teachers, all professional cooks.

Well installed in a riad, you'll learn how to use spices, prepare marinades, and will cook yourself tajines, grilled spikes, couscous and a few pastries, as well as Moroccan tea and coffee.

Our recipes are adapted to be easily done once back in Europe, we explain you how to replace some traditional ingredients that could be difficult to find, how to shorten some operations, and even how to transform a pot into a tajine....

You will be provided with written recipes, the ones you prepared, of course, and a selection of a dozen others, as well as a small guide to Moroccan spices.

We offer you these cooking sessions in two different cities, either Fez, culinary temple for all Moroccans, or Marrakech, more southwards, which recipes are simpler, and warmer. In both cases, the program stays the same!

And if you wish to come accompanied by someone not interested in cooking, we can also organize extra visits in the city, and you'll meet to enjoy your cooking.

Day 1: arrival and transfer to the riad. Depending on your arrival time, a dinner in a restaurant is organized.

Day 2: Cooking lessons in the riad. Preparation of the marinades, and first dishes

Day 3: Visit of the souq, introduction to spices and local ingredients. Next cooking lessons and we savour your cooking.

Day 4: Mechwi outside, and transfer to the airport.

Camping de l'Oasis de Mezgarne – Tazzarine – Province de Zagora – Morocco

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Trekking, circuits, campement
berbère au Maroc

Oasis de Mezgarne

4 days

Dates : all year

Price : 750 euros per person (for a group
of 4-6 people). If you want to come with
someone who would take the courses,
that's possible.

Accommodation : Riad



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