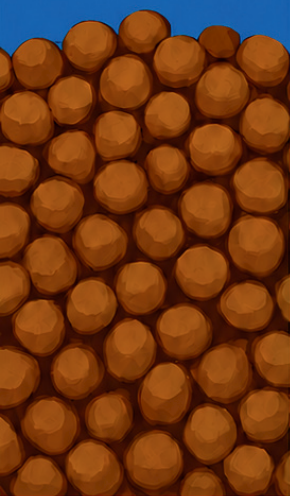


Moroccan Heritage Recipes

Recipes with Fava Beans,
Lentils, Chickpeas & Barley



MEKNÈS – JANUARY 2026



This project is part of the PRIMA
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European Union

This booklet presents traditional Moroccan recipes based on four staple ingredients: lentils, chickpeas, barley, and fava beans.

It brings together, in a simple and accessible way, a selection of delicious Moroccan recipes prepared using these ingredients, which have long been an integral part of Morocco's culinary traditions.

The aim of this booklet is to help preserve Morocco's rich culinary heritage while promoting the consumption of natural, minimally processed, and sustainable foods that contribute to healthier diets and more sustainable food systems.

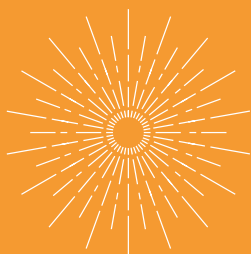
Leïla El OUDDI

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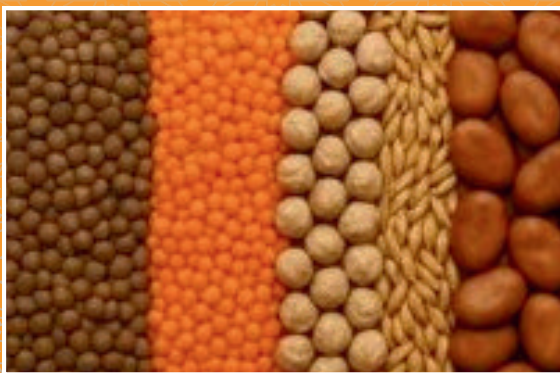
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Traditional Moroccan Harira

Traditional Moroccan Harira for Ramadan



Type of Dish

Appetizer

Main Dish

Key NUS Ingredient(s)

Lentils, Chickpeas

Ingredients (with quantities)

- 1 cup chickpeas soaked overnight
- ½ cup green lentils
- 500 g beef or lamb optional, diced
- 1 onion finely chopped
- 3 tomatoes pureed
- 2 tbsp tomato paste
- 1 cup celery chopped
- 1 cup fresh cilantro and parsley chopped
- 2 tbsp olive oil
- Spices & Seasoning:
 - 1 tsp ground ginger
 - 1 tsp turmeric
 - 1 tsp cinnamon
 - 1 tsp black pepper
- Salt to taste
- 1 tsp paprika
- 5 cups vegetable or chicken broth
- Thickening & Garnish:
 - ¼ cup flour mixed with water to form a slurry
 - 1 egg beaten, optional
- Lemon wedges for serving

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.).
Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Step 1: Prepare the Base

Heat olive oil in a large pot over medium heat.

Add chopped onions, celery, and meat (if using). Sauté until onions become translucent.

Stir in tomato paste, pureed tomatoes, and spices. Cook for 5 minutes.

Step 2: Cook the Lentils and Chickpeas

Add soaked chickpeas, lentils, and broth.

Cover and simmer for 30 minutes, stirring occasionally.

Step 3: Thicken the Soup

Slowly add the flour slurry while stirring to prevent lumps.

Simmer for another 10 minutes until the soup thickens.

Step 4: Add the Finishing Touches

Stir in fresh cilantro, parsley, and beaten egg (optional).

Simmer for 5 more minutes, then remove from heat.

Step 5: Serve and Enjoy!

Serve hot with lemon wedges and crusty bread for an authentic Moroccan experience.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Harira is a cherished Moroccan soup traditionally served to break the fast-during Ramadan. It is known for its rich, hearty nature, providing nourishment after a long day of fasting. The combination of lentils, chickpeas, and fava beans makes the soup a complete meal, packed with protein, fiber, and nutrients. The aromatic spices and the addition of fresh herbs like cilantro and parsley give Harira its distinctive flavor. During Ramadan, Harira is often accompanied by dates and Moroccan bread, and it's a symbol of hospitality, warmth, and community as families gather to enjoy it together.

Why Harira is the Perfect Ramadan Soup

- Nutrient-Rich
- Energizing
- Comforting & Flavorful
- Hydrating.



Heri Es-Souani
(Historic Granaries and Royal Stables of Meknes, Morocco)



Moroccan Barley Couscous

Recipe Title : Moroccan Barley Couscous



Type of Dish

Main Dish

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

- 2 cups barley couscous
- 1 tablespoon olive oil
- 1 teaspoon salt
- 3 cups water or vegetable broth
- 1 large onion, chopped
- 1 large carrot, peeled and chopped
- 1 zucchini, chopped
- 1 cup chickpeas (cooked or canned)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground coriander
- Fresh coriander or parsley for garnish

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

In a large pot, heat olive oil over medium heat. Add the chopped onion and cook until softened.

Add the chopped carrot, zucchini, and chickpeas to the pot. Stir for a few minutes.

Sprinkle in the cumin, turmeric, cinnamon, and coriander. Stir well to coat the vegetables with the spices.

Pour in the water or vegetable broth, and bring to a boil. Lower the heat and let it simmer for 20 minutes, until the vegetables are tender.

In a separate bowl, place the barley couscous. Pour the hot broth over the couscous and cover it. Let it sit for 10 minutes to absorb the liquid.

After 10 minutes, fluff the couscous with a fork to separate the grains.

Serve the barley couscous with the vegetable mixture on top. Garnish with fresh coriander or parsley.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Barley couscous is a staple dish in Moroccan cuisine, often served as a comforting and hearty meal. Traditionally, couscous is steamed and served with a variety of vegetables and spices, reflecting the richness of Moroccan flavors. In rural areas, barley couscous is often preferred over wheat couscous due to its more rustic and earthy flavor. It is commonly enjoyed with a side of meat, such as lamb or chicken, or as a standalone vegetarian dish. Barley couscous is typically shared during family gatherings, bringing a sense of community and tradition to the meal.

Zmita (Traditional Moroccan Barley Flour Blend)

Traditional Moroccan Recipe: Barley Zmita with Almonds and Dried Fruits



Type of Dish

Desert/Sweet Snack

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

- 2 cups (300 g) roasted barley flour
- 1 cup roasted almonds, finely ground
- ½ cup roasted sesame seeds, ground
- ½ cup mixed dried fruits (dates, raisins, figs), finely chopped or ground
- ½ teaspoon ground anise (optional)
- ½ teaspoon ground fennel (optional)
- ½ teaspoon cinnamon (optional)
- Honey (as needed)
- Melted butter or olive oil (as needed)

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Dry-roast barley grains, almonds, and sesame seeds separately until fragrant.

Grind all roasted ingredients into a fine powder.

In a large bowl, mix barley flour, ground almonds, sesame, dried fruits, and spices.

Gradually add melted butter or olive oil, mixing by hand until a soft, crumbly texture forms.

Sweeten with honey just before serving, according to taste.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Sweet Zmita is traditionally prepared in Morocco during Ramadan and to celebrate the birth of a child. It symbolizes abundance, care, and blessing, and is valued for its high energy and natural ingredients, making it ideal for mothers and fasting families.

Barley-Based Recipes

Talbina (Traditional Prophetic Barley Porridge)



Type of Dish

Desert/Sweet Snack

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

- 2 tablespoons barley flour (finely ground)
- 1 cup water or milk
- 1 teaspoon honey (or to taste)
- For garnish (optional):
- 1 tablespoon crushed almonds, walnuts, or pistachios

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

In a small saucepan, mix the barley flour with cold water or milk.

Place over low heat, stirring continuously to prevent lumps.

Cook gently for 10–15 minutes until smooth and lightly thickened.

Remove from heat and sweeten with honey.

Garnish with crushed nuts before serving, if desired.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Talbina is a prophetic food mentioned in authentic Hadith, traditionally prepared to soothe the heart, comfort the sick, and ease grief.

Nuts may be added only as a garnish to enhance texture and presentation, while keeping the essence of the Sunnah intact.

Barley-Based Recipes

Sekouk bel Blboula



Type of Dish

Appetizer
Salty snack

Key NUS Ingredient(s)

Barley, Fava Bean

Ingredients (with quantities)

Barley semolina
100g of Fava Beans
Olive oil
Water
Salt
Leben - Buttermilk

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

Hydrate semolina.

Steam lightly semolina and fava beans.

Season with oil and salt for taste.

Let it cool before serving with fresh buttermilk

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

A simple and sustainable rural preparation, traditionally made in spring at the peak of bean and buttermilk abundance. Both refreshing and high in protein.

Hssoua - Barley soupe with milk

Type of Dish

Appetizer / Traditional Breakfast

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

Cracked Barley
Olive oil
Water
Salt
Milk
Thyme

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

Boil barley belboula with salt to taste and olive oil until tender

Milk is added at the end of cooking to richen the barley soup and give it a creamy quality.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Serve the soup for breakfast or as part of a light evening meal.

Barley-Based Recipes

Barley Harcha



Type of Dish

Appetizer / Traditional Breakfast

Salty snack

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

Barley semolina

Olive oil

Water

Salt

Olives & thyme (optional)

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Mix ingredients.

Shape rounds.

Cook on pan until golden.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

A rural barley bread reflecting Moroccan countryside traditions.

Barley-Based Recipes

Barley Bread



Type of Dish

Appetizer / Traditional Breakfast

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

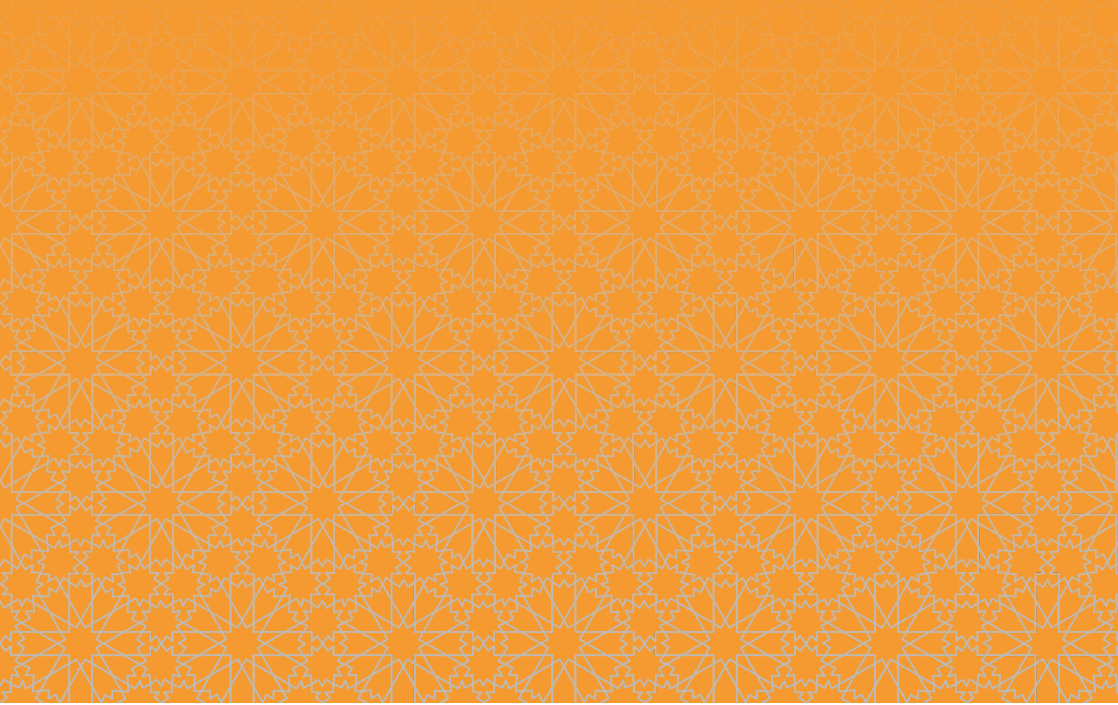
- 2 cups barley flour
- 1 cup all-purpose flour
- 1 teaspoon dry yeast
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 cup warm water (approximately)

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

In a large bowl, combine the barley flour, all-purpose flour, sugar, salt, and dry yeast. Gradually add warm water, mixing to form a dough. Knead the dough for about 10 minutes until it becomes smooth and elastic. Drizzle olive oil over the dough and cover it with a clean cloth. Allow it to rise for about 1 hour or until doubled in size. Preheat the oven to 180°C (350°F). After the dough has risen, punch it down and shape it into a round loaf. Place the loaf on a baking tray lined with parchment paper. Score the top with a knife to create decorative slashes. Bake in the oven for 30-40 minutes, or until golden brown and cooked through. Allow the bread to cool slightly before serving.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Barley bread is a staple in many Moroccan households, particularly in rural areas. It's often served with stews, soups, or with a variety of Moroccan dips. Traditionally, it's enjoyed fresh and warm, sometimes with a drizzle of olive oil or honey. Barley bread is valued for its hearty, slightly nutty flavor and is often shared with family and guests during communal meals.



Lentil-Based Recipes

Moroccan Cracked Barley Soup with Tomatoes – Hssoua Belboula Hamra



Type of Dish

Appetizer

Main Dish

Key NUS Ingredient(s)

Barley

Ingredients (with quantities)

- 1 cup cracked barley or barley grits (belboula)
- Olive oil
- 1 onion, grated - (medium)
- 2 or 3 tomatoes, grated - (seeds and skin discarded)
- 3 tbsp fresh parsley, chopped
- 1.5 tsp salt, or to taste - (less if using stock)
- 1 tsp black pepper
- 1 tsp ginger
- 1 tsp turmeric - (optional)
- 2 tbsp tomato paste, or to taste - (optional)
- 8.5 cups water - (can use stock or broth instead)

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Wash the barley grits in a bowl of water and drain. Repeat several times until the water is no longer cloudy when swishing the barley around. Leave the barley to drain while you start the soup.

In a 3-quart (3-liter) or larger pot, heat the olive oil over medium heat. Add the grated onions and meat, stirring until the onion is translucent and the meat is browned.

Add the grated tomatoes, chopped parsley, spices and water (or stock). Bring to a boil over high heat then reduce the heat and simmer for 15 to 20 minutes.

Add the tomato paste (if using) and the barley grits. Continue simmering for another 15 minutes, or until the barley and meat are tender and the broth is slightly thickened.

Taste and adjust seasoning, and serve.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Barley Belboula is a kitchen staple in many Moroccan households, where they often get cooked into savory soups such as zesty, peppery Hssoua Belboula Hamra.

As with many other Moroccan soups, it can be served for dinner or breakfast. In some families, savory porridge-like soups such as Moroccan Barley Soup with Milk or hearty broth-based soups such as Harira are also standard breakfast fare.

Lentil-Based Recipes

Lentil Stew – Adas



Type of Dish

Main Dish

Key NUS Ingredient(s)

Lentils

Ingredients (with quantities)

2 cups (400g) dry brown or green lentils, rinsed.
2–3 large ripe tomatoes, grated or puréed.
1 medium onion, finely chopped.
3–5 cloves garlic, minced.
1/4 cup olive oil.
4 tablespoons fresh parsley and cilantro, chopped.
1 tablespoon tomato paste (optional for extra color).
Spices: 2 tsp Cumin, 1.5 tsp Paprika, 1 tsp Ginger, 1/2 tsp Turmeric, salt and pepper to taste.
5–6 cups water or vegetable broth.

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Sauté: In a large pot or pressure cooker, heat the olive oil over medium heat. Add the chopped onion and sauté until softened (about 5 minutes).

Bloom Spices: Add the minced garlic, cumin, paprika, ginger, and turmeric. Stir for 60 seconds to release the aromas.

Combine: Add the grated tomatoes, tomato paste, and half of the chopped herbs. Stir well to combine.

Simmer: Add the rinsed lentils and water. Bring to a boil, then reduce heat to low and cover.

Cook: Simmer for 30–40 minutes (or 20 minutes in a pressure cooker) until the lentils are tender and the sauce has thickened to a stew-like consistency.

Finish: Stir in the remaining fresh herbs and adjust salt/pepper to taste before serving

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Cultural Note: In Morocco, Addas is a beloved comfort food, especially during the winter months. While it can be a side, it is frequently served as a main vegetarian dish in many households. It is traditionally eaten with warm, crusty Moroccan Bread (Khobz), which is used instead of a spoon to scoop up the lentils. For a citrusy kick, many people squeeze fresh lemon juice over their bowl just before eating.

Lentil-Based Recipes

Rfissa



Type of Dish

Main Dish

Key NUS Ingredient(s)

Lentils

Ingredients (with quantities)

1 cup lentils

Onion

Fenugreek

Ras el hanout

Shredded msemen

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Cook lentils with spices.

Serve sauce over shredded bread.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Traditionally served after childbirth and during family gatherings.

Lentil-Based Recipes

Lentil Bread



Type of Dish

Appetizer

Key NUS Ingredient(s)

Lentils

Ingredients (with quantities)

1 cup brown lentils

1 cup red lentils

Salt

Olive oil

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

Soak lentils overnight.

Blend with seasoning.

Bake at 180°C for 40 minutes.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

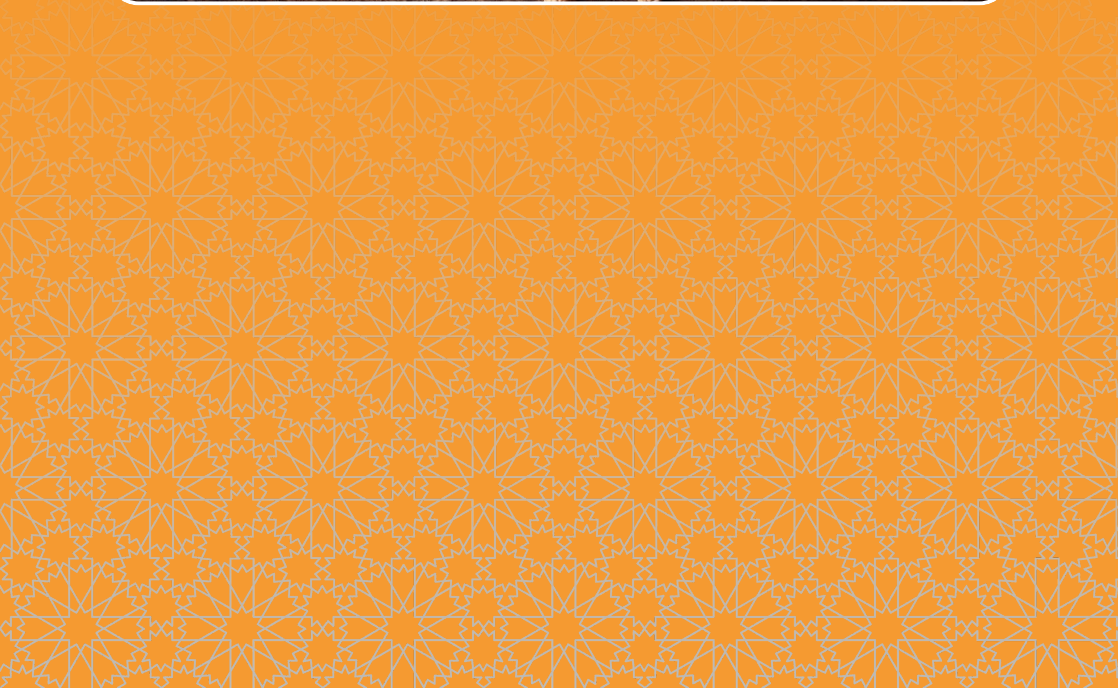
A healthy bread alternative inspired by Moroccan legume traditions.



Meknes – Sahrij El Souani (also known as Sahrij Agdal)

A massive water basin in the city of Meknes, built during the Alaouite Ismaili period in the late 17th century. It was designed as a large reservoir (artificial pond) to supply water for the royal city, palaces, and gardens. It is considered part of Morocco's historic heritage and is associated with the UNESCO World Heritage-listed historical sites of Meknes.





Chickpea-based recipes

Kerrain wick Chickpeas – Traditional Dish with Cow Foot



Type of Dish

Main Dish

Key NUS Ingredient(s)

Chickpea

Ingredients (with quantities)

Cow feet

Soaked chickpeas

Garlic

Spices

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

Cook slowly for several hours until gelatinous.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

A winter dish for its restorative qualities

Chickpea-based recipes

Karaan



Type of Dish

Salty snack

Key NUS Ingredient(s)

Chickpea

Ingredients (with quantities)

1 cup chickpea flour

3 cups water

Cumin

Salt

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). **Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.**

Mix ingredients.

Bake at 180°C until firm.

Cut into squares.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Popular street and home food in Eastern Morocco.

Chickpea-based recipes

Moroccan Cumin Chickpeas (Tayeb o Hari / Hommos Kamoun)



Type of Dish

Salty snack

Key NUS Ingredient(s)

Chickpea

Ingredients (with quantities)

2 cups (400g): Dried chickpeas (must be soaked for at least 12 hours).

1.5 liters: Water (for boiling).

2 tablespoons: Ground Cumin (freshly ground is best).

1 teaspoon: Salt (adjust to taste).

½ teaspoon: Sudania (Moroccan chili powder) or Harissa (optional).

1 slice: Fresh lemon (to keep the chickpeas bright during boiling).

Optional: A drizzle of extra virgin olive oil for serving.

Preparation / Cooking Process Describe the main steps

clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Soaking: Soak the dried chickpeas in plenty of water overnight (at least 12 hours). Drain and rinse thoroughly the next day.

Boiling: Place the chickpeas in a pressure cooker or a heavy pot with the water and the lemon slice. Bring to a boil and skim off any white foam that rises to the surface.

Simmering: Close the pot. If using a pressure cooker, cook for about 45–60 minutes. If using a regular pot, simmer for 1.5 to 2 hours until the chickpeas are "buttery" and very tender.

Seasoning: Only add the salt and half of the cumin during the last 10 minutes of cooking. Adding salt too early can make the skins tough.

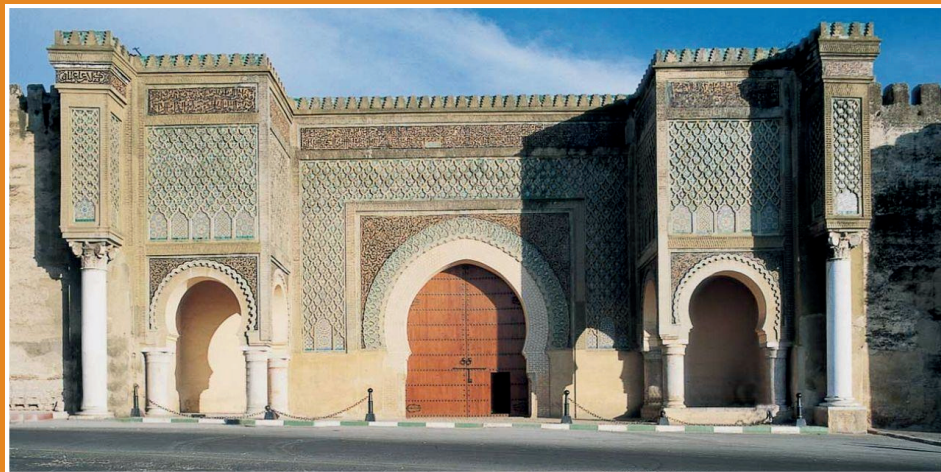
Finishing: Keep the chickpeas in their cooking broth (the "mriqa") to stay warm and moist.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

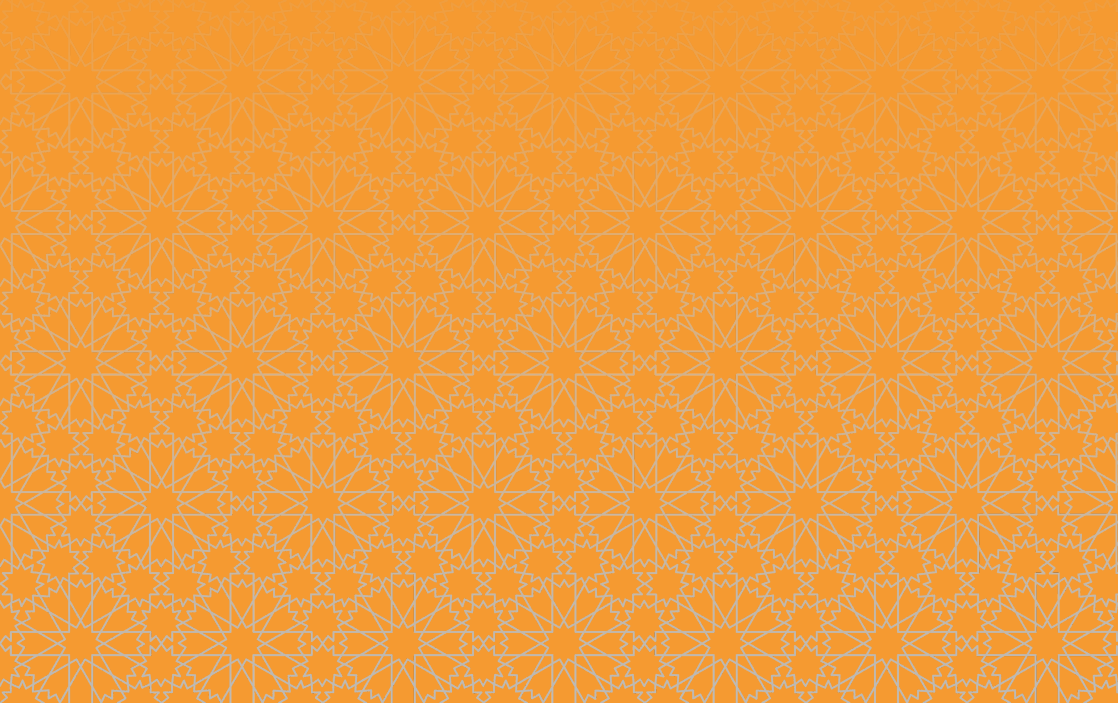
Cultural Note: Known as "Tayeb o Hari" (which literally translates to "Cooked and Spicy/Hot"), this is the ultimate Moroccan street food snack. In Moroccan cities, you will find vendors with large steaming pots serving these in small bowls or paper cones to passersby, especially during cold winter evenings.

Serving Suggestion: Serve hot in small bowls with a spoonful of the cooking broth. Set out small containers of extra cumin, salt, and chili powder so guests can season their own portion to their liking.

For more on Moroccan street food traditions, you can explore [Visit Morocco's Culinary Guide](#)



Bab Mansour el Aleuj – Meknes
World Heritage Site
UNESCO



Recipes Based on Fava Beans

Moroccan Bissara



Type of Dish

Appetizer / Traditional Breakfast

Main Dish

Key NUS Ingredient(s)

Fava Bean

Ingredients (with quantities)

- Dried fava beans
- Garlic
- Cumin
- Olive oil

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender

Mix with chopped vegetables and dressing. Serve warm or chilled.

Soak beans.

Boil until soft.

Blend and serve hot.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

A classic winter comfort food in Morocco.

Bean-Based Recipes

Foul Mchereml



Type of Dish

Appetizer

Key NUS Ingredient(s)

Fava Bean

Ingredients (with quantities)

- 1 kg Fresh fava beans (peeled and slit at the top)
- 3-4 tablespoons Extra virgin olive oil
- 4 cloves Garlic, finely minced
- ½ cup Fresh cilantro, finely chopped
- 1 tablespoon Cumin
- 1 tablespoon Sweet Paprika
- ½ teaspoon Ginger powder
- ½ teaspoon Harissa or chili flakes (optional)
- ½ Preserved lemon (pulp chopped, rind kept for garnish)
- 1 tablespoon Fresh lemon juice
- Salt to taste
- 2 cups Water (approximate)

Preparation / Cooking Process Describe the main steps clearly

(boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Preparation: Wash the beans and remove the small black "eye" or make a small slit at the top of each bean to allow the sauce to penetrate.

The Chermoula: In a heavy-bottomed pot (or pressure cooker), combine the olive oil, minced garlic, chopped cilantro, cumin, paprika, ginger, and the pulp of the preserved lemon.

Sautéing: Add the fava beans to the pot and sauté for 2-3 minutes over medium heat, stirring gently so the beans are fully coated in the spices.

Simmering: Pour in the water (just enough to nearly cover the beans). Cover the pot and simmer on medium-low heat for about 20-30 minutes (or 15 minutes in a pressure cooker) until the beans are tender.

Reduction: Once the beans are soft, remove the lid and continue to simmer until the liquid has reduced into a thick, concentrated sauce that clings to the beans.

Finishing: Stir in the fresh lemon juice during the last minute of cooking.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Cultural Note: Foul Mchereml is a staple of Moroccan "Spring" cuisine when fresh fava beans are in season. It is a social dish often placed in the center of the table and shared using pieces of crusty Moroccan bread (Khobz) to scoop up the beans and the savory sauce.

Serving Suggestion: Serve warm or at room temperature. For an authentic 2025 presentation, garnish with red olives and thin strips of the preserved lemon rind. For more variations on fava bean dishes, you can explore the Moroccan Gastronomy guide.

Bean-Based Recipes

Foul Menkouub



Type of Dish

Appetizer

Key NUS Ingredient(s)

Fava Bean

Ingredients (with quantities)

- 2 cups dried fava beans (soaked overnight)
- 4 cloves garlic, minced
- 1 tbsp cumin
- 2 tbsp olive oil
- Salt to taste
- ½ lemon (for a light flavor)
- 2 cups water (approximately)

Preparation / Cooking Process Describe the main steps clearly (boiling, roasting, mixing, baking, etc.). Boil barley and lentils until tender. Mix with chopped vegetables and dressing. Serve warm or chilled.

Step 1: Soak the Beans

Soak the dried fava beans in cold water overnight, then rinse thoroughly the next day.

Step 2: Cook the Beans

In a pot, add the fava beans with 2 cups of water. Bring to a boil, then lower the heat and simmer for 1.5 to 2 hours until the beans are soft.

Step 3: Prepare the Spices

In a small pan, heat the olive oil and add the minced garlic. Stir until the garlic becomes golden.

Step 4: Add the Spices

Add cumin to the beans with the garlic and olive oil. Stir well to combine.

Add salt and lemon juice, then mix.

Step 5: Serve and Enjoy!

Serve the beans hot in a dish, and you can drizzle extra olive oil on top when serving.

Serving Suggestions or Cultural Note (optional) Share any story, tradition, or special way the dish is served

Dried fava beans, also known as "Menkouub," are a popular dish during the winter, especially in northern Morocco. It is a comforting and nutritious dish, perfect for cold days. It is traditionally served as a main dish with Moroccan bread, and it is a meal that brings warmth to the family table.



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