

Eastern cousin

Couscous



Couscous is one of the main foodstuff in Morocco and other Eastern countries . It is made of manna croup.



Couscous is traditionally steamed
and served with stewed meat or
vegetables



Couscous is made of manna croup which is sprinkled with water ,then crumbs are formed which are sprinkled with dry croup. Traditionally women cook couscous but this is a difficult process that's why it's mechanized.



Traditionally couscous is cooked
-with fruit –with lamb-with
seafood-with vegetables



Falafel



Falafel is crockets made from
peas



To cook falafel you should make puree from beans, add spices form crockets and fry them in oil.



The dish originates from Egypt and is widely spread throughout the Middle East.



Falafel is traditionally served with sesame souse ,vegetable and pita.



Rahat Locum



A national Turkish sweet from
sugar ,flour ,starch and nuts.



The name originates from Turkish rahat which means comfort and locum which means a little piece



