

TASTE THE WORLD ~ RECIPE

Prepared by: **DuOuD** FRANCE/TUNISIA/ALGERIA

CHORBA BAIDA & LOUBIA

Serves 6

Chorba Baida (White Chicken Broth) ~ Ingredients

- Olive oil
- 2 chickens or 1 kg boneless chicken thighs
- 5 onions, peeled and diced
- 2 carrots, peeled and diced
- 1 stalk of celery, diced
- 1 head of garlic, minced
- 1 chicken stock cube
- Solid cinnamon stick
- 1 tsp Turmeric
- 1 tsp Cloves
- 1 440 g can chickpeas
- 2 eggs
- Parsley, chopped
- Handful vermicelli
- 2 lemons, juiced
- Salt & pepper

Method

Heat olive oil, add boneless chicken and chopped onions. Brown the chicken on both sides. Allow the onion to soften but not colour. Add the carrots, celery and chopped garlic and cook for a few minutes.

Add the spices and white pepper, salt. Crumble in the chicken stock cube.

Pour water. Cook covered until chicken is tender. Remove the chicken and shred it into small pieces.

Meanwhile, pour the vermicelli, add the drained can of chick peas. Leave to cook slowly. Season to your taste.

Preparation of El Akda to finish off the Chorba Baida

Take a ladle of the broth and pour into a bowl. Add the egg yolk, parsley and lemon juice. Whisk with a fork.

Pour into broth while stirring with a wooden spoon.

Remove from heat and serve immediately by sprinkling with extra chopped parsley if desired.

Loubia ~ Ingredients

- 6 brown onions, peeled and chopped roughly
- 2kg goat or lamb pieces, cut into bite size pieces
- 1kg dry white haricot beans, soaked overnight
- 500g tomato concentrate
- ½ litre peanut or sunflower oil
- Salt

Method

Brown the meat pieces and onions in the hot oil in a big saucepan.

Once the onions are golden, add the tomato concentrate and stir well.

Put in the drained beans and cover with water. Bring to the boil, then lower the temperature and simmer for 1.5–2 hours.

Stir regularly and adjust water also very regularly during the cooking time.

Season with salt at the end.

Serve hot with a Berber salad.

TASTE THE WORLD ~ RECIPE

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TANGY TOMATO SALAD

Serves 4-6

Ingredients

- 3 medium ripe tomatoes
- Salt
- ½ cup coarsely chopped flat-leaf parsley
- 1 minced seeded green chilli
- 1 tsp ground cumin
- 1 tbsp white vinegar
- 1 tbsp olive oil
- Freshly ground black pepper

Method

Dice tomatoes and place in a strainer. Sprinkle with salt, toss gently, and allow to drain for 30 minutes.

Combine parsley, green chilli, cumin, white vinegar, and olive oil in a medium bowl. Season with salt and freshly ground black pepper. Add tomatoes, mix thoroughly, and serve at room temperature.

