



COMPENDIUM OF TRADITIONAL NUS RECIPES



MORE THAN 60 RECIPES FROM
JORDAN, LEBANON, MOROCCO, PORTUGAL AND TUNISIA

PRIMA FOUNDATION GRANT AGREEMENT 2411 CALL 2024 SECTION 1 FARMING IN NEXUS



The PRIMA programme is supported under Horizon 2020 the European Union's Framework Programme for Research and Innovation.



Citation

Rola El Amil, Sally Maalouf, Marie Therese Abi Saab, Marta W. Vasconcelos, Rafaela Geraldo, Rafael Duarte, Laila Louddi, Kaoutar Caidi, Dina Najjar, Hajer Ben Ghanem, Syrine Somrani, Sewar Saleh, and Samer Talozi. *Traditional NUS Recipes Cookbook - More than 60 recipes from Jordan, Lebanon, Morocco, Portugal, and Tunisia 2026*. NUSTALGIC project



Welcome to the NUSTALGIC Cookbook: A Celebration of Grains, Heritage, and Empowerment

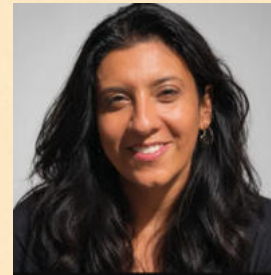
Across the Mediterranean, food has always been more than nourishment.

Food is memory, identity, and resilience passed from one generation to the next. Yet today, the landscapes that sustain these traditions are under growing pressure. Rising temperatures, scarce and uncertain rainfall, and changing livelihoods are reshaping the way food is grown, prepared, and shared.

In this context, the NUSTALGIC project invites us to look both forward and back, to innovation as well as to heritage. At its heart are neglected and underutilized crops such as barley, chickpea, fava bean, grass pea, and lentil. Once staples of everyday life, these resilient species have quietly endured in fields and kitchens, holding the potential to nourish both people and ecosystems in a changing climate. This recipe book brings these crops back to the table.

It is a journey across cultures and landscapes, shaped by contributions from partners in Portugal, Morocco, Lebanon, Italy, Greece, Spain, Jordan, and Tunisia. Each recipe tells a story of local ingredients, shared meals, and culinary traditions rooted in respect for the land and its limits. But this book is also about people. It reflects the collective efforts of farmers, researchers, cooks, and communities working together to rediscover forgotten ingredients and transform them into dishes for today's world. It celebrates creativity, diversity, and the power of food to connect us across borders. We hope these recipes inspire curiosity, invite experimentation, and encourage a renewed appreciation for the richness of Mediterranean food heritage, one plate at a time.

Marta W. Vasconcelos (PhD)
Project Coordinator



EDITORIAL - project co-lead

Women across the Mediterranean have long been custodians of food knowledge, preserving seeds, recipes, and culinary traditions across generations. Yet this invisible labour is often undervalued, treated as part of women's "natural" role rather than recognized as skilled knowledge, cultural heritage, and essential care work. The preparation of traditional dishes using neglected and underutilized species (NUS) such as lentils, chickpeas, faba beans, and barley reflects not only nutritional wisdom, but also resilience, biodiversity conservation, and climate adaptation.

The NUSTALGIC project recognizes that strengthening food systems requires recognizing and redistributing care responsibilities within households and communities. Through community "Recipe Days," the project creates spaces where women and men cook, learn, and exchange knowledge together around traditional NUS recipes featured in this cookbook. These events are not simply culinary demonstrations; they are gender-transformative dialogues that challenge the assumption that food preparation and caregiving belong solely to women.

By encouraging shared participation in cooking, nutrition discussions, and intergenerational knowledge exchange, Recipe Days help promote more equitable care relations while celebrating women's expertise and leadership. They also reconnect younger generations with climate-resilient crops and Mediterranean food heritage. In doing so, NUSTALGIC positions food not only as nourishment, but as a pathway toward social inclusion, recognition of women's contributions, and more sustainable and caring communities.

Dina Najjar (PhD)
Senior Gender Scientist

MY
RECIPE
BOOK



A COLLECTION OF
TRADITIONAL
NUS RECIPES



CONTENTS

PAGE

Introduction	3
Editorial - Project Co-Lead	4
Contents	6
Key Legend Symbols	8
Jordan Recipes	9
Lentil Soup	10
Lentil Kofte	11
Green Faba Beans with Olive Oil	12
Green Faba Bean Maqluba.....	13
Fattet Hummus	15
Mediterranean Chickpea Salad	17
Vegetable Barley Soup	18
Talinah	19
Qidreh	20
Rashoof	22
Harak Osbao	24
Lebanon Recipes	26
Mudardara	27
Balila	28
Foul Mdammas	29
Mujaddara Safra	30
Hummus bi Tahini	31
Yakhnet Riz w Hommos	32
Kibbet Aadas	33
Freekeh with Peas & Chickpeas	34
Barley Tabbouleh	35
Chickpea Crackers	36
Chocolate Chickpea Balls	37
Morocco Recipes	38
Traditional Moroccan Harira	39
Moroccan Barley Couscous	42
Zmita	44
Talbina	46
Sekouk bel Blboula	47
Hssoua - Barley soupe with milk	48
Moroccan Cracked Barley Soup with Tomatoes	49
Barley Harcha	52
Barley Bread	53
Moroccan Bissara	55

CONTENTS

PAGE

Foul Mchereml	56
Foul Menkoub	59
Lentil Stew - Adas.....	60
Lentil Bread	62
Rfissa	63
Karaan	64
Kerrain wich Chickpeas	65
Moroccan Cumin Chickpeas	66
Portugal Recipes	69
Portuguese chickpea stew	70
Chickpea and Spinach Stew	71
Chickpeas with Codfish and Boiled Egg	72
Chickpea and Cabbage Bread Mash	73
Chichpea sweet pastries	74
Portuguese braised fava beans	76
Broad bean rice	77
Barley soup	78
Lentils with poached eggs	79
Grass pea soup with salted cod	80
Grass pea tart	81
Tunisia Recipes	82
Lablabi	83
Market Khodra	85
Bsissa Homs	87
Graiba Homs	89
Homs Roasted	91
Hlelem	92
Chorba frick	94
Brid	95
Farfoucha	96
Barley Bread	99
Talbina	100
Soupe of lentil	101
Tunisian Tbikha	102
Tunisian Chakchouka with faba beans	103
Foul Medames	104
Closure.....	105
Closure	106
Closure	107

KEY LEGEND SYMBOLS

Type Of Dish



Breakfast



Appetizer



Main Dish



Drink



Snack



Dessert

Key NUS Ingredient(s)



Barley



Chickpeas



Faba Beans



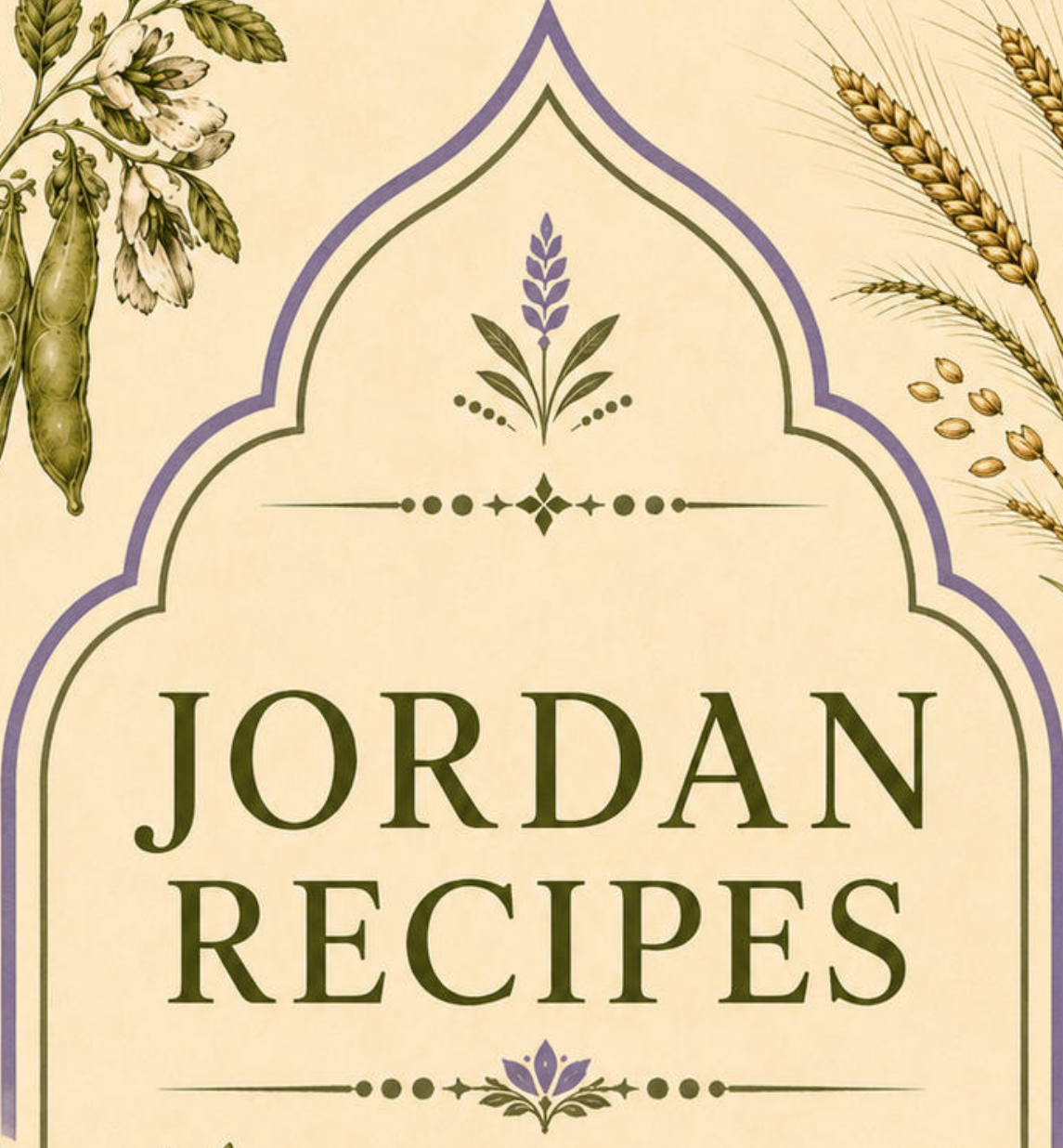
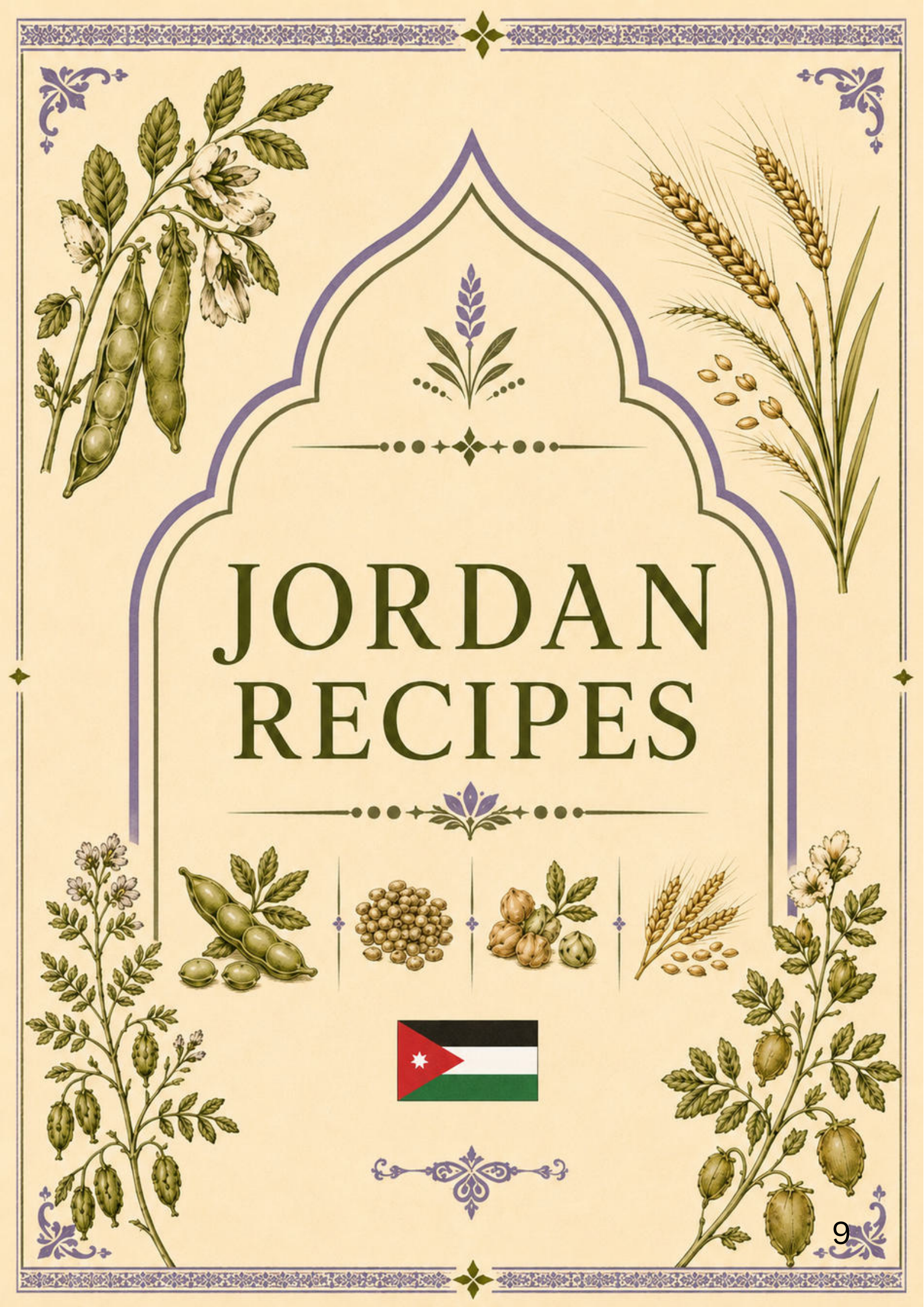
Lentils



Grass pea

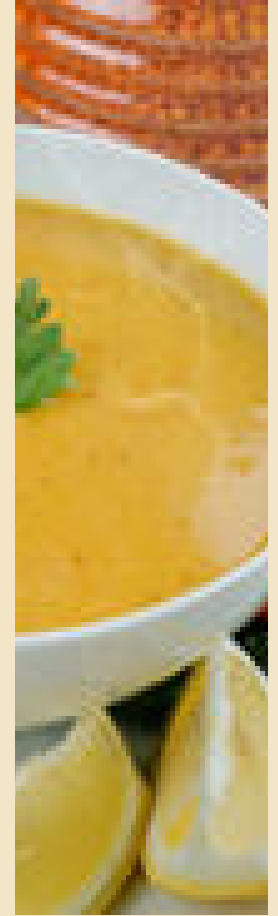
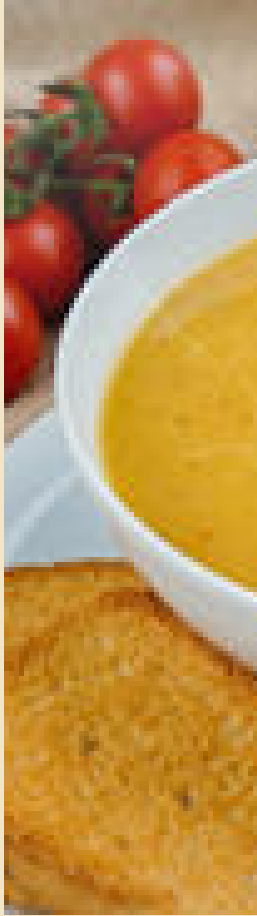


Peas



JORDAN RECIPES





LENTIL SOUP

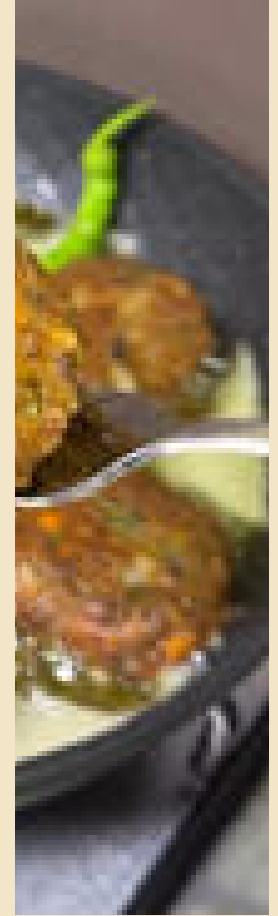
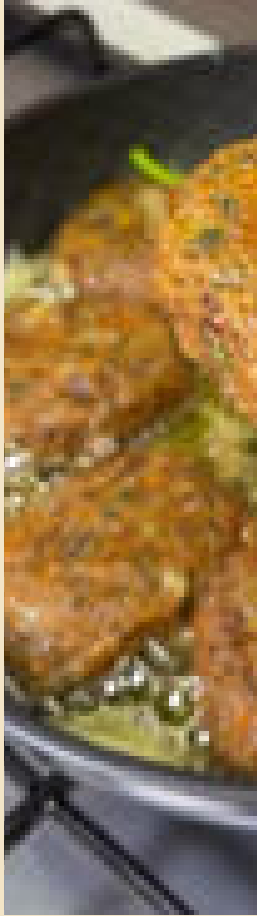
Ingredients

- 1 cup yellow lentils
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 small potato (optional, for thicker texture)
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp salt (or to taste)
- ½ tsp turmeric
- 4-5 cups water or vegetable/chicken broth
- Lemon juice for serving
- Bread (optional)

Cooking Process

- Rinse the lentils well.
- Heat oil in a pot, then add onion, carrot, and potato.
- Sauté 3-4 minutes.
- Add lentils, cumin, and turmeric.
- Pour in 4-5 cups of water/broth and simmer 20-25 minutes.
- Blend until smooth.
- Adjust thickness if needed.
- Suggestions: Serve hot with lemon juice and bread.





LENTIL KOFTE

Ingredients

- 2 cups lentils
- 1 potato
- 2 carrots
- 1 onion
- 1 tbsp chili flakes + paprika
- 1 tsp salt
- 1 tsp cumin
- Parsley
- 1 egg
- 1 cup breadcrumbs or stale bread

Cooking Process

- Cook lentils, potato, onion, and carrots in salted water until soft; mash well.
- Add egg, breadcrumbs, spices, and parsley;
- Mix and shape into patties.
- Fry patties on both sides until golden.





GREEN FABA BEANS WITH OLIVE OIL

Ingredients

- 1 kg fresh green fava beans (peeled)
- 4-5 garlic cloves, minced
- ¼ cup olive oil
- Salt (to taste)
- 1 tsp cumin
- Juice of 1 lemon
- 1 cup water or light broth

Cooking Process

- Heat the olive oil in a pot.
- Add the minced garlic and sauté for 1 minute until fragrant.
- Add the green fava beans and sauté for 2-3 minutes.
- Pour in the water/broth, then add salt and cumin.
- Cover and cook on low heat for 15-20 minutes until the beans are tender.
- Suggestions: Serve with fresh lemon juice on top.

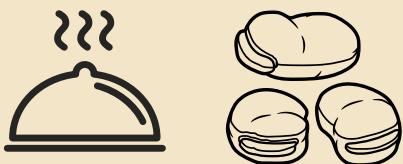




GREEN FABA BEAN MAQLUBA

Ingredients

- Green faba beans (fresh), cleaned and washed
- Rice (long-grain or medium)
- Meat (lamb or beef), cut into pieces
- 1 onion
- Olive oil or ghee
- Spices: salt, black pepper, mixed spices, optional cinnamon or cardamom
- Meat broth (from boiling the meat)



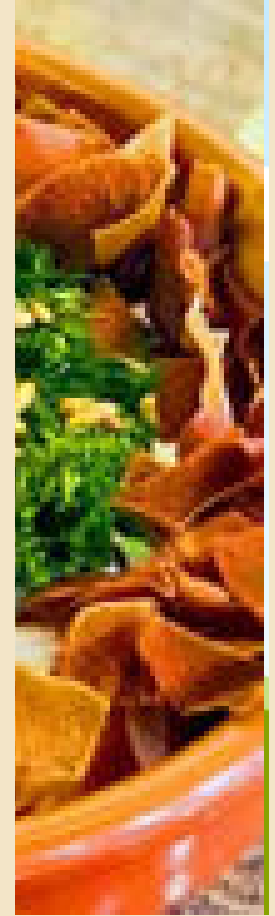


GREEN FABA BEAN MAQLUBA

Cooking Process

- Wash the meat pieces and boil them with half an onion, spices (cardamom, cinnamon, mixed spices), and bay leaves.
- Once cooked, strain the broth and keep it for cooking the rice later.
- Clean and wash the green faba beans.
- In a pot, heat some olive oil or ghee.
- Add the remaining chopped onion and sauté until soft.
- Add the faba beans and stir for a few minutes.
- In a deep pot, arrange the layers as follows: A layer of rice, A layer of green faba beans, A layer of cooked meat, Top with the remaining rice
- Pour enough meat broth to cover the rice.
- Add salt and spices as needed.
- Bring the pot to a boil.
- Then cover and cook on low heat for 30-40 minutes until the rice is fully cooked.
- Turn off the heat and let the pot rest for 20-40 minutes before flipping, so the layers stick together.
- Suggestions: Flip the pot onto a serving tray carefully.





FATTET HUMMUS

Ingredients

- 2 cups cooked chickpeas
- (keep some of the boiling water)
- 2 Arabic bread loaves, cut into small squares
- Oil for frying OR a drizzle for toasting
- 1 cup yogurt
- 3 tbsp tahini
- 1 garlic clove, crushed
- Juice of 1 lemon
- Salt to taste
- 1 tsp cumin
- 1 tbsp ghee or butter
- Pine nuts for garnish
- A pinch of paprika (optional)



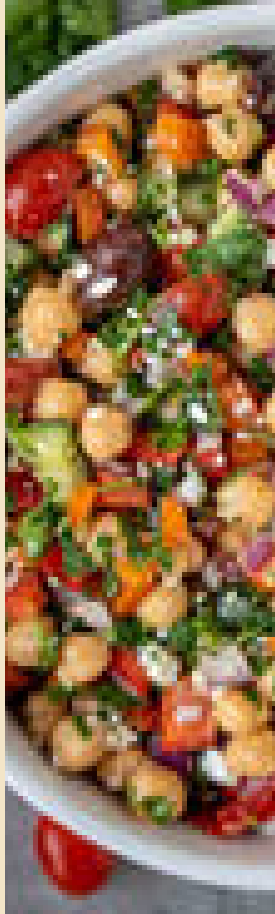


FATTET HUMMUS

Cooking Process

- Warm the chickpeas in a small pot with a little hot water and salt.
 - Lightly mash a small portion if you want a thicker texture (optional).
 - Fry the bread pieces until golden and crispy, or drizzle with oil and toast them in the oven.
 - Mix together: Yogurt, Tahini, Garlic, Lemon juice, Salt
 - Whisk until smooth.
 - Add a little water if the mixture is too thick.
 - Place the crispy bread at the bottom of the serving dish.
 - Pour a little warm chickpea water over it to soften slightly.
 - Add the warm chickpeas on top.
 - Pour the yogurt mixture over the chickpeas.
 - Heat the ghee with a pinch of paprika or cumin.
 - Drizzle it over the yogurt.
 - Add toasted pine nuts and parsley on top.
-
- Suggestions: Serve immediately so the bread stays slightly crispy.
 - For extra richness, you can add a spoon of hummus (hummus bi tahini) on top before serving.





MEDITERRANEAN CHICKPEA SALAD

Ingredients

- 2 cups cooked chickpeas
- 1 large tomato, diced
- 1 cucumber, diced
- ½ cup finely chopped red onion
- ½ cup chopped parsley
- ¼ cup olive oil
- Juice of 1 large lemon
- Salt to taste
- Black pepper to taste
- 1 tsp sumac (optional but highly recommended)
- ¼ cup diced bell pepper (optional)
- 1 tbsp pomegranate molasses (optional)

Cooking Process

- In a large bowl, combine the chickpeas, tomato, cucumber, red onion, parsley, and bell pepper if using.
- In a small bowl, whisk together the olive oil, lemon juice, salt, pepper, and sumac.
- Pour the dressing over the salad and toss gently to combine.
- For extra flavor, add 1 teaspoon of pomegranate molasses.
- Serve chilled. It tastes even better after resting for 10-15 minutes to absorb the flavors.





VEGETABLE BARLEY SOUP

Ingredients

- 1 cup barley, rinsed
- 1 onion, finely chopped
- 2 carrots, diced
- 1 potato, diced
- 1 zucchini or celery stick (optional)
- 6 cups water or vegetable/chicken broth
- 1 tbsp olive oil
- Salt, black pepper, cumin
- Optional: a small piece of cinnamon stick for extra flavor

Cooking Process

- Heat the olive oil in a pot over medium heat.
- Add the onion and sauté for 2-3 minutes until soft.
- Add the carrots, potato, and zucchini (if using) and cook for another 2 minutes.
- Add the barley and stir well.
- Pour in the water or broth, add salt, pepper, and cumin.
- Bring to a boil, then reduce the heat and simmer for 30-40 minutes until the barley is soft.
- Adjust seasoning and serve warm.





TALINAH

Ingredients

- 2 tablespoons barley grains, finely ground
- 2 cups milk
- Honey for sweetening
- A sprinkle of almonds or pistachios

Cooking Process

- Grind the barley grains until they become a fine flour.
- Add the ground barley and milk to a saucepan.
- Cook over low heat, stirring continuously to avoid lumps.
- Continue cooking for 10-15 minutes until it reaches a light porridge consistency.
- Remove from heat and sweeten with honey if desired.
- Suggestions: Serve warm and garnish with honey and nuts.





QIDREH

Ingredients

- 1 whole chicken, cut into pieces
- 2 cups rice (washed and soaked for 30 minutes)
- 1 cup cooked chickpeas
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3 tbsp olive oil
- 1 tsp salt (or to taste)
- 1 tsp black pepper
- 1 tsp allspice
- 1 tsp ground cumin
- ½ tsp cardamom
- ½ tsp cinnamon
- 1 tsp turmeric
- 1 bay leaf
- 3-4 cups chicken broth
- Pine nuts or almonds for garnish (optional)





QIDREH

Cooking Process

- Heat olive oil in a pot and sauté the onion until golden.
- Add garlic and stir briefly.
- Add the chicken pieces, salt, and spices.
- Stir well until the chicken is lightly browned.
- Add chickpeas and bay leaf, then pour in the chicken broth.
- Cover and simmer for about 25-30 minutes until the chicken is cooked.
- Remove the chicken pieces and set aside.
- Add the soaked rice to the broth and stir gently.
- Arrange the chicken pieces on top of the rice, cover, and cook on low heat until the rice is fully cooked and fluffy.
- Suggestions: Serve hot, garnished with toasted pine nuts or almonds. Serve hot with salad or yogurt.





RASHOOF (LENTIL & BULGUR SOUP WITH JAMEED)

Ingredients

- 1.5 cups green lentils (washed and rinsed).
- 1/3 cup crushed bulgur/wheat groats.
- 2 cups liquid jameed and 1 cup plain yogurt (use 3-4 cups of jameed if you prefer a stronger, authentic flavor).
- 1 medium onion (finely chopped for the soup) and 2 small onions (thinly sliced for garnish).
- 2-3 tbsp vegetable oil, ghee, or olive oil.
- 1 tsp white or black pepper, and optional chicken stock cubes.
- 2-4 tbsp dried mint or fresh parsley.





RASHOOF

Cooking Process

- In a medium pot, boil the green lentils in 4-5 cups of water until they are tender and fully cooked. Add bulgur halfway through to cook with the lentils.
- Heat oil or ghee in a separate pan. Fry the sliced onions until they are golden brown and crispy. Remove them and set aside to drain on paper towels.
- In the same pan with the remaining oil, sauté the chopped onions until translucent. If using chicken stock cubes, add them now to dissolve.
- Add the jameed and yogurt mixture to the pan with the sautéed onions.
- Bring to a gentle boil while stirring constantly to prevent the yogurt from curdling.
- Add the cooked lentils (and grains) into the jameed sauce.
- Add white or black pepper. Let the soup simmer on low heat for about 10-15 minutes until it thickens.
- Briefly sauté dried mint in a small amount of oil for 1-2 minutes, being careful not to burn it.
- Pour the thickened soup into bowls. Garnish generously with the fried crispy onions and a drizzle of the mint-infused oil.
- Suggestions: Bread: Traditionally served over Shrak bread (thin Bedouin flatbread) or accompanied by fresh vegetables and sour pickles.
- Substitution: If jameed is unavailable, you can substitute it with plain yogurt mixed with a splash of lemon juice and a pinch of salt to mimic the tanginess, though the flavor will be less intense.



HARAK OSBAO (LENTILS WITH PASTA)

Ingredients

- 1½ cups brown lentils
- 1 cup short pasta (small shells, elbows, or broken spaghetti)
- 2 large onions, thinly sliced
- 1/3 cup olive oil
- 4-5 garlic cloves, minced
- 1 tbsp ground coriander
- 1 tsp ground cumin
- 1 cup pomegranate molasses
- 1 cup tamarind juice (or 2-3 tablespoons tamarind paste diluted with water)
- Salt, to taste
- Water, as needed

For garnish (optional but traditional):

- Fresh cilantro, chopped
- Fried or toasted Arabic bread
- Pomegranate seeds



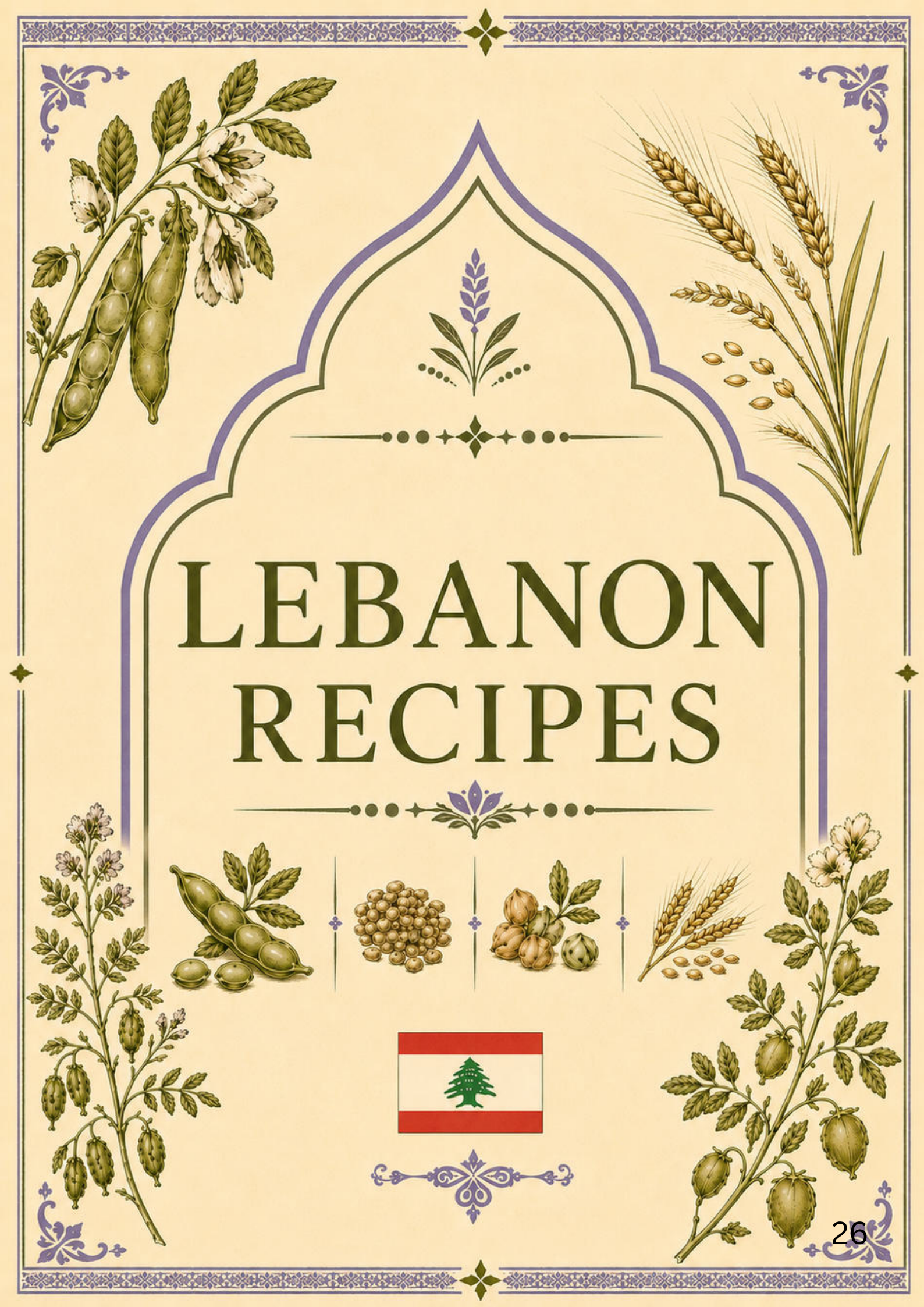


HARAK OSBAO (LENTILS WITH PASTA)

Cooking Process

- Rinse the lentils and cook them in a pot with enough water until tender but not mushy (about 20-25 minutes).
- Add the pasta directly to the lentils and continue cooking until the pasta is fully cooked. Add more hot water if needed.
- Heat the olive oil in a pan and fry the sliced onions over medium heat until very dark golden and crispy. Set aside.
- Using the same oil, sauté the garlic with ground coriander briefly until fragrant.
- Using the same oil, sauté the garlic with ground coriander briefly until fragrant.
- Stir in pomegranate molasses, tamarind juice, cumin, and salt.
- Add the garlic-coriander mixture to the lentil and pasta pot.
- Let the dish simmer on low heat for 10-15 minutes until slightly thickened. The flavor should be tangy, savory, and well balanced.
- Suggestions: Add half of the fried onions and stir gently. Serve warm, topped with remaining onions, fresh cilantro, bread, and pomegranate seeds.





LEBANON RECIPES





MUDARDARA (LENTIL & RICE PILAF WITH CARMELIZED ONIONS)

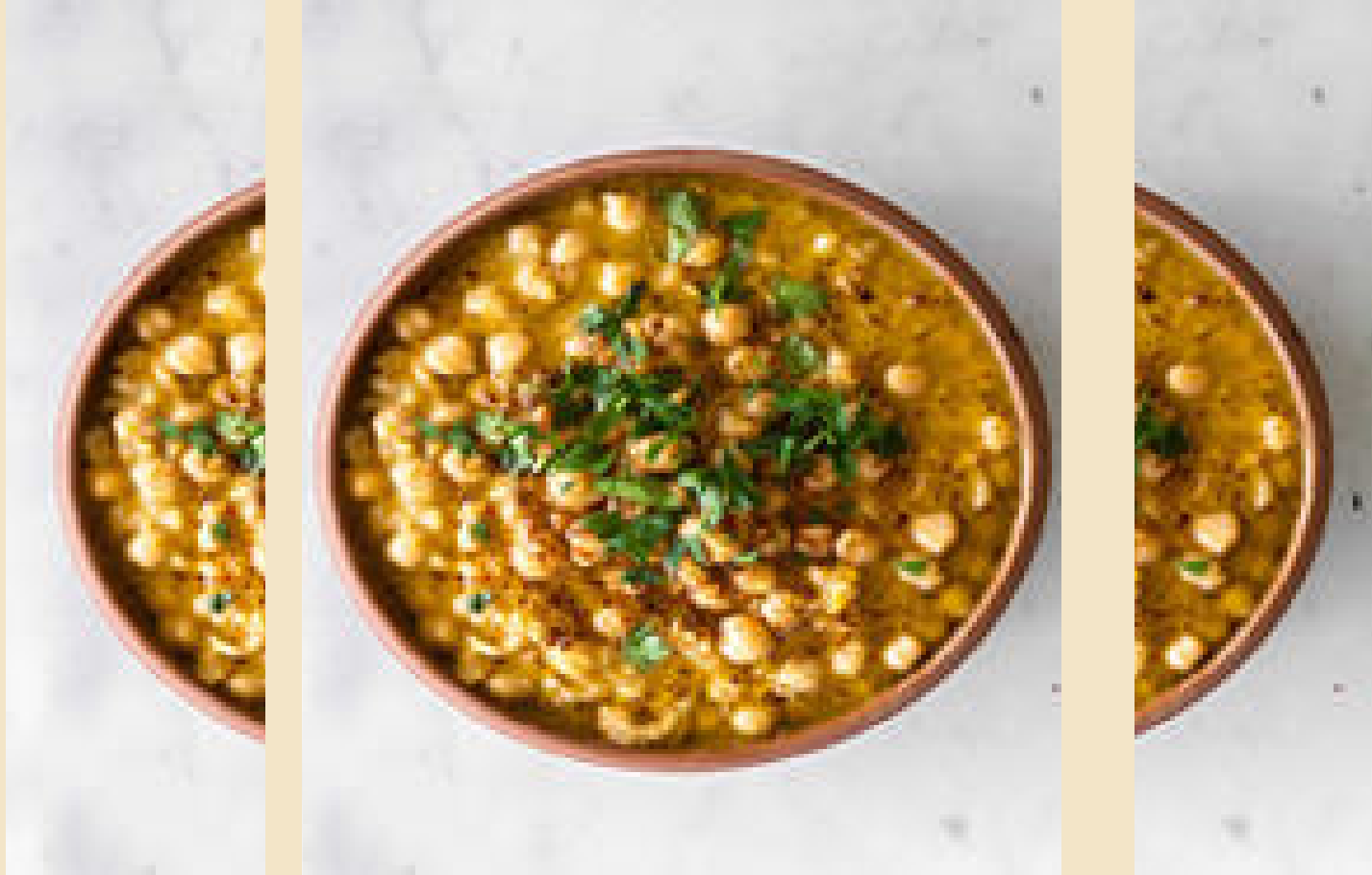
Ingredients

- 1 cup brown lentils (200 g)
- ½ cup rice (95 g)
- 3 large onions (450 g)
- 4 tbsp olive oil (54 g)
- ½ tsp cumin (1.5 g)
- Salt to taste (1-3 g)
- 4 cups water (960 ml)

Cooking Process

- Boil lentils in water until halfway cooked.
- Add rice (or bulgur), salt, and cumin; cook until tender.
- In a pan, fry onions in olive oil until dark golden and crispy.
- Mix half the onions into the lentils; keep the rest for garnish.
- Serve warm or room temperature.
- Suggestions: Traditionally served with cabbage salad or yogurt.
- Cultural Note: A classic Lebanese comfort dish eaten during Lent.





BALILA

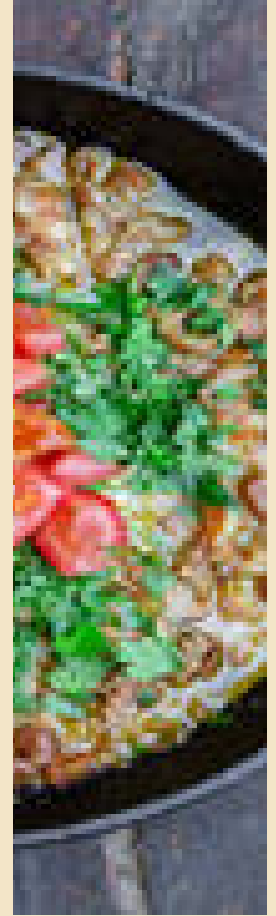
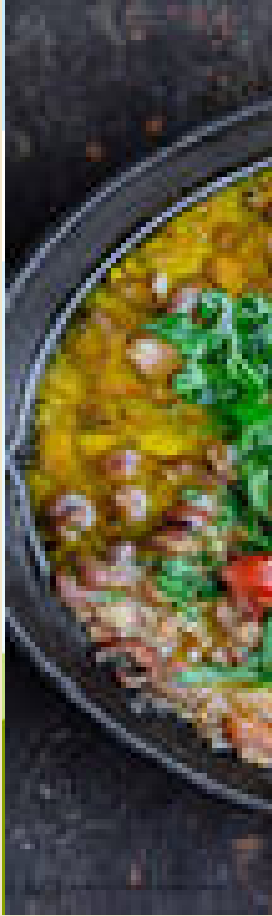
Ingredients

- 2 cups boiled chickpeas (330 g)
- 2 garlic cloves (6 g)
- 1 tsp cumin (3 g)
- Juice of 1 lemon (30 ml)
- 2 tbsp olive oil (27 g)
- Salt to taste (1-3 g)

Cooking Process

- Warm cooked chickpeas in a pot with lemon, cumin, and garlic.
- Add salt and olive oil just before serving.
- Serve warm with pita bread.
- Cultural Note: A typical Lebanese breakfast, especially in Beirut's old souks.





FOUL MDAMMAS (STEWED FABA BEANS)

Ingredients

- 2 cups cooked faba beans (340 g)
- 3 garlic cloves (9 g)
- Juice of 1-2 lemons (30-60 ml)
- 3 tbsp olive oil (40 g)
- 1 tomato (120 g)
- Chopped parsley (10 g)
- Salt to taste (1-3 g)

Cooking Process

- Heat beans with a bit of their cooking water until soft.
- Mash slightly with a fork.
- Add garlic, lemon, olive oil, and salt.
- Top with tomatoes and parsley.
- Suggestions: Usually eaten for breakfast; served with raw onions, radishes, and pita..





MUJADDARA SAFRA (YELLOW LENTILS WITH RICE)

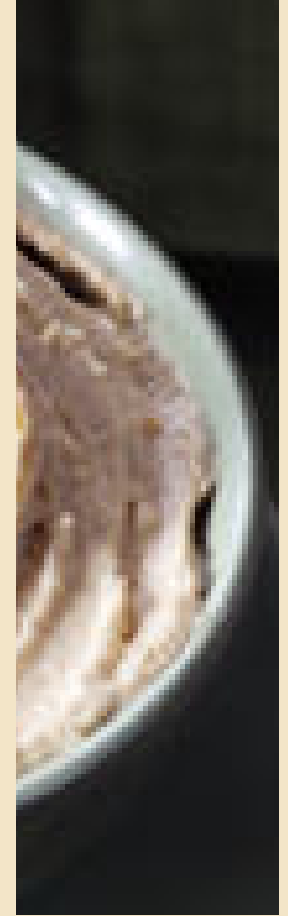
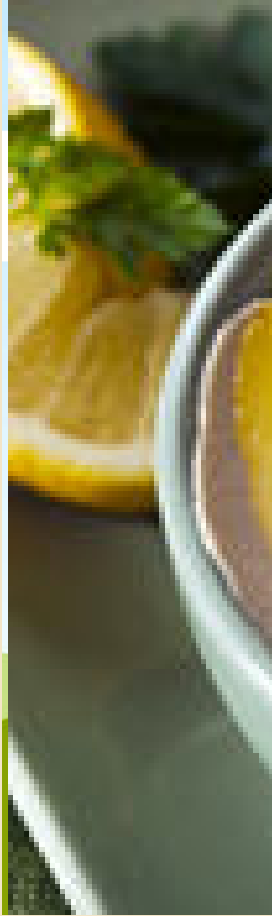
Ingredients

- 1 cup yellow lentils (200 g)
- ½ cup rice (95 g)
- 3 tbsp olive oil (40 g)
- 1 tsp turmeric (2 g)
- Salt to taste (1-3 g)
- Water as needed (960 ml)

Cooking Process

- Boil lentils until nearly tender.
- Add rice, turmeric, and salt.
- Cook until creamy and smooth.
- Drizzle olive oil when serving.
- Add cumin to taste
- Cultural Note: A traditional dish for Fridays in rural Lebanon.





HUMMUS BI TAHINI

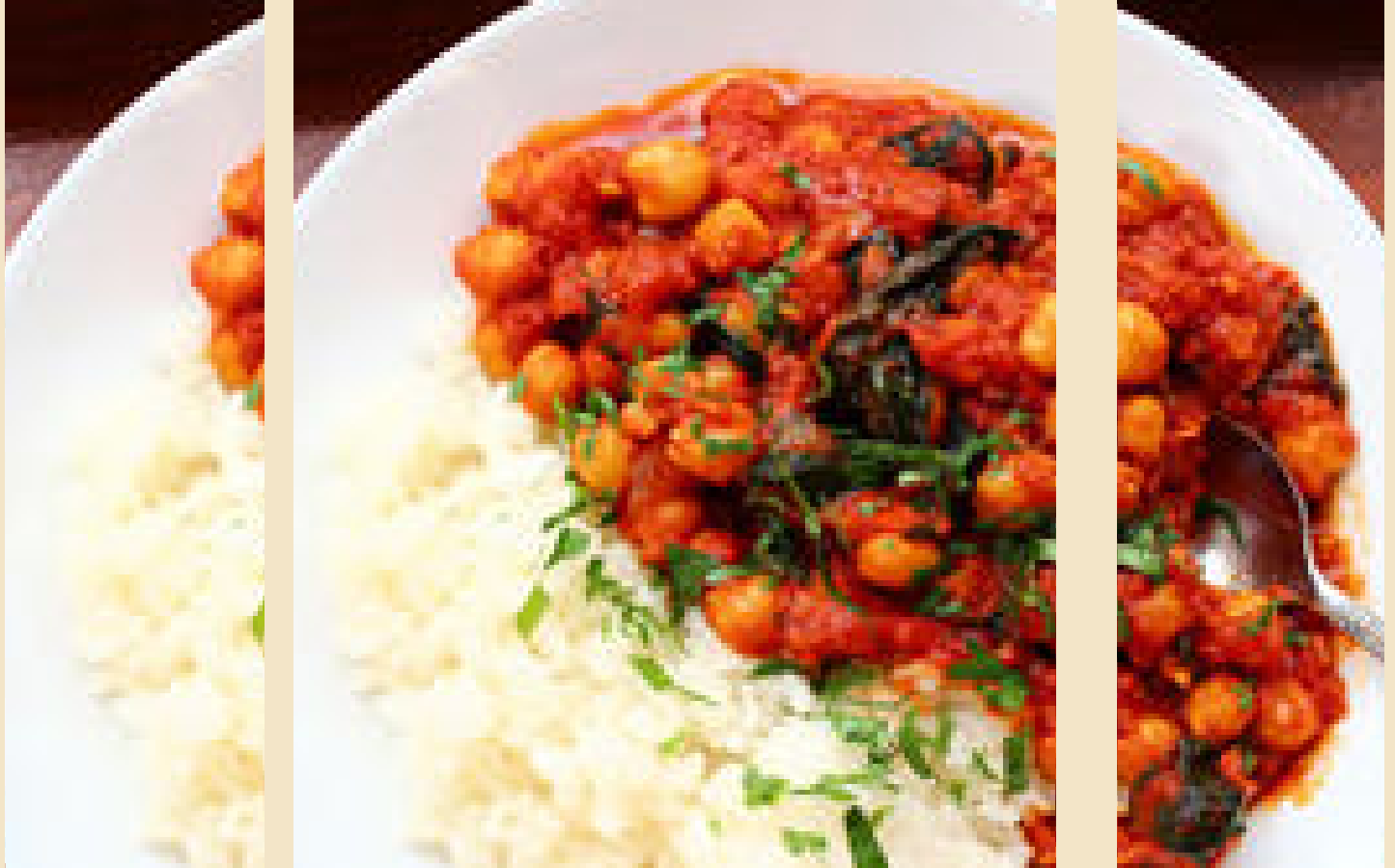
Ingredients

- 2 cups chickpeas (330 g)
- ¼ cup tahini (64 g)
- Juice of 1 lemon (30 ml)
- 2 garlic cloves (6 g)
- 2 tbsp olive oil (27 g)
- Salt to taste (1-3 g)

Cooking Process

- Blend chickpeas, garlic, lemon, and tahini until smooth.
- Add olive oil and adjust salt.
- Cultural Note: A staple on Lebanese mezze tables.





YAKHNET RIZ W HOMMOS (CHICKPEA & RICE STEW)

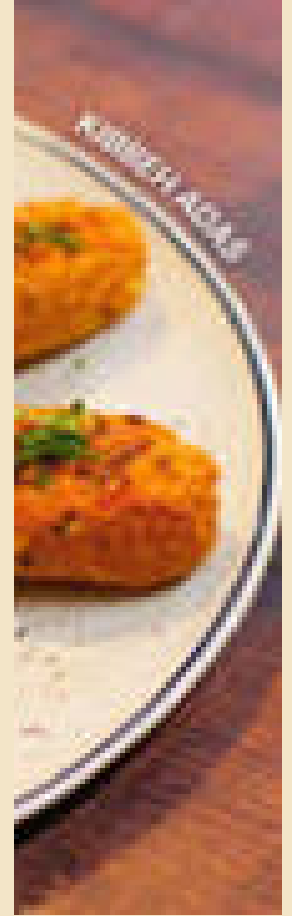
Ingredients

- 1 cup chickpeas (165 g)
- ½ cup rice (95 g)
- 1 onion (150 g)
- 1 tbsp tomato paste (16 g)
- 3 tbsp olive oil (40 g)
- Salt & pepper (1-3 g each)
- 4 cups water (960 ml)

Cooking Process

- Sauté onion in olive oil.
- Add chickpeas, tomato paste, spices, and rice.
- Add water and simmer until thick.
- Cultural Note: Comfort food often prepared in mountain villages during winter.





KIBBET AADAS (LENTIL KIBBEH WITH BULGUR)

Ingredients

- 1 cup red lentils (200 g)
- 1 cup fine bulgur (180 g)
- 1 onion (150 g)
- 2 tbsp olive oil (27 g)
- Spices: cumin, paprika, salt (1–3 g each)

Cooking Process

- Boil lentils with water until mushy.
- Add bulgur and mix; let absorb.
- Add spices and knead into kibbeh dough.
- Shape patties and serve raw or pan-fried.
- Cultural Note: A vegetarian version of kibbeh popular in North Lebanon.





FREEKEH WITH PEAS & CHICKPEAS

Ingredients

- 1.5 cups freekeh (255 g)
- ½ cup boiled chickpeas (83 g)
- 1 cup peas (140 g)
- 1 onion (150 g)
- 3 tbsp olive oil (40 g)
- Salt & black pepper (1-3 g each)
- 3 cups water (720 ml)

Cooking Process

- Sauté onion in oil.
- Add peas and chickpeas.
- Add freekeh, water, salt, and pepper.
- Simmer until grains are tender.
- Suggestions: A nutritious village dish typically served with yogurt.





BARLEY TABBOULEH

Ingredients

- 1 cup cooked barley (150 g)
- 2 cups parsley (100 g)
- ½ cup mint (20 g)
- 3 tomatoes (360 g)
- 2 scallions (40 g)
- 3 tbsp olive oil (40 g)
- Juice of 1 lemon (30 ml)
- Salt (1-3 g)

Cooking Process

- Combine cooked barley with parsley, mint, tomatoes, and scallions.
- Add lemon juice, olive oil, and salt.
- Cultural Note: A modern Lebanese adaptation of the iconic tabbouleh.





CHICKPEA CRACKERS

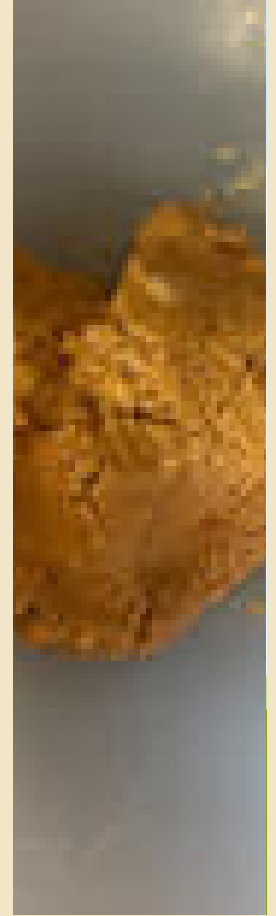
Ingredients

- ¼ cup chia seeds
- ½ cup flaxseeds
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 1 cup roasted crushed chickpeas
- 1 tbsp zaatar
- 1 tbsp olive oil
- 1.25 cups boiled water
- Pinch of salt

Cooking Process

- Mix flaxseeds and chia seeds with boiled water in a bowl and let rest for 15 minutes.
- Add all remaining ingredients and mix well.
- Spread the mixture thinly and evenly on a baking sheet.
- Preheat the oven for 5 minutes.
- Bake for about 1 hour on the lowest heat (time may vary by oven).
- Check periodically and tap to test crunchiness.
- Once ready, remove and let cool.
- Slice into crackers by hand when at room temperature.
- Store in an airtight container at room temperature.





CHOCOLATE CHICKPEA BALLS

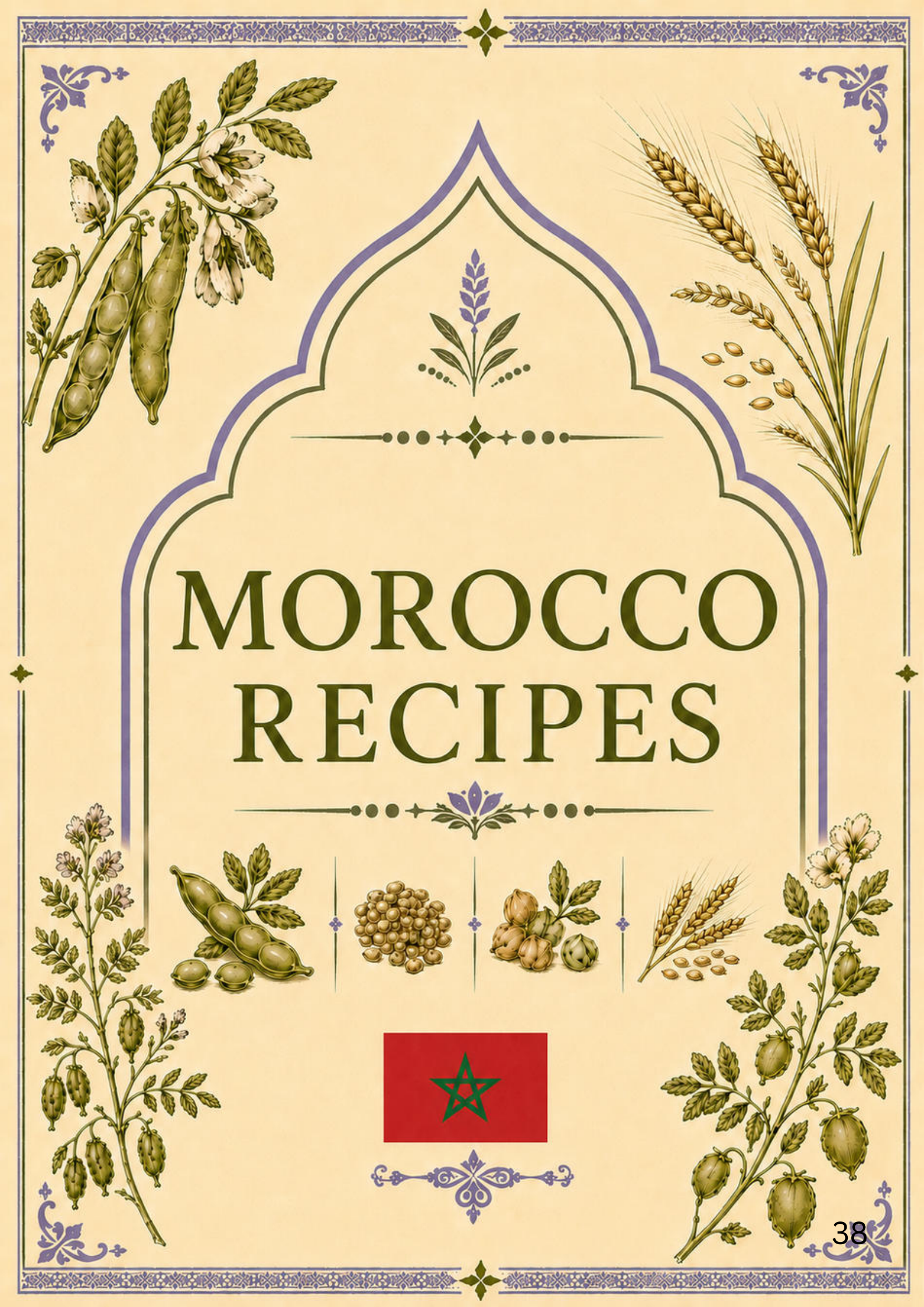
Ingredients

- ½ cup chickpea flour
- 2 tbsp almond or cashew butter
- 1.5 tbsp honey
- 100 g dark chocolate (melted)
- 1 tsp of coconut oil

Cooking Process

- In a bowl, mix chickpea flour, nut butter, honey, and coconut oil.
- Portion the mixture into small balls and place on parchment paper.
- Drizzle or coat with melted chocolate.
- Refrigerate until set and enjoy.





MOROCCO RECIPES





TRADITIONAL MOROCCAN HARIRA

Ingredients

- 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 & parsley chopped
- 2 tbsp olive oil
- Spices & Seasoning: 1 tsp ground ginger, 1 tsp turmeric, 1 tsp cinnamon, 1 tsp black pepper, 1 tsp paprika, Salt to taste
- 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





TRADITIONAL MOROCCAN HARIRA

Cooking Process

- 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.
- Add soaked chickpeas, lentils, and broth.
- Cover and simmer for 30 minutes, stirring occasionally.
- Slowly add the flour slurry while stirring to prevent lumps.
- Simmer for another 10 minutes until the soup thickens.
- Stir in fresh cilantro, parsley, and beaten egg (optional).
- Simmer for 5 more minutes, then remove from heat.
- Serve hot with lemon wedges and crusty bread for an authentic Moroccan experience.



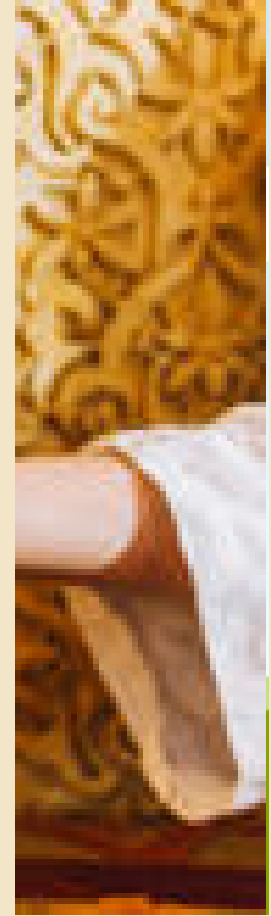


TRADITIONAL MOROCCAN HARIRA

Cultural Notes

- **Suggestions:** 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.





MOROCCAN BARLEY COUSCOUS

Ingredients

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

Cooking Process

- 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.





MOROCCAN BARLEY COUSCOUS

Cultural Notes

- 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

Ingredients

- 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 tsp ground anise (optional)
- ½ tsp ground fennel (optional)
- ½ tsp cinnamon (optional)
- Honey (as needed)
- Melted butter or olive oil (as needed)

Cooking Process

- 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.





ZMITA

Cultural Notes

- 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.





TALBINA

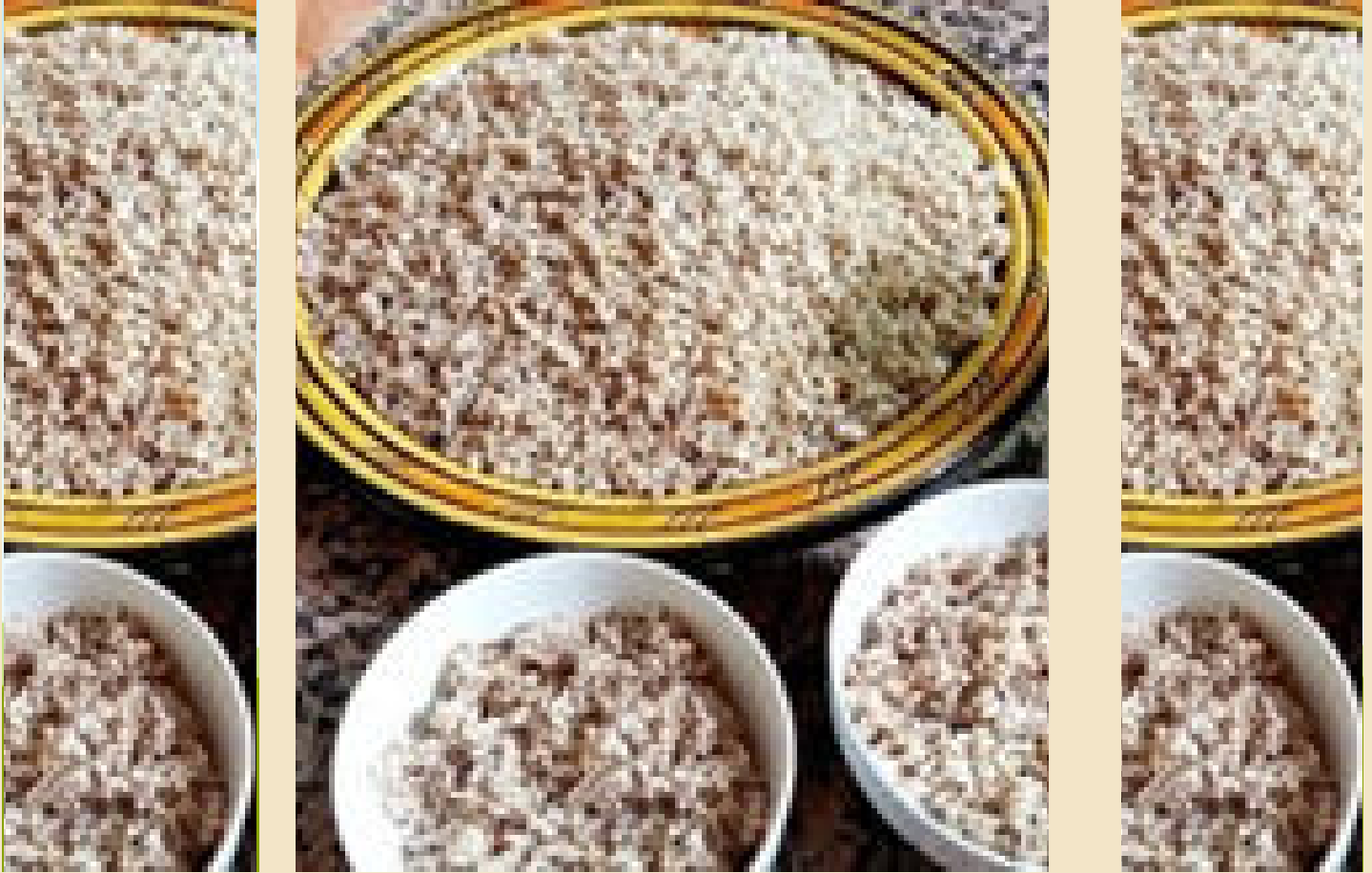
Ingredients

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

Cooking Process

- 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.
- Cultural Note: Talbinah 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.





SEKOUK BEL BLBOULA

Ingredients

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

Cooking Process

- Hydrate semolina.
- Steam lightly semolina and faba beans.
- Season with oil and salt for taste.
- Let it cool before serving with fresh buttermilk
- Cultural Note: A simple and sustainable rural preparation, traditionally made in spring at the peak of bean and buttermilk abundance. Both refreshing and high in protein.



NUSTALGIC



HSSOUA - BARLEY SOUPE WITH MILK

Ingredients

- Cracked Barley
- Olive oil
- Water
- Salt
- Milk
- Thyme

Cooking Process

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





MOROCCAN CRACKED BARLEY SOUP WITH TOMATOES – HSSOUA BELBOULA HAMRA

Ingredients

- 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)





MOROCCAN CRACKED BARLEY SOUP WITH TOMATOES – HSSOUA BELBOULA HAMRA

Cooking Process

- 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.



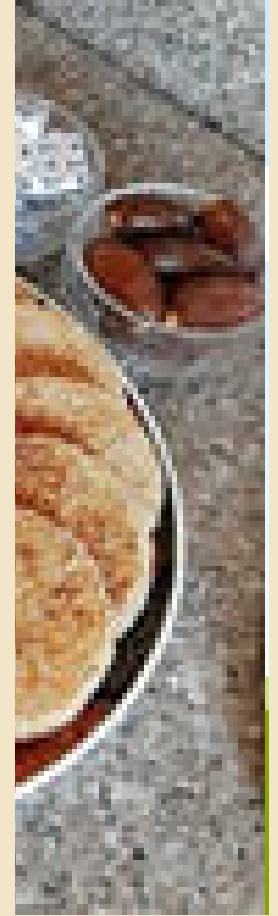
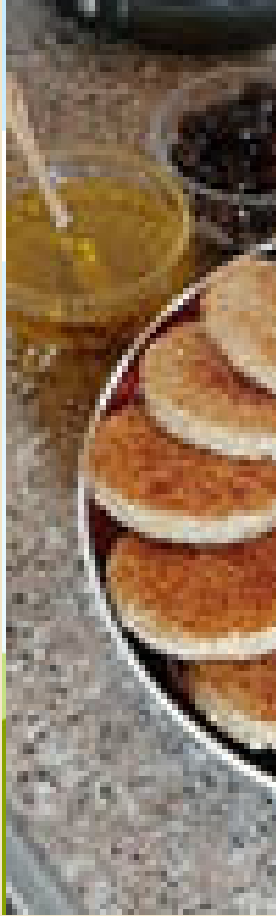


MOROCCAN CRACKED BARLEY SOUP WITH TOMATOES – HSSOUA BELBOULA HAMRA

Cultural Notes

- 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.





BARLEY HARCHA

Ingredients

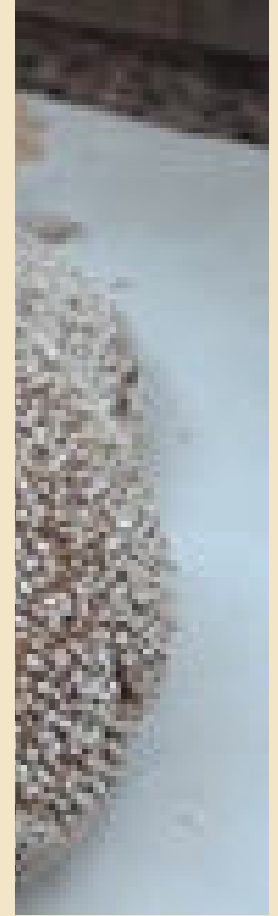
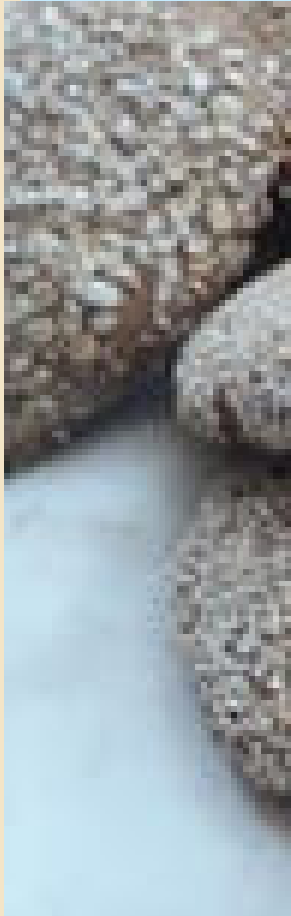
- Barley semolina
- Olive oil
- Water
- Salt
- Olives & thyme (optional)

Cooking Process

- Mix ingredients.
- Shape rounds.
- Cook on pan until golden.
- Cultural Note: A rural barley bread reflecting Moroccan countryside traditions.



NUSTALGIC



BARLEY BREAD

Ingredients

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

Cooking Process

- 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.



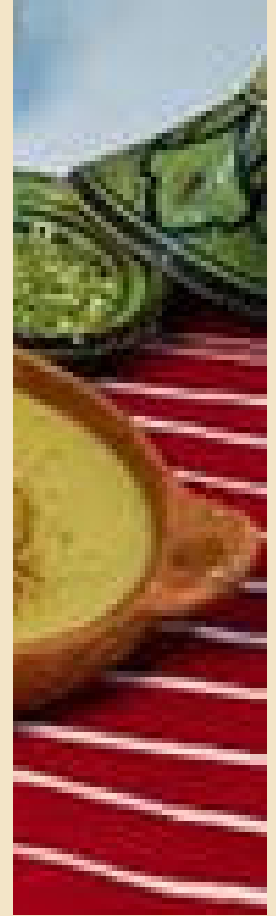
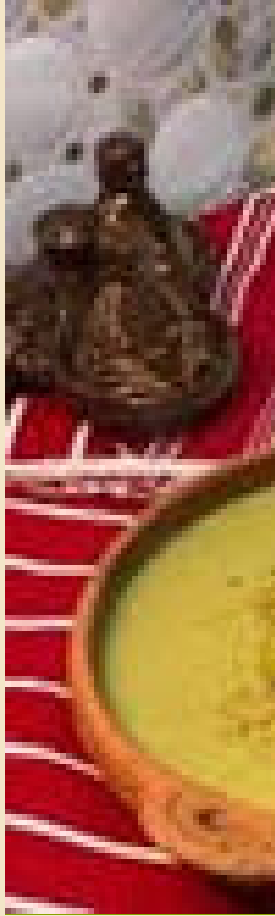


BARLEY BREAD

Cultural Notes

- 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.





MOROCCAN BISSARA

Ingredients

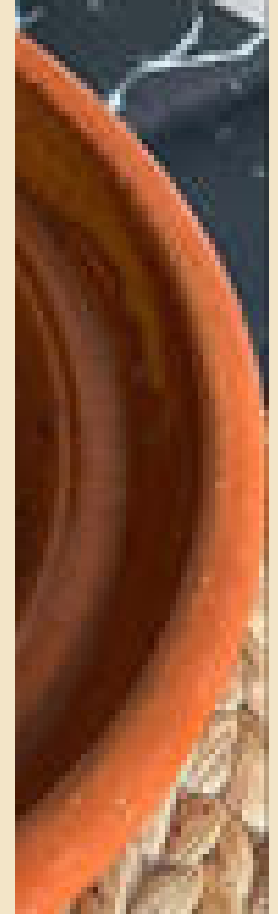
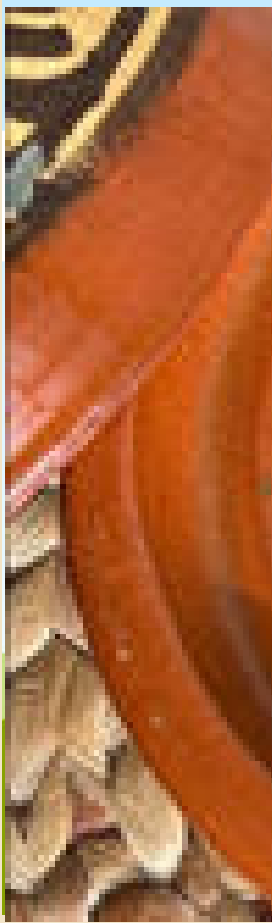
- Dried fava beans
- Garlic
- Cumin
- Olive oil

Cooking Process

- Soak beans.
- Boil until soft.
- Blend and serve hot.
- Cultural Note: A classic winter comfort food in Morocco.



NUSTALGIC



FOUL MCHEREML

Ingredients

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





FOUL MCHEREML

Cooking Process

- **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.





FOUL MCHEREML

Cultural Notes

- **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.





FOUL MENKOUB

Ingredients

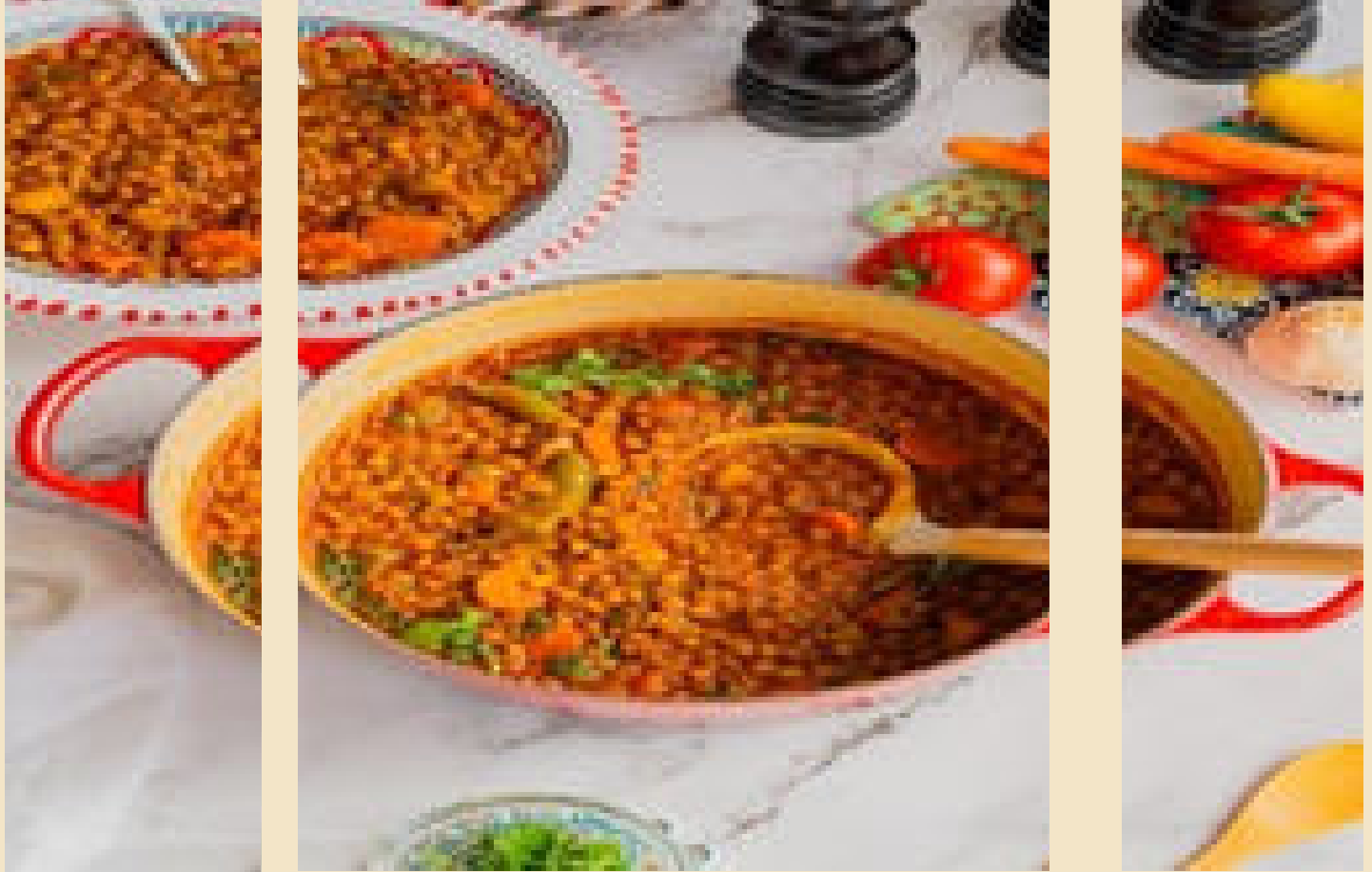
- 2 cups dried fava beans (soaked overnight)
- 4 cloves garlic, minced
- 1 tbsp cumin
- 2 tbsp olive oil
- Salt to taste
- ½ lemon (for a light flavor)
- 2 cups water (approximately)

Cooking Process

- Soak the dried fava beans in cold water overnight, then rinse thoroughly the next day.
- 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.
- In a small pan, heat the olive oil and add the minced garlic. Stir until the garlic becomes golden.
- Add cumin to the beans with the garlic and olive oil. Stir well to combine.
- Add salt and lemon juice, then mix.
- Serve the beans hot in a dish, and you can drizzle extra olive oil on top when serving.
- Cultural Note: Dried fava beans, also known as "Menkoub," 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.



NUSTALGIC



LENTIL STEW - ADAS

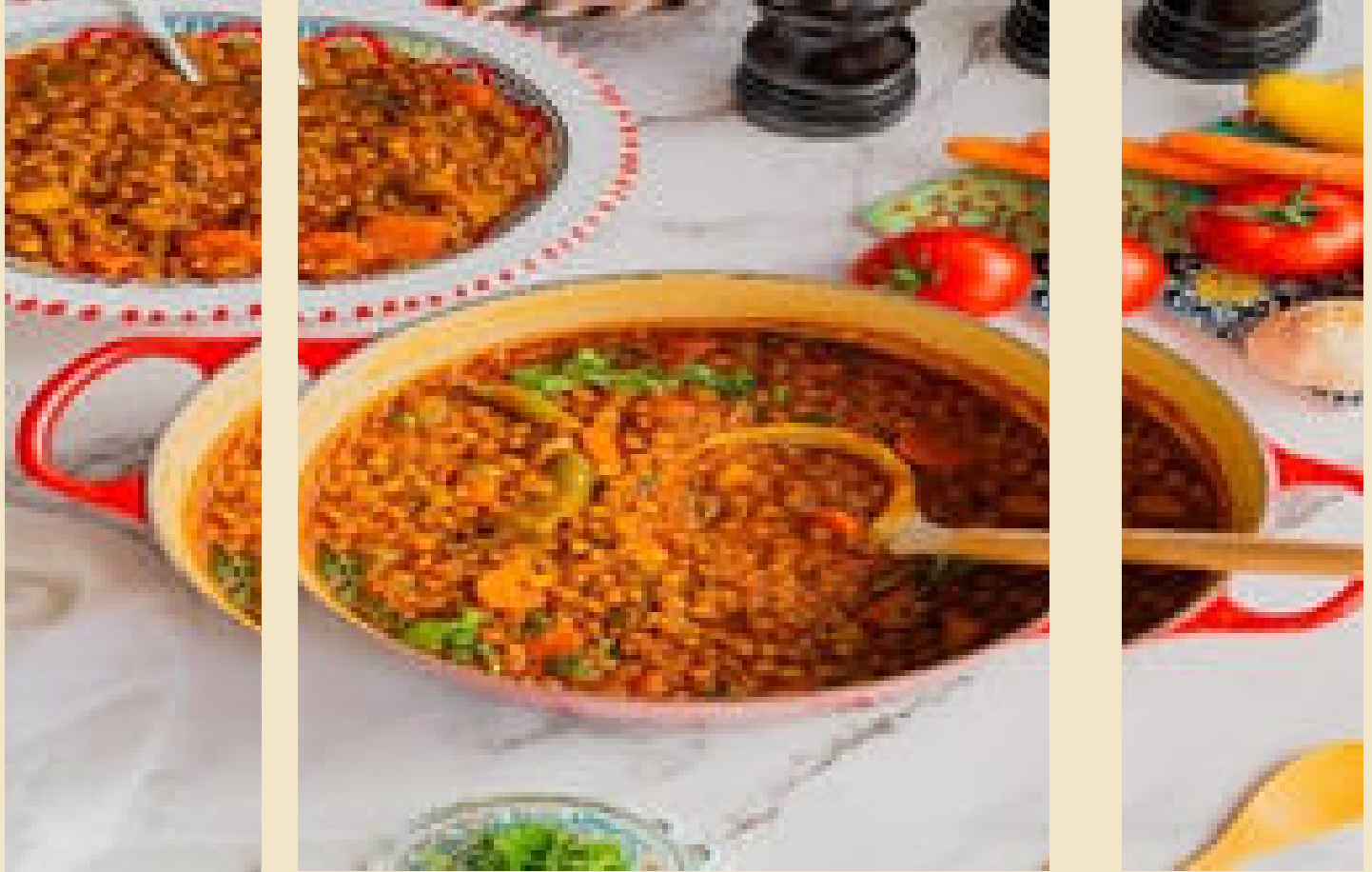
Ingredients

- 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 tbsp fresh parsley and cilantro, chopped.
- 1 tbsp tomato paste
- 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.

Cooking Process

- 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).
- Add the minced garlic, cumin, paprika, ginger, and turmeric. Stir for 60 seconds to release the aromas.
- Add the grated tomatoes, tomato paste, and half of the chopped herbs. Stir well to combine.
- Add the rinsed lentils and water. Bring to a boil, then reduce heat to low and cover.
- 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.
- Stir in the remaining fresh herbs and adjust salt/pepper to taste before serving





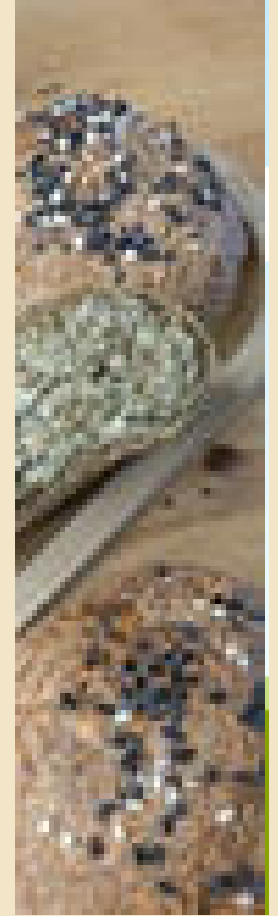
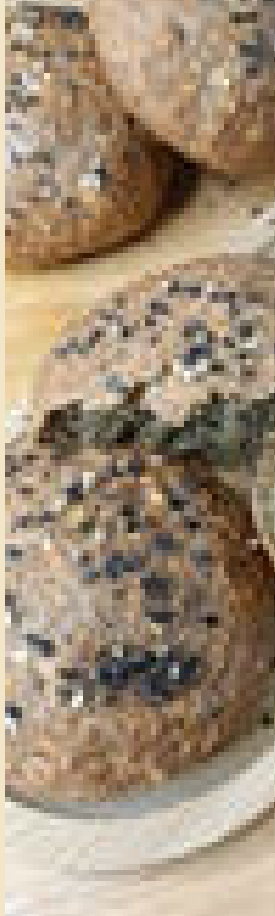
LENTIL STEW - ADAS

Cultural Notes

- 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.



NUSTALGIC



LENTIL BREAD

Ingredients

- 1 cup brown lentils
- 1 cup red lentils
- Salt
- Olive oil

Cooking Process

- Soak lentils overnight.
- Blend with seasoning.
- Bake at 180°C for 40 minutes.
- Cultural Notes: A healthy bread alternative inspired by Moroccan legume traditions.





RFISSA

Ingredients

- 1 cup lentils
- Onion
- Fenugreek
- Ras el hanout
- Shredded msemen

Cooking Process

- Cook lentils with spices.
- Serve sauce over shredded bread.
- Cultural Note: Traditionally served after childbirth and during family gatherings.





KARAAN

Ingredients

- 1 cup chickpea flour
- 3 cups water
- Cumin
- Salt

Cooking Process

- Mix ingredients.
- Bake at 180°C until firm.
- Cut into squares.
- Cultural Note: Popular street and home food in Eastern Morocco.



NUSTALGIC



KERRAIN WICH CHICKPEAS - TRADITIONAL DISH WITH COW FOOT

Ingredients

- Cow feet
- Soaked chickpeas
- Garlic
- Spices

Cooking Process

- Cook slowly for several hours until gelatinous.
- Cultural Note: A winter dish for its restorative qualities





MOROCCAN CUMIN CHICKPEAS (TAYEB O HARI / HOMMOS KAMOUN)

Ingredients

- 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 tsp: Salt (adjust to taste).
- ½ tsp: 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.





MOROCCAN CUMIN CHICKPEAS (TAYEB O HARI / HOMMOS KAMOUN)

Cooking Process

- **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.





MOROCCAN CUMIN CHICKPEAS (TAYEB O HARI / HOMMOS KAMOUN)

Cultural Notes

- 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](#)



PORTUGAL RECIPES





PORTUGUESE CHICKPEA STEW (RANCHO À PORTUGUESA)

Ingredients

- 200 g cooked chickpeas
- 350 g beef or pork cubes
- One chorizo, sliced
- 100 g tomato paste
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 medium carrots, sliced
- 150 g pasta (macaroni or short pasta)
- 2 tbsp olive oil
- 1 bay leaf
- 50 mL white wine
- Salt and pepper to taste
- Water or broth as needed

Cooking Process

- Season the meat with salt.
- Sauté the onion and garlic in olive oil until soft.
- Add the carrot, bay leaf and meat, browning lightly.
- Add the chorizo and leave for 5 minutes.
- Add the wine and allow to evaporate.
- Add the tomato paste and broth and adjust the seasoning.
- Cook until the meat is tender.
- Add the chickpeas and pasta and cook until al dente.
- Adjust the seasoning and serve hot.
- Cultural Note: A traditional Portuguese comfort dish, often made in large family gatherings.





CHICKPEA AND SPINACH STEW (ENSOPADO DE GRÃO COM ESPINAFRES)

Ingredients

- 2 cups (300 g) cooked chickpeas
- 200 g fresh spinach
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 10 g of coriander
- 100 g of medium-sized elbow macaroni
- Salt and pepper to taste
- Water or broth as needed

Cooking Process

- Sauté onion, garlic and coriander in olive oil.
- Add spinach and chickpeas, and water. Simmer gently.
- Add the pasta and cook until al dente. Adjust seasoning and serve warm.
- Cultural Note: A classic meatless Portuguese stew, especially common in Alentejo.





CHICKPEAS WITH CODFISH AND BOILED EGG (GRÃO COM BACALHAU E OVO COZIDO)

Ingredients

- 2 cups (300 g) cooked chickpeas
- 300 g dried and soaked codfish
- 2 boiled eggs, halved
- 1 onion, sliced
- 2 cloves garlic, minced
- 3 tbsp olive oil
- Olives to taste
- Parsley, chopped
- Salt and pepper to taste

Cooking Process

- Cook the soaked codfish for a few minutes and flake it.
- In a pan, sauté onion and garlic in olive oil.
- Add chickpeas and codfish, mixing gently.
- Season and serve with boiled eggs parsley and olives.





CHICKPEA AND CABBAGE BREAD MASH (MIGAS DE COUVE E GRÃO)

Ingredients

- 8-10 kale leaves
- 260 g of cooked chickpeas
- 1 small cornbread roll
- Olive oil to taste
- 3 cloves of garlic
- Salt to taste

Cooking Process

- Wash the kale leaves and chop them finely. Cook them in salted water until tender, approximately 5 to 8 minutes.
- Drain them and reserve some of the cooking water.
- Meanwhile, crumble the bread without the crust and set aside.
- Chop the garlic cloves and fry them in olive oil for a few moments, but do not let them brown.
- Add the kale and sauté for a little while, stirring.
- Add the crumbled cornbread and chickpeas and mix well.
- If you think the migas are too dry, drizzle with a little more olive oil and/or some of the water used to cook the cabbage.
- Cultural Note: A traditional Alentejo side dish, typically served with pork or fish.





CHICHPEA SWEET PASTRIES (AZEVIAS DE GRÃO)

Ingredients

FOR THE FILLING:

- 500 g sugar
- 6 egg yolks
- 150 g chickpea purée
- zest of 1/2 lemon

FOR THE DOUGH:

- 600g plain flour
- 80 g unsalted butter
- 300 ml water
- 1 glass of brandy
- 1 pinch of salt
- 50 ml olive oil
- oil for frying, as needed
- sugar for sprinkling, as needed





CHICHPEA SWEET PASTRIES (AZEVIAS DE GRÃO)

Cooking Process

- Start by preparing the filling. Using a food mill, purée the chickpeas.
 - In a saucepan, mix the sugar with 300ml of water. Bring to the boil and simmer for about 1 minute.
 - Remove from the heat and add the chickpea purée.
 - Stir well and add the beaten egg yolks and lemon zest. Return to the heat and simmer until it becomes a thicker cream.
 - For the dough, start by kneading the flour with the butter, water, brandy and salt.
 - Knead well and add the olive oil, kneading a little more.
 - Using a rolling pin, roll out the dough until it is very thin. Place small mounds of the cream, which should be cold by now, on top of it.
 - Cut the dough into circles and fold the dough as if it were a rissol.
 - Fry in very hot oil, remove and place on absorbent paper. While still hot, sprinkle with sugar.
- Cultural Note : A traditional Christmas sweet from southern Portugal.





PORTUGUESE BRAISED FAVA BEANS (FAVAS À PORTUGUESA)

Ingredients

- 400 g frozen fava beans
- 1/2 onion
- 2 tbsp of olive oil
- 2 cloves of garlic
- 1 bay leaf
- 1 chorizo
- Salt to taste
- Pepper to taste
- Chopped coriander to taste

Cooking Process

- Mix flaxseeds and chia seeds with boiled water in a bowl and let rest for 15 minutes.
- Add all remaining ingredients and mix well.
- Spread the mixture thinly and evenly on a baking sheet.





BROAD BEAN RICE (ARROZ DE FAVAS)

Ingredients

- 250 g fava beans (fresh or frozen)
- 250 g rice (short or medium grain)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 bay leaf
- 1 tbsp fresh coriander or parsley, chopped
- Salt and pepper to taste
- About 800 mL hot water or vegetable broth
- (Optional: small pieces of chouriço or bacon for extra flavor)

Cooking Process

- If using fresh broad beans, blanch them in boiling water for 2-3 minutes and peel the outer skin. If frozen, thaw and set aside.
- In a large pot, heat olive oil and sauté onion and garlic until soft and golden.
- Stir in the broad beans, bay leaf, salt, and pepper. Cook for a few minutes to absorb flavors.
- Mix in the rice and let it toast lightly for 1-2 minutes.
- Pour in hot water or broth. Stir, bring to a boil, then reduce heat and simmer uncovered until rice is tender and liquid is absorbed (about 15-18 minutes).
- Remove from heat, sprinkle with fresh coriander or parsley, and serve immediately.
- Cultural Note: A traditional Alentejo side dish.





BARLEY SOUP (SOPA DE CEVADA)

Ingredients

- 170 g barley (soaked overnight)
- 200 g lean pork, diced
- 1 clove garlic, chopped
- 70 g onion, chopped
- 15 g olive oil
- 130 g sweet potato, diced
- 130 g regular potato, diced
- 70 g carrot, sliced
- 130 g yellow pumpkin, diced
- 20 g leek, thinly sliced
- 30 g kale
- 40 g savoy cabbage
- 200 g butter beans
- Salt to taste
- About 800 ml water

Cooking Process

- Soak the barley overnight in plenty of water.
- Season the meat with chopped garlic, onion, and a pinch of salt.
- Start the base: In a large pot, add water, salt, olive oil, potatoes, and pumpkin. Add the soaked barley and cook until it begins to soften.
- Add vegetables: Stir in carrot, leek, and both types of cabbage. Cook until tender.
- Add meat and beans: Mix in the pork and drained butter beans. Let everything simmer until flavors combine.
- Adjust texture: For a creamier soup, blend a small portion and return it to the pot.
- Serve hot with rustic bread.
- Cultural Note: A traditional rural soup, especially common in Madeira.





LENTILS WITH POACHED EGGS

Ingredients

- 250 g (1 ½ cups) lentils
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 medium tomatoes, peeled and chopped (or 200 g canned tomatoes)
- 2 tbsp olive oil
- 1 bay leaf
- 1 tsp paprika
- Salt and pepper to taste
- 4 eggs
- Fresh parsley for garnish
- About 1 liter (4 cups) water or vegetable broth

Cooking Process

- Cook the lentils. Rinse the lentils and set aside.
- In a large pot, heat olive oil and sauté onion and garlic until soft.
- Stir in carrots and tomatoes. Cook for a few minutes until the tomatoes break down.
- Add bay leaf, paprika, salt, and pepper. Pour in water or broth and bring to a boil.
- Stir in the lentils and simmer gently for about 25-30 minutes, until tender.
- When the lentils are nearly done, crack the eggs directly into the simmering stew. Cook for 3-4 minutes until whites are set and yolks remain soft.
- Remove bay leaf, sprinkle with fresh parsley, and serve hot with crusty bread.





GRASS PEA SOUP WITH SALTED COD (SOPA DE BACALHAU COM CHÍCHAROS)

Ingredients

- 300 g grass peas
- 1 large onion
- 500 g potatoes
- 600 g salted cod
- Olive oil, to taste
- Salt, to taste
- Fresh coriander, to taste

Cooking Process

- Sort and wash the grass peas, then place them in a deep bowl covered with cold water and soak overnight.
- After soaking, cook them in a regular pot (do not use a pressure cooker).
- Once cooked, transfer them to a pot with water, add the chopped onion and diced potatoes.
- When it comes to a boil, add the salted cod.
- After everything is cooked, check the seasoning and serve in a clay pot, garnished with fresh coriander.
- Cultural Note: This soup is a traditional dish from rural Portugal, especially in regions where grass peas were a staple food during hard times. Combining grass peas with cod, Portugal's iconic ingredient, reflects the country's culinary heritage of simplicity and resourcefulness.





GRASS PEA TART (*TARTE DE CHÍCHARO*)

Ingredients

- 200 g sugar
- 200 g purée of peeled grass pea
- 200 ml heavy cream
- 4 egg yolks
- 1 tbsp margarine
- About 2 tbsp milk
- 1 packet of Marie biscuits

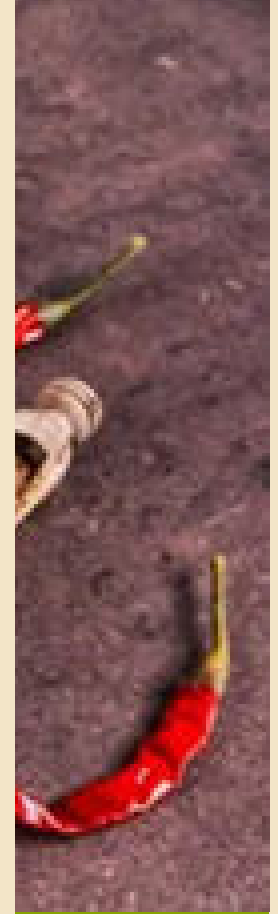
Cooking Process

- Place the crushed Marie biscuits in a bowl along with the margarine, kneading everything well by hand.
- Gradually add the milk until you get a paste that can be moulded into the base of a removable-bottom tart pan.
- Once the base is ready, prepare the filling:
- Beat the sugar with the grass pea (soaked, peeled, and mashed into a purée).
- Then add the cream, egg yolks, and margarine, mixing everything thoroughly.
- Pour this mixture into the tart pan and bake at 180 °C (350 °F).
- Cultural Note: This tart is a specialty linked to the Festival do Chícharo in Alvaiázere, a region in central Portugal where grass peas are celebrated as part of local heritage.



TUNISIA RECIPES





LABLABI

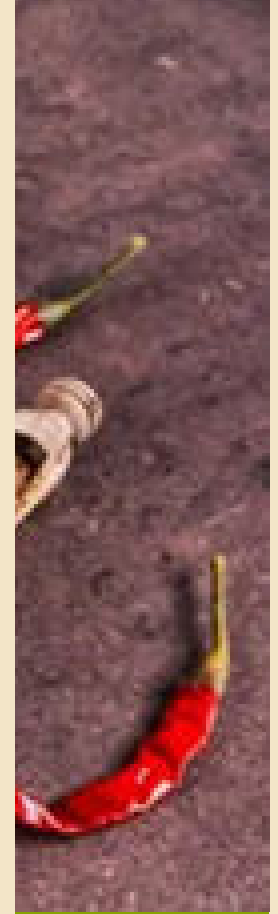
Ingredients

- 200 g of chickpeas, already soaked the day before
- Cumin
- Stale bread
- Small capers
- Olives
- Garlic
- Lemon
- 1 can of tuna
- 2 eggs
- Olive oil

Cooking Process

- Put the chickpeas in a saucepan with their soaking water, add salt.
- Add 1 L of water and let cook for about ten minutes.
- Crush 2 cloves of garlic, add them to the saucepan along with a good teaspoon of tabel-karouia (Tunisian spice blend).
- Meanwhile, cut the stale bread into small pieces and fill 2 large bowls with it.
- Crack 2 eggs into the soup and let them poach for a few moments, then turn off the heat. The egg should remain runny inside.
- Immediately place one egg on top of each bowl, then pour the soup and chickpeas over the bread.
- In each bowl, add a big spoonful of harissa, one tablespoon of ground cumin, tuna, capers, and olives.
- Drizzle with a dash of extra virgin olive oil and squeeze a quarter of a lemon on top.
- Mix everything and enjoy with a spoon.





LABLABI

Cultural Notes

- Lablabi is one of the most popular dishes in Tunisia. It is a soup made from chickpeas, water, stale bread, garlic, salt, cumin, harissa, and vinegar.
- It is generally enjoyed in the winter or even for breakfast. But even in summer, people don't give it up; it is often eaten late at night with friends or even early in the morning to conclude a festive evening.
- Its origin is sometimes attributed to the Carthaginians and Hannibal's armies. It is said that Carthaginian soldiers ate Lablabi to sustain themselves during Hannibal's journeys.
- Others believe the name comes from the Turkish word leblebi, which means roasted chickpeas—plausible, especially since the Ottomans ruled Tunisia for 300 years.





MARKET KHODHRA

Ingredients

- 4 pieces of veal (or roughly a portion for 4 people)
- 100 g chickpeas (soaked the day before)
- 1 bunch of Swiss chard
- 2 bunch of spinach
- 1/2 bunch of parsley
- 1 onion, finely chopped
- Olive oil (enough to saute)
- 1 tsp tomato paste (or concentrated
- 1 tsp of harissa (or to taste)
- Spices: ground coriander, red pepper powder (chili), salt, pepper





MARKET KHODHRA

Cooking Process

- In a pot or heavy-bottomed cooking vessel, heat some olive oil. Add the chopped onion and veal pieces; sauté until the onion softens and the meat starts to brown.
- Add the soaked chickpeas, tomato paste (diluted in a little water if needed), harissa, and the spices (coriander, red pepper, salt, pepper). Mix well, cover, and let the mixture simmer until the meat and chickpeas begin to cook through.
- Once the chickpeas and meat are partially cooked and the tomato-chickpea mixture has reduced a bit, add the chopped Swiss chard, spinach, and parsley. You can also add other vegetables like artichoke stems or cardoons at this stage.
- Add some water (about 2 glasses) — don't overfill, as the vegetables will release water while cooking. Cover and continue cooking, stirring occasionally. If it dries out, add a little more water. Cook until the vegetables are soft and fully cooked (approximately 1 h to 1 h15, depending on the meat).
- Taste and adjust seasoning (salt, pepper, spices) before serving. Serve hot, typically with bread.





BSISSA HOMMS

Ingredients

- 3 kg of wheat
- 1 kg of chickpeas
- 3 tsp of ground green anise
- 3 tsp of ground coriander seed
- 3 tsp of ground marjoram
- Sugar or honey
- Olive oil

Cooking Process

- In a saucepan, toast the wheat and the chickpeas until they are nicely golden. Stir continuously so they don't burn. Let cool.
- Using a mortar and pestle, crush the toasted wheat and chickpeas to obtain a powder, a sort of wheat flour. This is the base mixture for making bsissa. You can also add the spices at this stage to grind them if they are not already ground.

To prepare the bsissa:

- 2 parts bsissa powder
- 1/2-part brown sugar or honey
- 2 tablespoons olive oil
- Mix all the ingredients, spread the mixture in a dish, and simply decorate with pistachios and walnuts.





BSISSA HOMMS

Cultural Notes

- Bsisso is the “miracle dish” or “magic potion” of Tunisians. Its popularity even rises during Ramadan, thanks to its nutritional value and high calorie content, which help people better endure fasting and hunger.
- In Bedouin tradition, Bsisso was recommended to travelers and pilgrims because it is a highly nutritious mixture with an excellent quantity-to-nutrition ratio.
- The basic principle is always to combine a cereal—such as wheat, barley, or even sorghum—with a second ingredient, usually a legume like chickpeas, lentils, or fenugreek. This mixture is then flavored with spices (marjoram, green anise, or rose petals) and sometimes enhanced with dried fruits.
- It can be consumed as a paste, mixed with olive oil and sugar or honey, or as a refreshing drink in summer, made by diluting the powder in water.
- Some trace the origin of Bsisso back to the Romans, based on mosaics that have been discovered in Tunisia.





GRAIBA HOMS

Ingredients

- 400 g roasted chickpeas, ground into powder
- 200 g melted flour (lightly toasted flour)
- 150 g icing sugar
- 100 g butter
- 1 glass of oil
- 50 g cornstarch
- Dried fruits (for decoration)

Cooking Process

- In a mixing bowl, add the butter, oil, and cornstarch, and mix.
- Then add the chickpea powder, flour, and icing sugar.
- Mix the preparation by hand until you obtain a dough.
- Take small portions of dough, roll them into balls, and place them in paper cases.
- Decorate each one with a hazelnut (or the dried fruit of your choice).
- Finally, bake in a preheated oven for 30 minutes at 180°C.





GRAIBA HOMS

Cultural Notes

- Ghraibas are oriental pastries, often served during the breaking of Ramadan or at Eid al-Fitr.
- Etymologically, the word ghraiba originates from the Turkish word kurabiye.
- Ghraibas can be found throughout the Middle East and the Maghreb. These irresistible oriental pastries are handmade using simple ingredients: flour, sugar, and butter or oil.





HOMS ROASTED

Ingredients

- 250 g chickpeas, drained and rinsed
- 1 tsp salt (adjust to taste)
- 1 tbsp oil

Cooking Process

- Preheat oven: 400°F (200°C).
- Prepare chickpeas: Drain and rinse thoroughly. Pat them very dry — this is key for crispiness.
- Toss with salt: In a bowl, mix chickpeas with oil and salt until evenly coated.
- Spread on baking sheet: Make sure they are in a single layer for even roasting.
- Roast: Bake for 25–35 minutes, shaking or stirring every 10 minutes, until golden brown and crispy.
- Cool & enjoy: Let them cool slightly; they'll crisp up further.





HLELEM

Ingredients

- 250 g of hlalem (traditional Tunisian pasta pieces)
- 1 tbsp tomato paste
- 1 chicken breast
- 10 cl of oil
- 1 chopped onion
- 2 carrots cut into small cubes
- 30 g soaked chickpeas
- 30 g dried faba beans
- 30 g peas
- Celery
- 1 tsp harissa arbi
- 1 tsp turmeric
- Salt and pepper

Cooking Process

- In a pot, sauté the onion in the oil.
- Add the celery, harissa arbi, and tomato paste.
- Season with turmeric, salt, and pepper.
- Add the dried faba beans, chickpeas, and carrots.
- Pour in a generous amount of water and add the chicken pieces.
- Bring to a boil until the vegetables and chicken are cooked.
- Add the hlalem to the soup along with the peas, and let it boil for 15 minutes (stir occasionally).





HLELEM

Cultural Notes

- According to experts in Tunisian culinary tradition, the idea of hlelems came from a woman in the old days.
- One day, while she was kneading dough for bread, her little child was playing nearby. To amuse him, she would occasionally take a piece of dough and toss it in his direction. After finishing her work, she gathered the scattered pieces of dough. Instead of throwing them away, she used them to make a soup, seasoning it with whatever ingredients she had on hand.
- This is how hlelems came to be.





CHORBA FRICK

Ingredients

- 500 g lamb meat, cut into pieces
- 200 g chorba frik (cracked green barley)
- 1 chopped onion
- 1 chopped fresh tomato
- 1 tbsp tomato paste
- Parsley
- Celery
- 1 tsp harissa arbi
- Garlic
- Salt and pepper
- 1 tbsp margarine

Cooking Process

- Finely chop the onion and brown it with the meat pieces in the margarine until they are nicely colored.
- Add the tomato paste, harissa, fresh tomato, and garlic. Salt and let simmer for 5 minutes.
- Add boiling water into the mixture, season with pepper, and let cook.
- Once it comes back to a boil, add the tchicha (frik). Cover the pot and let it cook, stirring occasionally.
- At the end of cooking, add the chopped parsley and celery.
- Serve hot, with a few drops of lemon juice on top.
- Cultural Notes: Chorba frik is often enjoyed during Ramadan as a starter, usually served with brik





BRID

Ingredients

- 3 tbsp of barley bsissa
- 1 glass of cold water
- A drizzle of olive oil
- 1 tsp of sugar

Cooking Process

- In a glass of water, add the bsissa.
- Add the sugar and a drizzle of olive oil, then mix.





FARFOUCHA

Ingredients

For the Sauce:

- 1 large onion
- 4 garlic cloves
- 60 ml olive oil
- 4 tbsp tomato paste
- 1 tbsp red chili powder
- 1 tsp salt
- 14 tsp tabel karouia (Tunisian spice mix with
- 1/4 tsp black pepper
- 400-500 ml water

For the Barley Couscous:

- 400-500 g barley (malthouth) couscous
- 1 tsp salt
- 1 tbsp olive oil
- A little water

For the Fresh Fennel:

- A few bunches of fresh fennel or dill (enough
- quantity; in France, dill is more commonly found and works similarly in taste)
- 2-3 carrots





FARFOUCHA

Cooking Process

- Prepare your couscous as usual. Add 1 tbsp olive oil and mix well.
- Add salt and moisten with water.
- For couscous, add the equivalent of a small glass of water and mix.
- For barley semolina, cover with water and then remove the excess. Let it rest for 30 minutes.
- Sort the fennel fronds and keep only the leaves. Finely chop the leaves.
- Wash and drain the chopped fennel leaves well.
- Fill the bottom of a couscoussier (steamer pot) with water and bring to a boil.
- In the top part (the steaming basket), place two forks in a cross at the bottom and pour the fennel leaves on top (this helps cook the fennel evenly).
- Steam the fennel in the top section.
- Once the semolina has rested, pour it over the fennel in the steaming basket.
- Cover and cook for 20-30 minutes, until the semolina is tender.





FARFOUCHA

Cooking Process

- In a pot, sauté the chopped onions in oil until translucent.
- Add the pressed garlic and sauté for 2-3 minutes.
- Add the spices (red chili powder, tabel karouia, black pepper) and salt.
- Add the tomato paste and cook for 1-2 minutes. If using dried meat, add it now.
- Add water and cook for 20-30 minutes over medium heat. The sauce should be thick but not too thick. Start with half the water and gradually add more to reach the desired consistency.
- Add peeled and chopped carrots after adding water.
- After 15-20 minutes, add peeled potatoes cut into quarters.
- Cook the merguez sausages in a pan and add them to the sauce.
- Stop cooking when the oil rises to the top and the sauce is thick.
- Transfer the semolina to a serving dish, add enough sauce, and let it absorb for 10-15 minutes. Add more sauce if needed so the semolina isn't too dry.
- Add fennel leaves to the semolina and mix well.
- Serve on plates with potatoes, carrots, and merguez sausages. Optionally, add harissa to taste.





BARLEY BREAD

Ingredients

- 250 g fine barley semolina
- 325 ml water
- 20 g baker's yeast
- 200 g flour
- 7 g salt
- 4 tbsp olive oil
- Medium barley semolina for shaping

Cooking Process

- Preheat the oven to 200°C.
- Mix the water, baker's yeast, and barley semolina. Cover the bowl with plastic wrap and let it rest in a warm place for one hour.
- Put the flour and salt in a bowl. Gradually incorporate the first mixture, then add the olive oil. Knead until you obtain a smooth dough. Cover the dough and let it rise.
- Divide the dough into 4 equal parts and shape them into balls. Let them rest for 15 minutes.
- Sprinkle the dough balls with medium barley semolina and flatten them.
- Place the breads on a baking tray, leaving space between them, and let them rise.
- Bake the breads for 15 to 20 minutes in the preheated oven at 200°C.





TALBINA

Ingredients

- 2 level tbsp of barley powder (about 30 g)
- 500 ml milk
- A pinch of salt
- Honey
- Dried fruits (almonds, cashews, walnuts, cranberries, hazelnuts, raisins, sesame seeds ...)

Cooking Process

- In a saucepan, pour the milk, then add the barley powder. Whisk off the heat to dissolve it well and prevent lumps from forming.
- Place over low heat and cook for about 10 to 15 minutes, stirring regularly with a wooden spoon to keep the mixture from sticking to the bottom of the pan (you can cook it in a bain-marie if you prefer).
- Once the desired consistency is reached, sweeten the mixture preferably with honey or unrefined whole cane sugar to preserve the benefits of the talbina.
- Serve in two bowls and garnish with fresh fruits or dried fruits of your choice.





SOUPE OF LENTIL

Ingredients

- 50 g butter
- 1 chicken breast, cut into cubes
- 1 onion, chopped
- 1 bowl of lentils
- 1 bay leaf
- Salt ... (others as per taste)
- sour cream

Cooking Process

- In a pot, melt the butter over medium heat. Add the cubed chicken and cook until lightly browned
- Add the chopped onion, sauté until soft.
- Add the lentils and the bay leaf. Cover with water (or broth) and bring to a simmer. Cook until the lentils are tender.
- Once the lentils are cooked and soft, stir in the sour cream to add richness.
- Season with salt to taste (and optionally other seasonings if desired). Serve warm.





TUNISIAN TBIKHA

Ingredients

- 200 g dried faba beans
- 150g soaked chickpeas
- 3 tbsp oil
- 2 tbsp tomato paste
- 2 tsp harissa
- 1 tsp paprika
- 1 onion
- 1 piece of pumpkin
- 1 green chili pepper
- A pinch of salt
- 1 tsp tabel (Tunisian spice mix)

Cooking Process

- In a pot, bring 1 liter of water to a boil and cook the chickpeas. Once they are almost cooked, add the fava beans.
- In another pot, heat the oil and add the chopped onion. Cook for a few minutes.
- Add the tomato paste and harissa. Stir and let cook for 2 minutes, then pour in a glass of water and add the spices.
- Let it simmer for about twenty minutes, then add it to the chickpea/fava bean mixture.
- Cut the pumpkin into small pieces and split the green chili pepper in half, then add them to the sauce.
- Cover and cook for about ten minutes.





TUNISIAN CHAKCHOUKA WITH FABA BEANS

Ingredients

- 440g of shelled faba beans
- Kadid (dried salted meat, usually beef)
- 2 onions
- 1 garlic clove
- 2 tbsp tomato paste
- Harissa
- 4 eggs
- Olive oil
- Dried mint
- Paprika
- Caraway
- Coriander: a few sprigs

Cooking Process

- In a small pot or deep pan, heat the olive oil. Add the chopped garlic and sauté for a few minutes. Then add the fava beans, kadid, tomato paste, spices (caraway and paprika), and harissa to taste. Let simmer for 5 minutes.
- Add two glasses of water and let simmer again for about 1 hour. Add more water if needed. The dish is ready when the fava beans and meat are fully cooked.





FOUL MEDAMES

Ingredients

- 1 kg faba beans
- 3 garlic cloves
- 1 tbsp harissa arbi
- 1/2 lemon
- 1 tsp cumin
- 1 tbsp oil
- 1/2 tbsp salt

Cooking Process

- Shell and wash the fava beans.
- In a pot, add water, the fava beans, salt, crushed garlic, and the half lemon.
- Let cook for about 20 minutes.
- Before serving, add the cumin, harissa, and oil.
- Serve hot.



NUSTALGIC



From neglected recipe to Global Impact: Reviving Mediterranean Food Heritage

This cookbook highlights the remarkable potential of NUS ingredients as foundational crops that sustain both nutrition and cultural heritage in rural communities. We have meticulously documented how women's deep attachment to tradition and their vision for the future intersect to preserve this valuable heritage and pass it on to future generations.

The recipes collected here are far more than just culinary instructions; they are a tangible reflection of women-led initiatives that enhance food sovereignty, actively preserve precious traditional knowledge for future generations, and strengthen economic resilience across rural communities. By exploring these dishes, readers can gain a deeper appreciation for the scientific principles underlying careful crop selection, traditional processing methods, and creative adaptations that truly respect the local terroirs.

We deeply encourage you to experiment with these recipes, to enjoy the rich, authentic flavors of NUS crops, and to actively support the dedicated women processors and entrepreneurs behind them. Every meal you prepare using these guidelines is a powerful opportunity to connect with a living tradition, contribute directly to sustainable practices, and further empower these vital mountain communities.

May these recipes inspire not only nourishing meals but also a profound understanding of how food—grown, prepared, and shared responsibly—can bridge cultures, preserve heritage, and be a driving force for meaningful social and economic change.



From Grain to Global Impact: Sustaining Heritage Through Empowerment

This cookbook collected tens of ancient recipes of neglected and underutilized crops. Through NUSTALGIC Project, we have collected here are far more than just culinary instructions; also memories from our ancestors and local terroirs; the project invites us to look both forward and back, to innovation as well as to heritage putting in the middle the such as barley, chickpea, fava bean, grass pea, and lentil from the Mediterranean.

We deeply encourage you to go through these recipes, to enjoy the rich and authentic neglected and underutilized crops and experience the healthy part of these crops. Every recipe you prepare using this recipe book, you are kindly invited to live the real experience and connect with the tradition and think about sparkling your curiosity and apply country specific fusion leading to innovation.

May these recipes inspire not only nourishing meals but also a profound understanding of how food—grown, prepared, and shared responsibly—can bridge cultures, preserve heritage, and be a driving force for meaningful social and economic change.

ACKNOWLEDGMENTS

Through the pages of this cookbook, we witness the strength, creativity, deep attachment to traditional recipes within rural communities across the Mediterranean region. With the support of the NUSTALGIC partners, local resources were transformed into high-value food products that celebrate heritage and innovation together.

The NUSTALGIC project marked an important step toward reviving traditional recipes while promoting equality, sustainability, a shared future, and healthier diets.

We extend our heartfelt thanks to all partners for their dedication, expertise, and passion invested in every aspect of this project. Their collaboration has made it possible to create a platform where women can learn, grow, and contribute economically to their families and communities.

This cookbook is not just a collection of recipes; it reflects collective effort, hope, and a vision for a better tomorrow. Each page tells a story of unity, innovation, and love for tradition.

We thank all participants—from farmers to chefs, from researchers to educators—for their contributions. Without them, this project would not have been possible.

May this cookbook inspire future generations of women to continue building on the foundations we have laid together.



The PRIMA programme is supported under Horizon 2020 the European Union's Framework Programme for Research and Innovation.



Citation

Rola El Amil, Sally Maalouf, Marie Therese Abi Saab, Marta W. Vasconcelos, Rafaela Geraldo, Rafael Duarte, Laila Louddi, Kaoutar Caidi, Dina Najjar, Hajer Ben Ghanem, Syrine Somrani, Sewar Saleh, and Samer Talazi. *Traditional NUS Recipes Cookbook - More than 60 recipes from Jordan, Lebanon, Morocco, Portugal, and Tunisia 2026. NUSTALGIC project*