

Kingdom of Morocco



Ministry of Agriculture
and Maritime Fisheries

"
Products of the
Moroccan sea,
a purely exquisite
taste."
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Department of Maritime Fisheries
B.P. 476, Agdal, Rabat, Morocco
Phone : (+212) 537 688 295 - Fax : (+212) 537 688 294
E-mail : contact@moroccanseafood.com
Web site : www.moroccanseafood.com

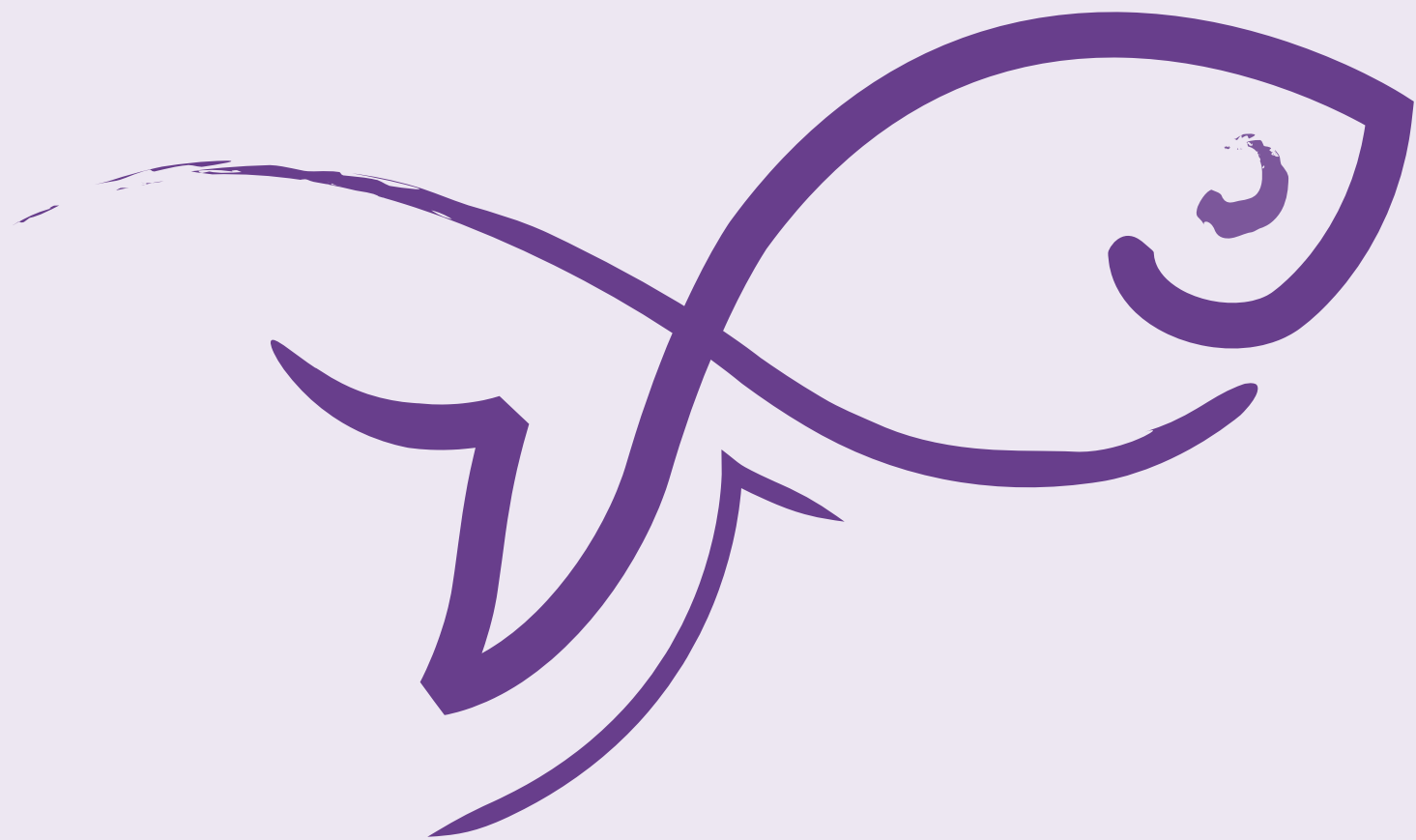

MOROCCAN SEAFOOD
Naturally



Enter a world Full of nutritional resources, and discover the vast Moroccan Fishing heritage at your disposal.

It allows you a great choice from a variety of shellfish and crustaceans of a rare organoleptic quality and which compete with fish of exquisite flavours.

So many flavours and taste qualities used to prepare enticing menus, which will undoubtedly make you greatly appreciate the wide range of Moroccan seafood.



Spoil yourself! Consume the Moroccan fish!

Original and unique, the Moroccan fish coast has a great diversity of species, which not only will satisfy the most discerning palate, but also have a number of key assets to your health. The fish is caught in the Atlantic or the Mediterranean; it's always a pleasure to put it on the menu for children, with family or friends!

 Dare try Moroccan small pelagic...

With 3 500 km of coastline harbouring a well protected marine environment, Morocco has a rich ecosystem of small pelagic fish: sardines, anchovies and mackerel are the ambassadors of the authenticity and the Moroccan fisheries typicality.



Moroccan sardine

The Moroccan sardine is the famous "Sardina Pilchardus" species, globally renowned as the true sardine with a designation protected by international standards.

Excellent fish in many ways, it combines gourmet pleasure and conviviality, culinary tradition and modernity, simplicity and speed of preparation, authenticity and naturalness.



Moroccan anchovy

As another flagship of the Moroccan fisheries, the anchovy has allowed Morocco to develop an important semi-preserving industry. The species present in the Moroccan coast, *Engraulis encrasicolus* or European anchovy, is popular on the fresh fish market: a small fish with a blue, elongated and cylindrical body, it has a light texture, firm flesh and a distinctive flavour. The fresh anchovy, eaten grilled or marinated, is product for connoisseurs.



The Moroccan mackerel

A traditional fish, the mackerel is a delight for lovers of small blue fish.

Eaten fresh, its fine and soft flesh has a specific and agreeable taste, and when canned, it is prepared in different ways which are highly appreciated.

...But don't Forget the big pelagic

Blue fin tuna and swordfish, two large legendary pelagic among gourmets and gastronomes from all sides, are a real pride of Moroccan fisheries, as much for their exquisite flavour as for being a source of nutrients that are essential to the body!



The Moroccan blue fin tuna

A shiny and bright red flesh when raw, cooked meat or closes mid-cooked but the threads that separate well below the range, taste very appreciated by connoisseurs: the Moroccan blue fin tuna is a safe bet for the sea gastronomy, suitable for recipes which combine eg olive oil, garlic and tomatoes.



The Moroccan swordfish

Recognizable by its long beak, white flesh, a fine taste and a texture that is both firm and soft, it is very appreciated by gourmets.

You Feel like changing? Moroccan cephalopods will pleasantly surprise you!

Moroccan cephalopods, the squid and octopus in particular, have a very tender flesh, a flavour on other pelagic has! A delicacy feast, allowing various appetizing preparations and, to top it off, very low in calories! Typical of Morocco and having original flavours, their fishing and consumption are derived from a tradition that has lasted for centuries.



The Moroccan octopus

The Moroccan octopus is undoubtedly the most esteemed and most sought after by gourmets worldwide. Its flavour instantly transports you to the Atlantic seas of southern Morocco.



The Moroccan squid

Growing in a protected marine environment, the Moroccan squid has a delicate flavour and a unique texture that will delight the most demanding palate.

For every taste and every appetite, go for Moroccan white fish !

The marine ecosystem of the Moroccan coast is an environment for the evolution of whitefish. The result for the consumer is felt in a flesh of a fine texture, with a wide range of flavours and a natural taste sought for.



The Moroccan Hake

Its soft and tender flesh, delicate and fragrant, its fine and subtle taste make the Moroccan hake a prized fish by consumers of all kinds.



The Moroccan Sole

The Moroccan sole has a firm and delicate flesh, it is considered one of the finest species for its incomparable flavour, it is definitely a treat for fans of flat fish.



Moroccan Bream

With a fine and tasty flesh and a subtle iodized taste, the Moroccan bream is prized for its Excellence by exceptional fish lovers.

Lovers of seafood, Moroccan crustaceans are for you!

Try them once and you will find it so hard to do without them later! Whether you love shrimp, lobster or other crustaceans, Moroccan crustaceans will delight you with their delicate flesh and delicious taste, the result of an exceptional freshness.



Moroccan Prawn

Finely tasty, ambassador of exceptional taste, Moroccan shrimp or rather should we say Moroccan "shrimps", because there are many varieties combines the taste of the sea, equilibrium and exoticism. Its beautiful red-orange colour, firm flesh, brilliance and flavour make it an exceptional crustacean. Moroccan prawns impress with the finesse and subtlety of their delicately iodized scent.



Moroccan Langoustine

Renowned for its tender, firm flesh, a unique and refined taste, this great creature will delight the most demanding and the most refined gourmet taste buds.

Moroccan Shellfish : 1, 2, 3, open and enjoy!

With an abundant coastal plankton and stirred by the highest tides, not to mention its climate and its outstanding geographical features and its wide sandy bottoms, Morocco is an area particularly conducive to the development and growth of character shells. Widely popular among foodies, Moroccan shells offers the foodie delicate taste evoking iodine flavors of the ocean.



The Moroccan Oyster

Fruit of a historical heritage, Moroccan oysters have a water of exceptional quality, particularly favourable for their breeding. A delicate flavour and subtle woody scents, Moroccan oyster farm and crisp flesh, offer a perfectly balanced taste for shellfish lovers.



Moroccan Mussel


Moroccan mussels are particularly tasty and delicious and have something for the sweet tooth. They are fleshy and melting through their stays in Moroccan waters rich in plankton; a fashion culture and unique treatment coupled with traditional and authentic collection practices that have earned them great success.





A cuisine with one thousand and one Flavour!

The Moroccan cuisine is one of the finest and most varied cuisines in the world. The wealth of dishes that characterise it reflect the country's history and the people who have settled here over time.



In family or festive times and meal enjoyed with friends, Moroccan cuisine uses all fish and seafood whose variety contributes to the richness and diversity of dishes.

Consumed on all occasions, Moroccan fish and seafood can thus be enjoyed in different ways: grilled, baked in tinfoil or greaseproof paper, fried in tajine, stuffed, pellets, in soup, in sheets of bricks, marinated ... taste it and you won't be able to do without later!





Moroccan recipes

Pastilla with Fish and seaFood

Number of persons : 06 Pers.
Preparation time : 00 h 40 min
Cooking time : 00 h 35 min
Temperature : 130 °C



Ingredients :

250 g of prawns,
200 g of squid,
400 g of whiting filet, or bream or sea bream,
200 g of mushrooms,
250g vermicelli,
3 teaspoons of paprika,
3 tablespoons of lemon juice,
3 cloves of garlic,
1 teaspoon of pepper,

2 teaspoons of cumin,
2/3 of preserved lemon,
2 onions,
200 g of cheese,
5 tablespoons of cilantro and parsley,
3 teaspoons of olive oil,
Butter,
Salt,
Brick sheets.

Preparation :

1. Roast the onion cut into small cubes in a pan with oil preheated.
2. Soak the noodles for 4 minutes in water in a saucepan previously brought to boil, then let them drain.
3. Cook the fish fillets and squid with little oil.
4. Put the fish, squid, shrimp, vermicelli, and all the ingredients and spices together, and cook and stir for a few minutes.
5. Grease a baking sheet and spread the sheets of pastry brushed with melted butter.
6. Fill the middle with the stuffing and put the sheets of pastry on top.
7. Cover all with a last sheet of pastry and brush all with melted butter.
8. Bake in the oven until the surface is crisp.
9. Serve. «ENJOY YOUR MEAL».

Moroccan recipes



Squid stuffed with rice

Number of persons : 04 Pers.
Preparation time : 00 h 30 min
Cooking time : 00 h 30 min
Temperature : 180 °C



Ingredients :

800 g of squid,	3 cloves of garlic,
200 g of rice,	1 tablespoon of olive oil,
Lemon juice,	Salt and pepper,
1 bunch of parsley,	Lemon.
1 bunch of coriander,	

Preparation :

1. Wash and empty the squid, and rinse each pocket obtained, then cut the tentacles and remove the spout.
2. Boil for 5 minutes in boiling water, and keep the pockets.
3. Bring a pot of salted water to a boil, and pour the rice into the boiling water and cook it for 10 minutes.
4. Chop successively parsley, coriander, and tentacles of squid, then peel and chop the garlic.
5. Coat the bottom of a pan with a drizzle of olive oil, pour in the rice, coriander and parsley, garlic and squid tentacles and mix on fire.
6. Season the stuffing rice with pepper, salt and sauté for 3 minutes on the fire, stir.
7. Fill each pocket of squid with stuffing of rice and lemon juice, then close the end with a toothpick.
8. Fry in oil the rest of coriander, parsley, garlic, salt and pepper and cook the squid for 10 minutes in the sauce.
9. Serve and garnish with lemon. «ENJOY YOUR MEAL».



Moroccan recipes

Briouates shrimp

Number of persons : 06 Pers.
Preparation time : 00 h 40 min
Cooking time : 00 h 40 min
Temperature : 180 °C



Ingredients :

500 g of brick sheets,
500 g of peeled shrimp,
2 onions,
200 g of black fungus,
50 g of green olives,
150 g of Chinese noodles,

Juice of one lemon,
2 tablespoons of olive oil,
1 teaspoon of paprika,
2 tablespoons of chopped parsley and coriander,
Salt and pepper,
Pepper depending on taste.

Preparation :

1. Pour boiling water on black mushrooms and leave them for 15 minutes, then drain and cut into cubes.
2. Put Chinese noodles in a bowl of boiling water and leave for 15 minutes, then drain and chop.
3. In a large pan, put the olive oil, onion, and cook for a few minutes. Next, add the shrimp and spices, stir and cook until water evaporation.
4. Let cool.
5. Add mushrooms, vermicelli, olives and lemon juice.
6. Adjust salt if necessary and add a pinch of spice depending on taste.
7. Take a sheet of pastry and divide it in half lengthwise. Then divide each half into two bands (still on the length).
8. Take a band and place a teaspoon of the filling, then fold to form a triangle, making sure to enclose it. Then secure the end with a mixture of flour and water.
9. Fry in hot oil.
10. Serve. «ENJOY YOUR MEAL».