

Kingdom of Morocco



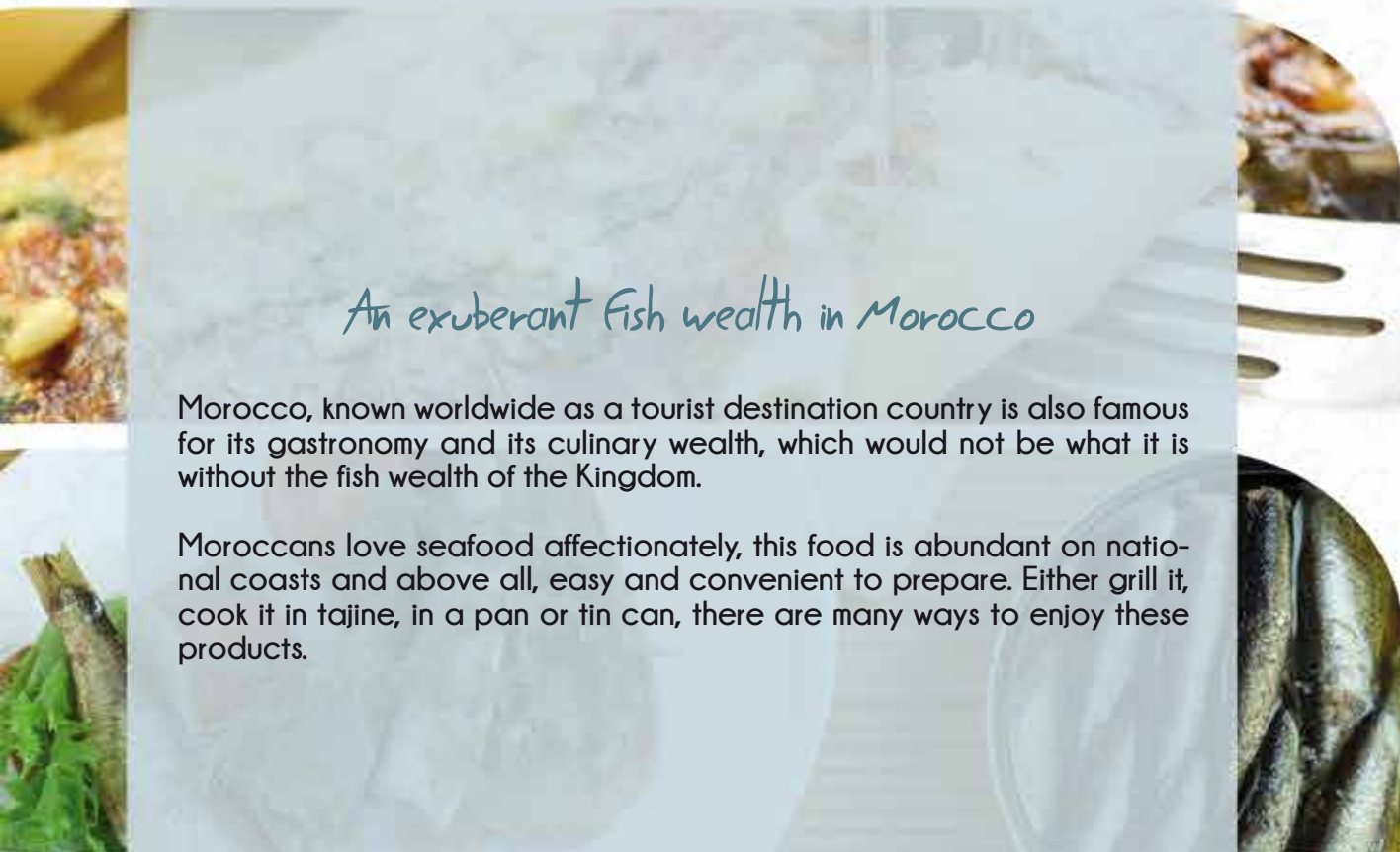
Ministry of Agriculture
and Maritime Fisheries

"Products of the
Moroccan sea,
*Easy to prepare
and delicious to taste*"



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MOROCCAN SEAFOOD
Naturally



An exuberant Fish wealth in Morocco

Morocco, known worldwide as a tourist destination country is also famous for its gastronomy and its culinary wealth, which would not be what it is without the fish wealth of the Kingdom.

Moroccans love seafood affectionately, this food is abundant on national coasts and above all, easy and convenient to prepare. Either grill it, cook it in tajine, in a pan or tin can, there are many ways to enjoy these products.



The Moroccan Sea Products: various products, many forms

The marine diversity present in the waters of the Kingdom offers a range of products renowned for their quality and authenticity as the Moroccan sardines, anchovies or octopus.

Its valorisation has helped bring to market a multitude of seafood products packaged in different ways. Fresh food lovers can find what they look for since it is available and diversified. Those who can't buy it fresh can buy it canned, semi-preserved and frozen.

All these types of products have an undeniable advantage: to provide consumers with a high nutritional quality products which are highly appreciated throughout the world.



The Moroccan seafood, simple and convenient to prepare

The products are conspicuous by their practicality and ease of preparation. Are you hungry? Take half of a French stick and a tin of sardines, this will give you a lot of nutrients while satisfying the stomach! Do you have a little more time? White fish fillets cooked in the pan and sprinkled with salt and pepper and a drizzle of olive oil will make your guests mouth-watering. Want to impress your them at dinner? A good baked fish with its garnish will make you a chef with friends. Not to mention the famous sardines meatballs, so delicious in tajine!

So, don't hesitate, dare trying the products of the Moroccan sea! Whether white or pelagic fish, shellfish or crustaceans, or cephalopods; quality, availability and convenience are waiting for you! The sea product was always a popular food, thanks to the fact that it fits in the most diverse and tastiest preparations. But before styling your toque and start cooking, you should always keep in mind some rules essential for cooking seafood, this high quality product.

The quality and freshness of the fish is essential before purchasing it. If it is still fresh, its flesh is firm while releasing a marine odour. There are several ways to make sure of these conditions: the colour of eyes and gills, scales texture...

Some selected criteria for different specie

In general, you have to follow certain rules when purchasing any of the seafood species:

- Ensure compliance with the cold chain,
- Your fish must comply scrupulously with:
 - The best ways of presentation and sale of seafood,
 - The hygiene and safety of fish,
 - The optimum temperature for the preservation of fresh seafood (between 0 and 2 ° C)
- Use an insulated bag when buying your fish,
- To pack your fish:
 - Use plastic wrap to preserve your fish, or better, vacuum pack,
 - Keep the fridge in an ideal temperature of 4 ° C,
- Consume the product the same day or at the latest 48 hours after your purchase,
- In general, the colour of the gills, the eyes, flesh firmness, and smell are good indicators to provide information on the freshness of a fish.
- For crustaceans, for example, here are few simple tips to help ensure freshness. Thus, in the case of shrimp, they must have a moist and shiny carapace, their pink-red colour indicate that they have recently been fished. But if they are sticky, and their colour is almost gray, this is usually a bad sign.
- Concerning shellfish such as mussels, oysters, clams, etc., they must normally be closed, especially if bought alive. Added to this is the fact that they should not make a hollow sound when you knock them against each other.

For cephalopods, they must be firm, shiny, slippery and smelling iodine.

Clean and prepare with ease

Using a knife, cut the fish head, fins and tail as needed. Open the fish along the belly. On a flat surface, place the fish belly down, and press the backbone to remove the central bone, and all the small bones (depending on species).

For cephalopods, if it is an octopus, you generally have to:

- Strip it, turn the back pocket and empty the bowel, remove the eyes and beak. The average sized arms are left whole or cut into bite size pieces.
- Tenderize it: bleach it several times in boiling water, cook it in a court-bouillon, leave it in the freezer for at least 24 hours.

As for a squid, remove cartilage, drain and flush the ink bag, which can be kept for a sauce, in cold water. (The arms of small squid are usually left whole or cut longitudinally, while the body can be sliced, unless we want to stuff it). And if you want it tasty, you must cook for 5 minutes.

As for crustaceans, especially the most popular such as shrimp, shelling is quite simple. In the case of crayfish or lobster, you often bring utensils adapted to remove the shell and remove the crustacean's central vein.

Defrost your fish before cooking

If, for any reason, you do not have opportunity to buy fresh seafood, their frozen version can be a more attractive alternative. Before cooking a product that has been previously frozen, put it in your refrigerator the day before the expected blowout. This process activates a natural defrosting, which will ensure a simpler preparation of your food choices!



Various cooking methods to suit every taste!

One of the great benefits of seafood, in addition to their low calorie content and the fact that they are universally recognized as beneficial to health, is that they are suitable for different cooking modes. Which increases the final flavours that can come from a single product!

The cooking temperature

It is commonly accepted that most of the fish are thoroughly cooked when they reach an internal temperature of 120°C / 145°C.



Try grilling!

One of the best ways to prepare the Moroccan seafood is simply grilling! It is simple, fast, and keeps the flavours of the product. White fish or pelagic, as well as crustaceans, all of them can admirably be grilled, especially in summer. Add lemon juice, and serve for the happiness of the guests!



The oven, a place for new flavours

One of the best choices you can make to cook Moroccan fish. It is a healthy and popular method in Morocco to keep all the nutritional qualities of the product.



The pan-frying, tasty and nutritious

It is commonly believed that cooking fish in a pan is one of the most common methods in the world. Morocco is no exception, and its seafood, renowned for their unique flavour, can also be prepared in this way, ideally to add more flavour to it.

Indeed, fish cooked in a pan in their most natural state is a healthy alternative that may be more convenient than other modes, requiring later that you add a few spices to taste the fish.







Moroccan recipes

Hake natural tajine

Number of persons : 04 Pers.
Preparation time : 1 h 15 min
Cooking time : 00 h 30 min
Temperature : 180°C



Ingredients :

800 g of hake,	2 teaspoons of cumin,
Coriander,	2 teaspoons of paprika,
4 cloves of garlic,	1 teaspoon of hot pepper,
Lemon juice,	½ glass of olive oil,
Vinegar,	1 glass of water,
2 lemons,	1 conserved lemon,
	1 onion,
	Salt.

Preparation :

1. Prepare the Chermoula; mixing the spices, chopped coriander, vinegar, minced garlic, and olive oil and a little lemon juice.
2. Marinate the fish in this mixture for 45 minutes.
3. At the bottom of a tajine, align onion rings and place the marinated fish.
4. Add the remaining marinade and cook on low heat for 30 minutes by adding water as needed.
5. Decorate with conserved lemon slices.
6. Serve «ENJOY YOUR MEAL».



Moroccan recipes

Barbecue sea bream with spices

Number of persons : 04 Pers.
Preparation time : 2 h 15 min
Cooking time : 15 min



Ingredients :

4 sea bream,
1 tablespoon of tomato paste,
 $\frac{1}{4}$ diced conserved lemon,
5 tablespoons of olive oil,
3 cloves of garlic, finely chopped,

Pepper, cumin,
2 teaspoons of paprika,
Salt and lemon juice,
5 tablespoons of chopped coriander.

Preparation :

1. Mix the marinade ingredients; tomato paste, conserved lemon, olive oil, garlic, coriander, paprika and season with spices.
2. Put in the marinade the breams well washed, cleaned and with bones removed, and turn them so they are well impregnated.
3. Cover and refrigerate the fish for 2 hours, turning occasionally.
4. Prepare the barbecue in advance, and grill the fish for 10 to 12 minutes, until crusty and golden on each side.
5. Serve « ENJOY YOUR MEAL ».



Moroccan recipes

Shrimp pil pil

Number of persons : 02 Pers.

Preparation time : 10 min

Cooking time : 08 min



Ingredients :

250 g of peeled shrimp,

2 tomatoes,

1 tablespoon of olive oil,

1 clove of garlic,

1 pinch of pepper,

1 pinch of saffron powder knife,

1 tablespoon of chopped parsley and coriander,

1 pinch of paprika,

1 pinch of cumin,

Salt.

Preparation :

1. Cut the peeled and seeded tomatoes into small cubes.
2. Cook them in a pan with oil, garlic, salt and other spices.
3. Stir for a few consistent sauce.
4. Add the shrimp, coriander and parsley, cook for 8 minutes on low heat.
5. Serve hot « ENJOY YOR MEAL».





