



# ALGERIA



## MEET THE CHEF

### RABAH OURRAD

*At 43 years old, Rabah Ourrad is popular from London to Algiers. Before becoming a juror of Master Chef Algeria for two years, he was enriched by an apprenticeship of Catalan cuisine in Barcelona and by moving to London to work with Pierre Gagnaire at Sketch Restaurant.*

Later, he worked for the double Michelin-starred Ledbury and the famous Momo's. In 2014, he founded the Wormwood restaurant in Notting Hill.

Now at the head of the restaurants Mim and Mim Rooftop of the M suite hotel, his dream is to revolutionize Algerian cuisine by breathing creativity into his country culinary traditions and bringing together the terroir of its different regions.

Chef Rabah says: "Our mothers are real masters in spices mixology. Chicken Tajine with olives can't have the same spices than Mteuem – my favourite by the way. The seasoning needs to be perfect and subtle. Textures are highly important. Home cooks are real professionals. This is the reason why Algerian cuisine is so special and local restaurants have to live up to it."

## ALGERIA GASTRONOMY MUSTS

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### OLIVES



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### DATES



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### JASMIN



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### DIOUL



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### MINT



## ALGERIA



### DO IT YOURSELF!

#### LAMB SHOULDER AND 7 CEREALS COUSCOUS

##### INGREDIENTS

###### For the marinade:

- 200 g softened butter
- 5 cl olive oil
- 5 g *Ras El Hanout*
- 5 g salt
- 1 g pepper
- ¼ coriander
- ¼ parsley
- 2 g curcuma
- 15 g garlic
- 25 g onion
- 2 lamb shoulders

###### For the lamb:

- 500 g couscous 7 cereal
- 10 cl water
- 2 g salt
- 1 g pepper
- ¼ coriander
- ¼ parsley
- Few leaves of mint
- 100 g diced carrots
- 100 g diced turnips
- 8 g comfit lemon diced

###### For the 7 cereals couscous:

- 1 l beef stock
- 50 g carrots
- 10 g garlic
- 100 g onion
- Thyme
- Bay leaf
- 1 tablespoon of tomato paste

##### STEP BY STEP

- 1 Mix the ingredients, thoroughly coat the shoulder with the mixture then leave it in the fridge, covered overnight.
- 2 Roast the shoulder at 190°C for 30 minutes.
- 3 Sweat the vegetables until brown in a big pan. Add tomato paste, the bouquet-garni and the beef stock.
- 4 Cover the meat to ¾ with the broth. Add any other vegetables you like. Cover the tray and cook for 5 hours at 140°C of olive oil.
- 5 Mix the couscous, salt and olive oil in a large bowl. Make sure all grains are coated, then cover with water and leave it for 15 minutes until fully absorbed.
- 6 After that, break the solid block resulting and separate the grains with your fingers. Cook in a steaming pan for 10 minutes, then separate the grains again using a whisk and adding a tablespoon.