

RECIPE

מרק ארירה מרוקאי

MOROCCAN HARIRA SOUP



INGREDIENTS

- 3 yellow onions, finely chopped
- 1 bunch celery, finely chopped
- 2 tbsp garlic, finely chopped
- 2 cups extra virgin olive oil
- 1 tbsp turmeric
- 1 tbsp paprika
- 1 tbsp cumin
- 1 tbsp ginger powder
- 1 tbsp crushed chili flakes
- 1 pinch of saffron
- Salt and pepper to taste
- 3 pounds lentils, uncooked
- 2 gallons vegetable/parve soup stock
- 1 pound garbanzo beans (chickpeas), cooked firm or 1 can, rinsed and drained
- 3 cups fresh tomatoes, peeled and chopped
- Fresh lemon and chopped cilantro for garnish



Adapted from thekosherkitchen.com:
[http://jewishfoodexperience.com/
recipes/moroccan-harira-soup/](http://jewishfoodexperience.com/recipes/moroccan-harira-soup/)



Serves 50

INSTRUCTIONS

In a large soup pot, sauté onions, celery and garlic in olive oil until onions and garlic soften. Add all the spices, lentils and stock, and stir well. Cook covered on medium heat until tender (about 30 minutes).

Add chickpeas and tomatoes. Simmer on low heat for another 30 minutes or so. Always taste to make sure not to over/under cook. Finish with chopped cilantro and a squeeze of fresh lemon juice.



ABOUT מרק חרירה מרוקאי

MOROCCAN HARIRA SOUP

When hundreds of thousands of Jews left Morocco to immigrate to Israel in the late 1940s and 1950s, they brought their traditional recipes for harira soup with them. Actually, it seems like nobody actually had written versions of the recipe; this rich, thick, satisfying soup seems always to be based on insider knowledge passed from generation to generation. Typically made with beef or lamb, this recipe can be adapted to taste, and you can be sure that any Moroccan Jew who sees it will have suggestions about how to make it more like their own!

Harira is a staple for Jews and Arabs in Morocco, and it features in traditional holiday meals for both groups. Jews often eat it to end the Yom Kippur fast, and Muslims enjoy it at the end of each day's fast during Ramadan. In Israel, it has entered the canon of popular foods, often served with a twist that may include a liberal dash of sumac, the juice of fresh limes, and other additions that add an acidic spark. However you make it, you're sure to enjoy it, and be warned: It's so filling that it's a meal in itself.

NOTES

