

## Out of Africa Products by Hassan M'souli

We now have a range of our Moroccan flavors for you to take home; available in store or for wholesale distribution

### Out of Africa - Argan Oil



Argan Oil comes from the nut of the Argan tree, which up until recently was relatively unknown as it only grows on a small area in the south west of Morocco. Cherished for centuries by Moroccan Berbers, Argan oil has now captured the attention of the modern world. When compared to olive oil, Argan oil is a stronger, richer grown oil, which is cold pressed, slightly darker than olive oil, has a nutty flavor and is high in nutritional value. Argan oil contains Omega 6, has twice as much Vitamin E as olive oil, has anti-inflammatory properties beneficial for arthritic or rheumatic conditions and is known to help reduce your cholesterol levels. **\$28.00**

### Out of Africa - The Original Preserved Lemon



Preserved lemons, one of the most widely used ingredients in Morocco, are lemons, which have been pickled in salt and their own juices. Also called pickled lemons, they add a salty, distinctive lemon flavor to Moroccan tajines, sauces and salads. Some cooks always remove the flesh, for example, while others leave it on when adding preserved lemon to tajine's and sauces. In salads, however, only the finely chopped rind is usually used. The longer the lemons simmer in the sauce, the more salt and lemon flavor that will be released. **\$12.00**

### Dukkah

A roasted chunky spice mix using the actual seeds instead of ground spices combined with roasted nuts. The flavour adds a sense of earthiness to your dish. Used as a marinade when mixed with a little olive oil, or as had most in Morocco served with Argan oil and eaten dipped with warm crusty bread, a unique seasoning rich in natural flavours. **\$8.00**

### **Za'tar**

A North African seasoning used often as a spice. Can be rubbed into meat or on vegetables for a barbecue. Often used in Morocco mixed with olive oil to dip bread. **\$6.00**

### ***Out of Africa - Ras el Hanout***



Ras el Hanout, which translates literally as 'head of the shop', originated in the Meghribi villages of North Africa. It's a complex and distinctive mix of about 20-27 spices and herbs, the quantities of which vary according to the maker. Specific quantities are a much guarded secret from one spice shop to the next and blending is considered an art. Ras el Hanout is used with poultry, meat, game, rice and couscous. **\$10.00**



### ***Out of Africa - Harissa***

Harissa is a fiery hot paste made with red chilies, red capsicum, preserved lemon and various herbs. It is primarily served to enhance salads, cooked fish, meat and poultry and is an automatic addition to couscous. **\$8.00**

### ***Out of Africa - Date and Kahlua Sauce***



A sweet creamy sauce made for crepes and pancakes, which can also be used with anything else you desire. A rich and decadent sauce best served heated gently over a stove. **\$12.00**

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### **Sosatie Sauce**

A spiced sweet African sauce, with flavors of apricot, saffron, preserved lemon and mixed spices, Sosatie Sauce is Hassan's favorite and a signature sauce at *Out of Africa*. To use as a sauce, just add as much cream as you are using sauce and cook together gently or use as a marinade for red meat before grilling. **\$16.00**

### **Out of Africa - Moroccan Mixed**

#### **Harissa Olives**



A tapas or side dish on its own, the strong flavor needs no other. Cook with tajines or add to tomato sauces for a spicy Moroccan flavor. **\$10.00**



### **Out of Africa - Moroccan Organic Olive Oil**

Pure and natural, Moroccan Organic Olive Oil is used as the base ingredient in many Moroccan dishes, not only for the unique flavor it delivers, but also for its numerous health benefits. **\$10.00**

## **Smen**

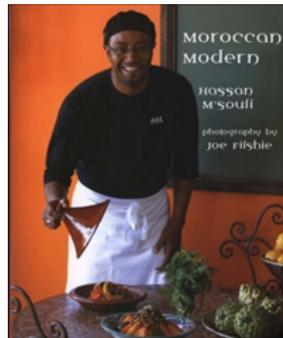
Used to season cous cous and tajines, an unusual taste with an earthy flavour. Can be used instead of butter in all savory dishes.

## **Books**

Hassan is the first Moroccan to publish a recipe book on Moroccan Cuisine in Australia. *Moroccan Modern* was released in October 2004, and was sold out by February 2005. Since then, it has been re-printed several times and is sold nationally & internationally.

Hassan's second cookbook *Make it Moroccan* was launched in November 2008, with resounding success in Australia and overseas. In February 2010, *Make it Moroccan* was up against African cookbooks from 136 countries and won - *Best in the World* in the category of *African Cuisine* at the Gourmand World Cookbook Awards in Paris.

**Moroccan Modern \$40.00**



**Make it Moroccan \$45.00**

