



Sustaining intercultural dialogue through the common Mediterranean Food

Overview of the Moroccan experience



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Introduction

- *The Mediterranean food although distinctly different from country to country has overall common character ;*
 - *to feed*
 - *to provide family and social cohesion and joy;*
- *Food is kept outside of tensions that existed and still exist between countries or ethnic groups in some parts of the region ;*
- *In Morocco: Cuisine & Diet are rich and varied , they reflect the history and the culture of Morocco, as part of the Mediterranean culinary .*

Introduction : Who is the CMEED ?

CMEED : Club Marocain pour l'Environnement & le Développement

- The Moroccan Club of Environment & Development is a National NGO working in the field of Environment & development since the nineties of the last century ;
- Member of NGO-ECSDE , RAED , IUCN and GMDR ;
- Has participated in the Med Food Project launched by NGO-ECSDE with support of Anna Lindh Fondation: *Sustaining Intercultural Dialogue through Deeper Understanding of the Mediterranean Food (SUDUMEF)*:
 - Desk Study : Moroccan Contribution;
 - organizing a series of educational meetings targeting young people , teachers and civil society on the topic of the food system in the Med Region and its role in promoting dialogue and rapprochements between the youths and the people of the Med Region (as one of the area of EsD;
- The project focus on the joint-creation of educational resources on Mediterranean Food as a vehicle for Intercultural Dialogue and promotion of Sustainability, based on the collaboration and exchange among the partners (*Greece, Egypt, Morocco, Palestine & Italy*).

SDUMEF Objectives

- To raise awareness among citizens, particularly young people, of the links between the Mediterranean diet and food, its sustainable production and the “intangible” cultural heritage associated with it.
- To show the positive impact of intercultural dialogue for tackling social and cultural challenges within and across societies of the region and for their sustainable development;
- To engage large and diverse audience in the promotion of cultural diversity and intercultural dialogue through a MOOC targeted to Mediterranean food.
- To contribute in facilitating access to and sharing of intercultural resources and experiences as well as the transfer of know-how and competencies across the Euro-Mediterranean region.

Some characteristics of the Morocco Diet (as presented in the SFDUWEF study case)

- Moroccan cuisine is a rich and varied, influenced by different cultures, including Arabic, Andalusian, Berber and Mediterranean. It is also strongly influenced by Morocco's climate and natural resources;
- Food plays an important role in Moroccan culture. It is often shared among friends and family, and is often associated with special events such as weddings, births, celebrations, religious holidays and festivals;
- It serves as a symbol of hospitality, generosity, and communal bonding;
- Moroccans take pride in their culinary heritage and enjoy sharing meals with family, friends, and guests.

Some characteristics of the Moroccan Diet

- The Moroccan diet is traditionally based on cereals, vegetables, fruits, olive oil and dairy products. Meat is often eaten (veal, chicken & fish), but in moderate quantities compared to other regions of the world. Spices are often used to flavor dishes.



The cultural importance related to the Moroccan diet:

- *The importance of family and friends: Food is often shared among friends and family, and is often seen as a way to strengthen social bonds. Meals are often an opportunity to get together and spend time together ;*
- *The importance of special events: Food is often associated with special events such as weddings, births and religious holidays. Traditional dishes are prepared for these occasions, and are often seen as a way to celebrate.*



The cultural importance related to the Moroccan diet:

- *The importance of spices: Spices are used liberally in Moroccan cuisine to flavor dishes. The most common spices are cumin, paprika, turmeric, ginger and cinnamon;*
- *The importance of tradition: Moroccan cuisine is a traditional cuisine that is passed down from generation to generation. Recipes are often passed down orally or through cookbooks*



Selected examples of popular Moroccan dishes

- *Couscous is a dish of steamed wheat semolina, served with a variety of vegetables, meat or fish. It is the national dish of Morocco ;*
- *Tagine is a dish cooked in earthenware, generally made from meat, vegetables and spices. There are many types of tagines, each with their own unique flavor;*



Selected examples of popular Moroccan dishes

- *Pastilla is a typical sweet or unsweetened dish, stuffed with meat, almonds and sugar or fish without sugar. It is a very popular dish presented during major events to high-level guests ;*
- *Harira : A traditional Moroccan soup made with lentils, chickpeas, tomatoes, and spices;*



Selected examples of popular Moroccan dishes

- *Msemen: A thin, flatbread that is often served with honey or cheese;*
- *Mint tea: A popular Moroccan beverage made with green tea, mint, and sugar.*



CMED Contributed to the dissemination of SIDUMEF project & EsD

Le manuel "Cuisine méditerranéenne : notre héritage, notre futur »



Le manuel "Cuisine méditerranéenne : notre héritage, notre futur" – Contenu (1/2)

- 1. Notre terrain d'entente : la triade méditerranéenne (et plus)*
- 2. La vigne & ses produits*
- 3. Des oliviers dans toute la région*
- 4. La grande famille des céréales*
- 5. Les légumineuses : le quatrième membre manquant ?*
- 6. Tant de fruits !*
- 7. Noix et racines*
- 8. Les légumes du régime méditerranéen*



Le manuel "Cuisine méditerranéenne : notre héritage, notre futur" – Contenu (2/2)

9. Boissons chaudes

10. Édulcorants et sel

11. Les jeûnes importants en Méditerranée

12. Plats typiquement méditerranéens

13. Régime méditerranéen et santé

14. L'impact environnemental de l'alimentation et de la durabilité défier

15. C'est une question de goût, pas de gaspillage ! Pratiques durables & Méd. diète

Conclusion



OMED Contributed to the dissemination of SIDUMEF project & E&D



ملتقى افتراضي حول موضوع :

**تعزيز الحوار بين الثقافات من خلال الفهم العميق لطعام البحر الأبيض المتوسط
(SIDUMEF)**

Sustaining Intercultural Dialogue through deeper understanding of the Mediterranean Food
(SIDUMEF)

ودلك يوم الخميس 30 سبتمبر 2021 على الساعة السابعة مساء

البرنامج

- عرض مدخلي حول الغذاء في المنطقة المتوسطية :
الدكتور خالد غانم رئيس قسم البيئة والزراعة العضوية – جامعة الأزهر - جمهورية مصر العربية (20 دقيقة)
- تقديم مشروع تعزيز الحوار بين الثقافات من خلال الفهم العميق لطعام البحر الأبيض المتوسط :
د/ محمد فتوحى رئيس النادي المغربى للبيئة والتنمية – المنسق العام المساعد للشبكة العربية للبيئة والتنمية
"راند" (15 دقيقة)
- تقديم دليل تربوي حول مشروع SIDUMEF «
دة / صفاء الهير أستاذة علوم الحياة والأرض وباحثة فى سلك الدكتوراة بالمدرسة الوطنية العليا للحرف والمهن
جامعة محمد الخامس ((15 دقيقة)
- نقاش مفتوح (60 دقيقة)

الميسر : د. يوسف خياط أستاذ باحث بجامعة الحسن الأول - الكاتب العام لجمعية النادي المغربى للبيئة والتنمية

Conclusion

- Moroccan cuisine is a rich and varied cuisine that not only reflects the history and culture of Morocco, but also the Mediterranean culinary dimensions.
- It is a cuisine that is appreciated all over the world. and translates Moroccan & Mediterranean environmental, historical and cultural characteristics



Thank You &

*welcome to taste Moroccan- Mediterranean Food and learn about the
richness of its cultural & culinary diversity*

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