

## GENERAL TERMS

**l'ftour** breakfast  
**l'ghda** lunch  
**l'asha** dinner, evening meal  
**diffa** feast or banquet  
**garçon or sarbay/sarbaya** waiter/waitress  
**menu or la'iha** menu  
**l'hsab** the bill  
**l'maa** water  
**forshita** fork  
**ma'alqa** spoon  
**mouss** knife  
**mendeel** napkin  
**kaas** cup  
**bezzaf** a lot  
**shwiyah** a little  
**bsh-haal** for how much?  
**shokran** thank you  
**la shokran** no thank you  
**'afak** please  
**na'am, yeih** yes

## POPULAR DISHES

**harira** a hearty, tomato-based lentil and chickpea soup, traditionally seasoned with aromatic spices; some non-vegetarian versions include meat chunks  
**bastila/pastille/b'stille** layers of *warqa* (phyllo-like dough) filled with shredded fowl and boiled eggs mixed with herbs, saffron, cinnamon, sugar, and almonds; modern versions may substitute seafood for the fowl; can also be served as a dessert, filled with cinnamon, toasted nuts, and fresh cream  
**kusksu t'faya** couscous topped with raisins and onions caramelized in sugar, cinnamon, and cloves  
**kusksu beidawy/beidaoui** couscous topped with at least seven vegetables simmered in saffron and ginger, and garnished with raisins and caramelized onions; literally means "couscous of Casablanca"  
**tagine l'ghenmi bil barquq wa luz** *tagine* of lamb stewed with prunes and almonds  
**mechoui/meshwy** a style of slow-roasting meat, usually lamb, but sometimes beef—and the term for the dish itself  
**kafta bil metisha** herbed lamb meatballs stewed in a rich tomato sauce  
**d'jaj bil hamd mrakad** chicken with preserved lemons  
**merguez** spicy lamb or beef sausage  
**brochette, kotban** kebobs or skewered chunks of spiced meat, usually lamb or chicken, or skewered lamb or beef meatballs  
**bessara** fava beans, or sometimes chickpeas, pureed with cumin, garlic, and olive oil; a main dish of the poor  
**zaalouk** eggplant salad  
**shlada/chlada dial felfla** grilled-pepper salad  
**shlada/chlada dial khizzou** carrot salad

## OTHER FOOD ITEMS

**tagine** both the name of the meat/vegetarian stews and of the earthenware pots in which the stews are prepared; pots are characterized by conical lids that help seal in moisture and flavor  
**tangia** both the meat stew and the earthenware vessel in which it is prepared; the meat is baked or steamed in the *tangia* for several hours  
**sharmoula/charmoula** a sauce of garlic, lemon juice, cumin, cilantro, and olive oil  
**harissa** a Tunisian hot sauce of chili peppers, mixed spices, garlic, and olive oil often stirred into soups and stews; the Moroccan version is commonly called *felfla haara* (hot pepper) and is served ONLY on the side  
**waraka/ouaraka** a thin dough, similar to phyllo dough; literally means "paper"; layers of it are used to make *b'stille* and other pastries and appetizers  
**briwat/briouat** a deep-fried or baked pastry with savory or sweet fillings  
**maaqouda** croquettes  
**smen** aged butter; used to flavor many *tagines* and stews  
**kemia** an array of tapas-like appetizers, usually served only in bars  
**shlayed** plural of *shlada*, which means "salads"; colloquial Moroccan for "salad appetizers"  
**m'qalli** any dish whose liquids have been simmered and reduced; literally means "reduction"; not to be confused with *maqli*, which means sautéed or fried  
**bibouch, l'escargot** snails

## STAPLES

**khobz** general term for bread  
**kesra** a leavened bread, common in cities  
**khbza/khobeiza** a flatbread/a small flatbread  
**kusksu** (Moroccan Arabic) or **seksu** (Berber) couscous  
**l'hamd mrakad** preserved lemons  
**zitoon** olives  
**zeit zitoon** olive oil  
**l'adis** lentils  
**foul** fava or broad beans  
**hummos** chickpeas  
**tmar** dates  
**luz** almonds  
**lehem ghenmi, ghenmi** lamb  
**djaj** chicken  
**khodaar** vegetables  
**s'kar** sugar  
**fromage or jibn** cheese  
**l'hoot** fish  
**lehem begri, begeri** beef

## DRINKS AND DESSERTS

**atay** black tea  
**atay bil na-na** black tea with mint (a very liberal serving of sugar is standard)  
**atay bil 'ashoob** black tea with herbs  
**'aseer limoon** orange juice  
**qahwa** coffee; also, coffee shop  
**h'leeb** milk  
**beera** beer  
**shrab** alcoholic beverage  
**désser** dessert  
**tmar ma'amar bil luz methoon** dates stuffed with almond/orange-blossom paste  
**briwat bil luz** deep-fried or baked pastries stuffed with almond/orange-blossom paste and drizzled with honey  
**ka'ab ghazal** gazelle horns—crescent-shaped cookies made with almond/orange-blossom paste  
**ghreiba** shortening-based cookies  
**shebbakiya** a baked, coiled pastry stuffed with almond, cinnamon, and orange-blossom paste and drizzled with honey; commonly served during Ramadan  
**sffa** sweet couscous with cinnamon, dried fruits, and nuts  
**fawakeh** fruits  
**la glace, crème glacée** ice cream  
**limoon bil karfa** oranges with cinnamon