

Project One: ReligionEid Al-Adha: Food traditions in Eid Al-AdhaBy: Youssef ZidouhClass: 3/5

Hello Friends in Hampshire,

After congregational Eid prayers on the first morning of the holiday, families either convene for the slaughter or do it individually at their own homes. Prior to the slaughter, they will enjoy a breakfast with such traditional fare as Herbel (Wheat and Milk Soup), msemen, harcha, beghrir and krachel.

It's a Moroccan tradition to prepare organ meats such as the liver and heart on the day of the slaughter. Subsequent days include more meat intensive dishes (such as mechoui, steamed lamb and Mrouzia) that might be too expensive to serve other times of the year.

Moroccans tend to be very frugal, and there are special dishes which use the head, tail, intestines, stomach and feet. Even the brains, fat and testicles don't go to waste.

