

Cuisine and Dining Recommendations

Traditional Moroccan Food:

Moroccan cuisine is world-renowned for its rich flavors, use of spices, and slow-cooked meals. Rabat offers a variety of traditional dishes that visitors must try:

1. **Tagine:** This slow-cooked stew, named after the conical clay pot it's cooked in, is one of Morocco's most famous dishes. It often contains a mix of meat (such as lamb, chicken, or beef), vegetables, and fruits like apricots or prunes. Each region has its unique take on tagine.
2. **Couscous:** A staple dish of Moroccan cuisine, couscous is typically served on Fridays. The steamed semolina grains are served with a flavorful broth and a mix of vegetables and meat. It's a communal dish, often eaten from a large shared plate.
3. **Pastilla:** This savory-sweet pastry is a must-try delicacy, often filled with pigeon or chicken meat, almonds, and a dusting of powdered sugar and cinnamon. Pastilla offers a unique combination of textures and flavors.
4. **Harira:** A rich, tomato-based soup often eaten during Ramadan. Harira contains lentils, chickpeas, and lamb, and is served with dates and bread. It's a great starter for a traditional Moroccan meal.
5. **Mechoui:** A popular dish of slow-roasted lamb, usually prepared for special occasions. The lamb is seasoned with cumin and other spices, giving it a melt-in-your-mouth texture.

Recommended Restaurants and Street Food Areas:

1. Le Dhow

- *Cuisine:* Traditional Moroccan and Mediterranean fusion
- *Location:* Boulevard de la Corniche, Rabat
- *Description:* A unique dining experience on a boat, offering a romantic atmosphere with views of the Bouregreg River. Le Dhow is known for its fine dining and a mix of Moroccan and Mediterranean cuisine.
- *Price:* \$\$\$ (Moderate to expensive)

2. Dar Naji

- *Cuisine:* Authentic Moroccan
- *Location:* Avenue Jazirat Al Arabe, Rabat
- *Description:* Dar Naji is a popular spot for tourists looking to enjoy traditional Moroccan dishes like tagine, couscous, and pastilla in a charming Moroccan-style setting. The restaurant's décor is inspired by a traditional riad, and the food is both delicious and affordable.
- *Price:* \$\$ (Moderate)

3. El Bahia

- *Cuisine:* Traditional Moroccan

- *Location:* Rue Sidi Fatah, Medina, Rabat
- *Description:* El Bahia is a small, family-owned restaurant located in the heart of the Medina. It's well-known for its homestyle Moroccan cooking and cozy atmosphere. Ideal for travelers seeking an authentic, affordable meal.
- *Price:* \$ (Budget-friendly)

4. Street Food at the Medina

- *Cuisine:* Moroccan street food
- *Location:* Rabat Medina
- *Description:* The Medina is filled with vendors selling a variety of street food, from grilled meats and sandwiches to traditional Moroccan pastries. Try the **maakouda** (potato fritters) or **brochettes** (meat skewers) for a quick and affordable snack while exploring the souks.
- *Price:* \$ (Budget-friendly)

5. Le Ziryab

- *Cuisine:* Fine Moroccan dining
- *Location:* 10 Rue Tarik Ibn Ziyad, Rabat
- *Description:* Le Ziryab offers an elegant dining experience with a focus on traditional Moroccan dishes with a gourmet twist. The restaurant is known for its luxurious ambiance, making it a great option for special occasions or fine dining.
- *Price:* \$\$\$ (Expensive)

Cafes and Restaurants:

1. Café Maure

- *Cuisine:* Moroccan tea and light snacks
- *Location:* Kasbah des Oudaias, Rabat
- *Description:* Located inside the Kasbah des Oudaias, Café Maure is a scenic spot for sipping Moroccan mint tea and enjoying traditional sweets like **chebakia** or **gazelle horns**. The café offers views of the Bouregreg River and the Atlantic Ocean, making it perfect for a relaxing afternoon.
- *Price:* \$ (Budget-friendly)

2. Ty Potes

- *Cuisine:* International and Moroccan fusion
- *Location:* 6 Rue Tanta, Agdal, Rabat
- *Description:* Ty Potes offers a relaxed, cozy atmosphere with a mix of Moroccan and international dishes. It's a great spot for a casual meal with friends, offering everything from pasta and salads to Moroccan favorites like tagine.

- *Price:* \$\$ (Moderate)

3. **Le Petit Beur**

- *Cuisine:* Traditional Moroccan
- *Location:* Rue Moulay Rachid, Rabat
- *Description:* Known for its warm atmosphere and authentic cuisine, Le Petit Beur is a hidden gem where travelers can experience classic Moroccan dishes in a charming setting. The restaurant also offers live music during the evenings, adding to the overall experience.
- *Price:* \$\$ (Moderate)

Local Markets:

1. **Rabat Medina**

- *Description:* The Medina in Rabat is a bustling marketplace filled with vendors selling everything from spices and traditional Moroccan crafts to street food. A visit to the Medina offers an authentic experience of Moroccan culture, and you'll find a wide array of fresh produce, dried fruits, and Moroccan pastries.
- *Spices:* Look for **ras el hanout**, a spice blend that is key to Moroccan cooking, as well as saffron, cumin, and cinnamon.
- *Artisan Crafts:* The Medina is also a great place to shop for Moroccan handicrafts, such as **zellige** (mosaic tilework), **tagines** (cooking pots), and **babouches** (traditional leather slippers).

2. **Souk el Ghezal**

- *Description:* Located in the heart of the old city, Souk el Ghezal specializes in local textiles and artisan crafts. It's the perfect spot for buying hand-woven carpets, textiles, and pottery, all while exploring the vibrant streets of Rabat's souks.

3. **Marché Central**

- *Description:* This central market is one of Rabat's main food markets, offering a wide variety of fresh fruits, vegetables, meats, and fish. It's also an excellent place to pick up traditional Moroccan snacks and dried fruits for a picnic or light meal on the go.