

Global Project

Tunisian cuisine



Tunisia is a one of a kind country; when we say Tunisia, we say beaches, coasts, history and tourism.. And despite the similarity with Arabic dishes, Tunisian cuisine is characterized by its own unique twists and sophistication. What sets Tunisian cuisine apart from other culinary traditions and cultures is that it uses original ingredients, many sourced from the sea.

This cuisine is known for its richness in starches, fruits, vegetables, and seafood. And while lamb is traditionally preferred in Tunisia, chicken is now more widely used

Cooking Method

As for cooking methods, food is generally grilled, fried, or braised in olive oil. Butter and cream are rarely used, except in desserts. Although Tunisian cuisine isn't especially varied, it is known for its use of fresh, seasonal ingredients and the vegetables, fruits and seafood, a very important part of Tunisian cuisine, that are found in the Mediterranean region.

Harissa is used substantially in Tunisian cooking as well as many other spices, olive oil, hot red pepper, tomatoes, and garlic. It offers what is known as "solar cuisine", which relies heavily on olive oil, spices, tomatoes, fish, and meats.

Bread is an essential ingredient in Tunisian cuisine, as it accompanies almost all dishes and is usually used for dipping, while at breakfast, it is topped with thyme, sesame and olive oil. As for garlic and olive oil, these are two indispensable ingredients: for Tunisians, a meal is not a meal without them. Lunch invariably involves couscous and rice dishes, such as spinach with rice.

Tunisian cuisine is full of small, appetizing dishes that provide a unique mixture of ingredients, shapes, colors, and flavors. A meal in Tunisia can include grilled sea fruits, grilled meat, and a variety of cooked or raw salads in addition to sweets and dried fruits, finished off with coffee. Tunisian coffee is strong and dense and rose water is often added. Coffee is a symbol of a warm welcome, and will be offered as soon as the guest arrives, no matter how short the visit is.