



Customs: Men & Women



*It is common for men & women to engage in separate activities.

*Favorite Pastimes for men: 1) go to the cinema and 2) drink coffee in outdoor cafes.

*In the souks, shops are usually run by men, rather than women.

*Favorite Pastimes for women: 1) socialize on the rooftops and 2) have henna parties.

*In the home, women are in charge of the household and child rearing.

*Traditional roles are changing, and many women work in jobs outside the home.



Customs: Tea Drinking

*Important tradition: drinking mint tea.

*Served from beautiful silver teapots.

*Poured from great heights to add a frothy layer on top.

Traditional Moroccan Mint Tea Recipe

- 1 bunch fresh mint leaves – do NOT remove leaves from sprigs
- 3 teaspoons loose Chinese green tea - gunpowder style is best
- 3 tablespoons sugar
- 3-4 cups water, boiled



Rinse the teapot with a small amount of boiled water to warm the pot. Add the tea leaves. Pour in a small amount (1/2 cup) of boiled water to rinse the tea leaves by swirling the pot. Discard the water. This is supposed to take away the bitterness of the tea. Add the sugar and a generous handful of the fresh mint sprigs. (Reserve some of the mint sprigs for garnish.) Fill the pot with boiling water. Use a spoon to press the mint sprigs completely underwater and stir gently. Try not to stir the tea leaves into suspension. At this point, some people return the pot on a slow flame for one minute. Let the tea steep for 5 minutes.

To serve: Pour a tea glass full of tea, then return it from the cup back into the pot. Repeat this process 4-5 times to thoroughly blend the brew. Pour a small amount in a tea glass for a taste test. If not ready, repeat the previous process several more times. If the tea is ready, serve your guests. Pour the tea from high above the glass to give it a bubbly froth. Garnish each tea glass with sprigs of mint. Before drinking, turn to your host and say “Bismillah!”