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HARISSA

“Full of History and Beauty”
A LIVE, VIRTUAL TOUR TO TUNIS, TUNISIA

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**Famous Drinks**

**LEBEN MILK**
Leben as a drink is traditionally prepared by letting milk ferment for around 24 hours, then churning and removing the butter. The remaining buttermilk can keep for several days at room temperature. Leben can be served at breakfast, lunch or dinner.

**TUNISIAN MINT TEA**
Tunisia’s national drink is tea. Usually the preference is for mint tea, as it is very refreshing on a hot day. If offered a cup, you should never refuse, it is considered discourteous.

**ROUZATA**
Made of almonds, water, and sugar. It is a sweet and milky drink that is enjoyed on hot summer days and often served in Tunisian weddings. The best place to buy Rouzata is traditional Tunisian bakeries. The drink is made of soaked almonds blended with water, almond extract, powder sugar, and orange blossom water.

**Make Your Own**

**Homemade Tunisian Harissa**
Ingredients
- 4oz dried chiles*
- 1 tsp whole coriander seed
- 1/2 tsp caraway seed
- 4 garlic cloves
- 1/2 tsp salt
- 1/4 cup olive oil

1. Remove stems and seeds from dried chiles while wearing food gloves. Rinse peppers, drain, submerge in boiling hot water. Let soften for 30 minutes, then drain.
2. In a dry skillet, low heat, toast the coriander seed and caraway seed until fragrant and a shade darker. Grind to a coarse powder.
3. In a food processor, add the spices, garlic cloves, and salt. Pulse to mince the garlic. Add the soaked and drained chiles and blend until the peppers are minced or pureed (whichever you prefer). Add the olive oil and blend once more to combine.

**Famous Foods**

**COUSCOUS**
There are as many versions of couscous as families or regions in Tunisia. However, Tunisian couscous has some characteristics that differentiate it from Algerian and Moroccan couscous. Tunisian couscous sauce is always red, because of the tomato or tomato sauce that is used.

**PICKLED VEGETABLES - TORSHI**
In some families, no meal is considered complete without a bowl of torshi on the table. Torshi is made with vegetables and dried aromatic herbs pickled in vinegar, salt, and different spice mixtures, which usually include whole black peppercorns, ginger, etc.

**HARISSA**
Originally from Tunisia, harissa is a chile sauce or paste typically made of dry red chiles, garlic, citrus, extra virgin olive oil and a few warm spices including cumin, coriander and caraway seeds. It is slightly sweet, smoky, tangy, with just enough spice, but not too hot.

**Mix Your Own**

**TUNISIAN MINT TEA**
Ingredients:
- 2 cups of water
- 2 tea bags or 2 tsp loose black or green tea
- 2-4 tbs sugar (or to taste)
- A large handful of mint sprigs
- Pine nuts (raw or lightly toasted) (optional)

Put water in a small pot, add tea and sugar, and bring to a boil. Once boiling, add all the mint leaves and let boil for another minute, then take off the heat and let sit for about 5 minutes. Strain liquid into your teapot. Put about 1 tsp of pine nuts in each glass. Then pour strained tea into the cups. You can also garnish with a fresh mint leaf in each cup.

**THE CITY**
The ancient quarter of Tunis, the Medina, founded in the 8th century A.D., is exceptionally well preserved. It’s considered the largest Medina in North Africa. The souks, built in the 13th century, covered with arches are overflowing with all sorts of merchandise: fabrics, perfumes and precious jewels. The contrast with the peaceful neighboring alleys is striking. White walls and ironwork, vaulted passageways, domes with green tiles, yellow doors framed with delicate patterns in carved stone. The most important monuments in Medina are The Grand Mosque Ezzitouna dating back to the 8th century A.D., the Kasbah area, the mosque of Hamouda Pacha (Turkish style) and the madrassa Slimiani.

**THE TOUR**
Our one hour live, personal, interactive tour will take us from the 12th century Madrassa Bir Lahjar, to the 17th century Ramdhane Dey square. We will marvel at the various architectural features of the Medina, marble coatings and beautiful blue and yellow doors. Halfway, we will reach the Hamouda Pasha mosque. It is one of the main mosques in Tunis (Zitouna mosque). Then, we will reach the market place and the souks, most of them are covered, bustling, colorful shops and workshops. Finally, we will reach the Bab Bhar square with the main arch of the same name and the fountain facing the European quarter.