



### Msemmen (Moroccan Pancakes)

This traditional family breakfast is a staple in Morocco and surrounding Middle Eastern areas, and it's surprisingly simple. Like standard American pancakes, the flavors of Msemmen are sweet and neutral, and go well with all kinds of toppings (honey and fruit are my favorites).

#### Ingredients

2 1/2 cups of flour  
1/2 teaspoon salt  
1/2 tablespoon baking powder  
1/2 tablespoon sugar  
1 large egg  
3/4 cups warm water  
Vegetable oil  
Semolina

#### Preparation Process

Mix the flour, salt, baking powder, sugar and egg in a bowl and stir together with your hands. Slowly add the warm water until you can shape the dough into a ball

Place the dough on a flat surface and knead it for 5 minutes, then brush the dough with vegetable oil. Tear the dough into ping-pong size balls, then plate, cover with a paper towel and let set for 15 minutes

Brush a flat surface with vegetable oil, then take a dough ball and fatten it with the palm of your hand. Stretch out the edges of the dough until it becomes almost transparent, then sprinkle semolina on top

Fold the upper and lower edges toward the center to create a long rectangle. Sprinkle with more semolina, then fold the right and left edges toward the center to form a square. Repeat until all the dough balls have been shaped, and let set for 15 minutes

Brush a flat surface with vegetable oil and flatten the squares, then heat a pan to high and drizzle the pan with vegetable oil. Reduce to medium high and fry the pancakes for a few minutes on each side, turning over several times until each side is golden brown.

Remove from heat and place on paper towels to absorb excess oil

Serve with honey, cheese or the sweet topping of your choice.

If you want to watch the video again. Click [here](#).