



MedSNAIL

Ark of Taste products

University of Sfax



**Sfax, Kerkennah
Sahel, Mahdia
(TUNISIA)**



ZAMMIT MAKHDHOUR



Sfax, Kerkennah (TUNISIA)

 Zammit makhdhour is made with barley seeds flour. It is eaten, generally, at breakfast, where its richness in calories and vitamins provides the necessary energy during the day. It can be liquid (mixed with water) or solid (mixed with olive oil) and honey. The paste could be eaten alone or with different fruits like figs and grapevines in summer and pomegranate in autumn.



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JARDKAA



Sfax, Kerkennah (TUNISIA)

Jardkaa is an unleavened bread. Traditionally, it is prepared with barley flour, salt and water. It has a brown color, characterized by a thickness of a few millimeters (3-4 mm) and a stiff texture. It is usually eaten with fish soup or “mselli” a kind of dried meat grilled in oil.



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PRICKLY PEAR VINEGAR



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Sfax, Kerkennah (TUNISIA)

It is made with low quality fruits of prickly pear. The fruits are cut with their bark and are put into the jarred or a glass bottle. After a few days, the vinegar will be ready. It can be conserved for years. It is well known for its slimming virtues, a natural appetite suppressant.



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 Legmi is the famous date palm juice from southern Tunisia, more exactly from the regions of Kerkennah, Gabès and Tozeur. This traditional drink is the sap of the date palm. It is more or less clear with a very sweet taste. There are two versions of legmi: the natural drink or the alcoholic version which is obtained by fermenting the juice.



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KERKENNIAN DATE PALM WINE LEGMI



PHOENIX DACTYLIFERA CULTIVAR: ROTBI



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Rotbi is a specific date palm tree population characterized by its fruits that are edible at the Rutab stage. This is a very brief stage and does not exceed one to two weeks for some varieties. After harvesting, Rotbi dates are dried in the sun for several days and then stored in well packed jars.



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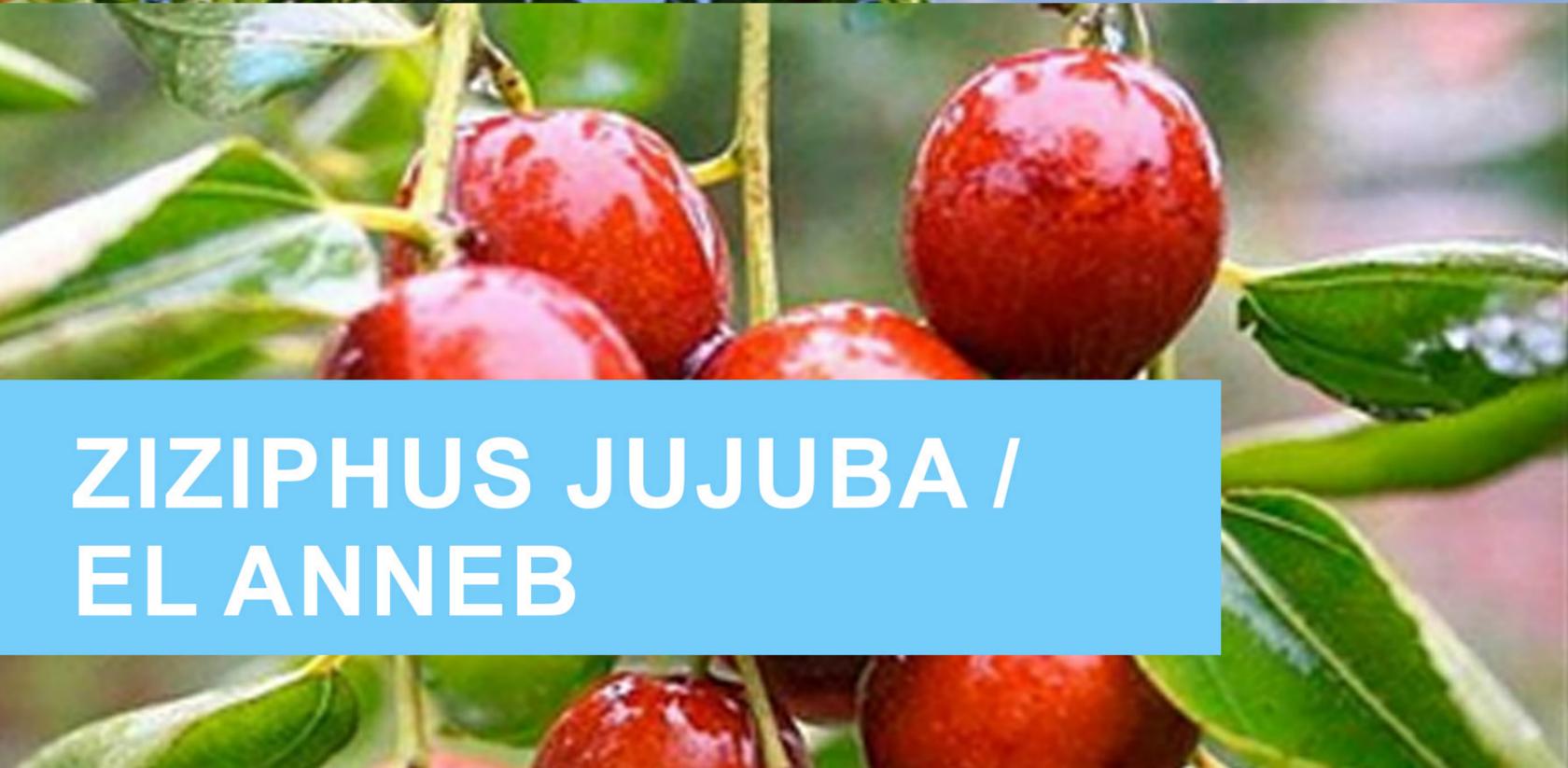
DATE SYRUP / ROB

🏷 Rob or date syrup or date molasses is a thick brown, very sweet fruit syrup extracted from dates. It is made in a way that all benefits of dates are preserved. Kerkennian women soak dates in a container. The next day, a sweet juice flows from it, which is put to reduce on a slow and controlled fire. Prepared Rob is put in glass jars without any additives and keeps for long period. It is used in various culinary preparations such as hawwar.



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ZIZIPHUS JUJUBA / EL ANNEB



Sahel, Mahdia (TUNISIA)

 Ziziphus jujuba, is a little-known fruit tree, which is present in Tunisian private gardens (Mahdia, Ariana, Sfax...). The fruits, also known as EL Anneb, are small fleshy drupes with a stone, oval and brown-red color when they are ripe in autumn. The richness of Ziziphus jujuba fruits of sugars, minerals and proteins justify its use in human nutrition and industrial pharmacy.



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BONDLEKA



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Sahel, Mahdia (TUNISIA)

 Bondleka or Blibcha is a dish typically prepared in Mahdia, as well as in several regions in the Sahel of Tunisia. It is made from purslane (*Portulaca oleracea*), a little-known wild plant grows in spring. Bondleka dish is prepared from Purslane with some additional products (lentils, broad beans, tomatoes, onion, garlic, paprika and pepper).



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