

# TUNISIAN TABIL SPICE BLEND



**LES MOULINS MAHJOUB**

*Tebourba/Mejerda Valley, Tunisia*

## SENSORY PROFILE

Tabil is a classic Berber/Amazigh spice blend used in kitchens all around Tunisia. Thought to be an “extension” of harissa, tabil represents the soul of the mother and her flavorful cooking; every mother might have a unique spice blend. They usually were made of herbs and spices they had exposed to the August heat on the terraces outside their houses. The Mahjoub tabil is a bouquet of spices composed of three quarters of coriander, and the remaining quarter of caraway, dried Baklouti pepper, garlic, and salt. It is blended after 14 days of drying. This process of drying, preserving, and concentrating flavor has been practiced by the Berbers/Amazigh for centuries. This Tunisian Tabil Spice Blend is coriander-dominant and has warm and earthy flavors with a bright top note. Tabil is wonderful as a flavor enhancer in most dishes - like spreads, marinades, stews, couscous, or as a sprinkle on flatbread.

## INGREDIENTS

Organic Coriander, Organic Sundried Garlic, Organic Sundried Pepper, Organic Caraway Seeds, Salt.

## TRADITION

The Mahjoub family farms the soil in the lush Mejerda Valley of Tunisia, located on the southern shores of the Mediterranean. It is here that they produce handcrafted products under the Les Moulins Mahjoub label and are known for their steadfast commitment to artisan standards and sustainable farming. The Mahjoub family is recognized in the culinary world as one of the premier producers of extra virgin olive oils, table olives, couscous, and condiments.

**CERTIFIED ORGANIC**



RETAIL SIZE	110g
ITEM NO	R85030
UPC	740913001281
CASE	6 Jars
CASE WEIGHT	3.5 lbs.



REVISED 5/9/2023