

Log in with Facebook!

Login



OAK PARK.COM RIVERFOREST.COM powered by BETA WEDNESDAY JOURNAL of Oak Park and River Forest

Subscribe to Wednesday Journal

72° [Facebook] [Twitter] [RSS] [Search]

- Home News Calendar Dining Shopping Directory Real Estate Community
Main Restaurants Coupons Blogs

Home / Dining / Blogs / Eating Fish with My Fingers in Essaouira, Morocco

Eating Fish with My Fingers in Essaouira, Morocco

Here's how to eat economically in Essaouira, Morocco, which is admittedly already a very inexpensive place to eat.

Monday, November 19th, 2012 12:00 PM

- Share on Facebook Share on Twitter Email Print

Register your High School to win grants ranging from \$25K-\$100k! Antonette Consalvi (708) 488-0410 Click for more info.

7417 W North Avenue River Forest, IL 60305-1131 State Farm

SPRING CLEANING SALE! 20% OFF YOUR ENTIRE PURCHASE! MADISON STREET SHOES 7500 MADISON STREET FOREST PARK, IL 708-488-2190 WWW.MADISONSTREETSHOES.COM

Spring Home and Garden Guide

Ready to start your garden? Take some tips from this year's Spring Home and Garden guide.

Dining in Oak Park DineOakPark

OakPark Health Department honors cleanest restaurants in Oak Park - bit.ly/YAgCeE

DineOakPark Papaspiros closes in Oak Park - for the moment - bit.ly/110zk35

OakPark Oak Park-River Forest Chamber of Commerce has named Cathy Yen as its new interim executive director: oakpark.com/News/Articles/...

OakPark Would Anan Abu-Taleb's ownership of Maya del Sol pose a conflict of interest if he were elected as village president? oakpark.com/News/Articles/...



By David Hammond

Walking through old seaport cities like Venice, New Orleans and Essaouira on Morocco's Atlantic coast, there's a heavy sense of ancientness that hangs on the buildings, few of which ever seem to have many right angles, many of which – even those of stone – appear to have been warped by time, sagging under the weight of history, weary but withstanding the ages.

Being by the water, these cities naturally have a strong seafood culture. Superb fish seems abundant and relatively cheap (in Essaouira, just about all the fish you could imagine eating for maybe \$5US).

In Essaouira, I was fortunate to have fresh seafood, pulled from the sea and grilled on the shore that I was able to consume cheek-by-jowl with locals who've probably been eating here, in this way, since the Phoenicians initiated waves of invasions that continued to be carried on through the millennia by Romans, Portuguese, Spanish, French, and finally, American travelers like me.

Here's how to eat economically in Essaouira, which is admittedly already a very inexpensive place to eat.

First, buy fish from a vendor – and haggle over the price. Haggling in Morocco, my strategy is usually to offer half or one-third the stated price and take it from there. Though I didn't do the negotiating this time around (I left that to Youseff, our guide, from [Access Trips](#)), I got pretty good at it and later was able to buy a Rolex for about \$12US. A Moroccan miracle!!

Second, bring fish to a nearby place whose main business is to grill fish (these places will also sell you fish, but for a significant premium). They also usually provide tables, bread and salads. Nice.

Third, eat with your hands. I'm getting the hang of this way of eating, although at first I was horrifically clumsy. Here's how to eat with your hands:

1. Make a claw with your right hand – think crane, not shovel.
2. Grab a little pinch of food and lift it to the mouth.
3. Cock your thumb and position it behind the food
4. As you lift food to mouth, move your thumb forward slightly to push food into mouth.

The thumb action is critical.

Moroccans seems less phobic about using the left hand than, say, Indians, but I stuck with the right throughout, sometimes sitting on my left, which kept wanting to get into the action.

It was so elementally satisfying to eat fish, close to where it was caught, dressed with nothing more than salt, with salad and bread, as I'm sure people had been doing for a long time, right where I was sitting, my fingers covered with oil and a big smile on my face.

### Reader Comments

0 Comments - [Add Your Comment](#)

[Comment Policy](#)

**OakPark** Oak Park restaurateur buying former Circle Theatre building - [bit.ly/ZjTMJp](http://bit.ly/ZjTMJp)  
49 days ago · [reply](#) · [retweet](#) · [favorite](#)

**vopnews** We're with VOP-TV and David Hammond of @oakpark for the next "You Really Should Eat This" segment. [pic.twitter.com/GEzGMUb8QY](http://pic.twitter.com/GEzGMUb8QY)  
53 days ago · [reply](#) · [retweet](#) · [favorite](#)



Join the conversation

### Latest Comments

**I have walked my kids to school from Taylor up Van Buren for years and almost...**

By Ascension parent of three

Posted: May 1st, 2013 10:10 AM

On: Private schools want Oak Park to...

**Agree with Done. Let's stop the lies, taking the risks and pretending we can...**

By 4 Freedom

Posted: May 1st, 2013 9:19 AM

On: Developer proposes \$70 million...

**So a community that prides itself on the good it does lacks integrity? Or, am I...**

By 4 Freedom

Posted: May 1st, 2013 9:13 AM

On: Developer proposes \$70 million...

**Seriously - it is time to consider packing up and moving out. I already can't...**

By Done

Posted: May 1st, 2013 8:57 AM

On: Developer proposes \$70 million...

**Why cant we use people who are in need of completing community service to work...**

By Brian Slowiak

Posted: May 1st, 2013 8:44 AM

On: Private schools want Oak Park to...

**Here are names to remember...Broerman, Kamenitsa, Hale, Kelly, Lueck and...**

By Jim

Posted: May 1st, 2013 8:39 AM

On: Resolve the liquor law issue

**My kids cross at Jackson and Oak Park at the light and have been nearly hit by...**

By Ascension Mother of 4

Posted: May 1st, 2013 8:19 AM

On: Private schools want Oak Park to...

**Teachers are only working as crossing guards on the streets abutting the...**

By Ascension Parent

Posted: May 1st, 2013 7:40 AM

On: Private schools want Oak Park to...

**No one really expects this site to be destination shopping. Destination...**

By insider

Posted: May 1st, 2013 7:18 AM

On: Developer proposes \$70 million...

**My girls and I will miss her**

By Barbara

Posted: May 1st, 2013 6:40 AM

On: Ann Randall

[View All Comments](#)

[Contact us](#) | [Classifieds](#) | [Photo store](#) | [Real Estate](#) | [Comment Policy](#) | [Privacy Policy](#)

To view any of the other publications owned and operated by Wednesday Journal, Inc., click on the appropriate title.

[Wednesday Journal](#) | [Forest Park Review](#) | [Riverside Brookfield Landmark](#) | [Austin Weekly News](#) | [Chicago Parent Magazine](#)  
[Switch to SSL](#)

© 2013 Wednesday Journal Inc. | Developed by Zero Degree Production | Powered by Snowflake