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DINING / By Raymond Sokolov

Fancy That

*Boom in Specialty Foods
Spurs Exotic Escalation;
Try the Ostrich Ravioli*

MOST PC OIL. Argan oils has no cholesterol but is high in vitamin E. Traditionally, Moroccan goats were permitted to “harvest” argan nuts by climbing the trees. They would digest outer part of the nut, in effect shelling them, and excrete the oil-rich nut, which peasants would collect, roast to enhance flavour and then cold-press the oil. In modern Morocco, argan has become a symbol of environmentalism and feminism. The argan forests are endangered as a source of fuel; so organized oil production protects the trees, and women’s cooperatives process the nuts, creating jobs. The oil has a rich, deep nutty flavour.