

Couscous Recipe

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Description

couscous or kuskus as it is known in Morocco, Algeria, Tunisia, Libya and Egypt ; Berber Seksu - Arabic: كسكس, called maftoul in Lebanon and the Palestinian territories) is a Berber dish consisting of spherical granules made by rolling and shaping moistened semolina wheat and then coating them with finely ground wheat flour.

Couscous is traditionally served under a meat or vegetable stew. It can also be eaten alone flavoured or plain, warm or cold, as a dessert or a side dish

Couscous Recipe

Serves:4

Difficulty: Medium

Prep and Cook time: 1 hour

1 cup couscous

15 peeled pearl onions or 2 cups sliced onions

15oz can garbanzo beans

2 large boiled potatoes cubed

1 cup sliced carrots

1/2 cup chopped cilantro

1/4 cup chopped parsley

2 tbs minced garlic

1 tsp paprika

1/2 tsp cayenne pepper

1/2 tsp 7 spices

1/4 tsp nutmeg

1/2 tsp salt

1/2 tsp black pepper

2 16oz cans tomato sauce

1 chicken or veggie bouillion

3 cups water

4 tbs butter

In a medium size 2 quart pot heat 1 1/4 cup water, add bouillion and 2 tbs butter and bring to a simmer, then add couscous and cook for 1 minute, remove from heat and cover, let stand for 20 minutes. In a large saute pan, on medium high heat, add 2 tbs butter until melted then add onions. Cook onions for 5 minutes until caramelized. Add carrots and garbanzo beans and cook for another 5 minutes. Add garlic, cilantro, parsley, potatoes and 1/2 tsp salt and mix vegetables. In a large 4 quart sauce pan bring tomato sauce and 1 1/2 cup of water to a simmer. Add seasonings and spices to the sauce then add vegetable mixture to tomato sauce and simmer for 10-12 minutes. With a fork, fluff the couscous and mix the couscous with some of the tomato sauce. Place the couscous mixture in a plate and form a well in the middle, place the vegetables in the middle of the couscous. Serve warm.

