

Veggie Couscous for more or less 10 to 12 people
for Mike Bullock (December 17th 2020)
by Catherine Ruello

This is kind of a step by step when preparing and cooking the veggie couscous :

Ahead of time clean and peel and prep the vegetables:

- 2 large red onions and 4 shallots peeled and roughly chopped
- 1 bunch of flat-leaf parsley sprigs tied together
- 6 medium carrots and 4 turnips chopped in 1" chunks
- 2 large sweet potatoes cut into 1" chunks
- 3 zucchinis cut in half lengthways and then into 1" chunks
- 4 tomatoes peeled and cut in large chunks
- 3 bell peppers (color of your choice) cut in medium chunks

Mix the spices in a small bowl:

- 1 Tablespoon of ground cumin + 1 Tablespoon of finely chopped ginger + 1 Tablespoon of paprika + 1 Tablespoon of ground coriander + 1 Tablespoon of ground cinnamon (or a stick) + 1 Tablespoon of ground tumeric + 1 Tablespoon of black pepper + 1 Tablespoon of ground cardamon + 1 Tablespoon of nutmeg. Set aside.
- 1 mild Anaheim chili pepper chopped (or substitute with a little Harissa).
- 3 bay leaves
- 2 Tablespoon of tomato paste

Preparation of the broth:

Heat ¼ cup of olive oil (medium high) in a large pot. Add the 3 onions, the 4 tomatoes; the parsley sprigs; the mixture of spices; the Anaheim chili pepper; the bay leaves; 2 Tablespoons of tomato paste; and ½ cup of water. Stir for 5 minutes until smooth.

Add the carrots, the turnips and the sweet potatoes. Stir to combine.

Add 1 quart of ready-made vegetable broth + water so that vegetables are well covered with liquid. Bring to a boil. Reduce to medium simmer and cook 30 minutes, then add the rest of the vegetables (zucchini, bell peppers). Season with salt and pepper to taste. Bring back to a boil, reduce to simmer until veggies are tender, tender, well-cooked without being mushy (more or less 25 minutes).

Things to add 5 minutes before serving:

-1 can drained and washed chickpeas (dried chickpeas taste much better but need to soak in water overnight before being cooked)

-½ cup of raisins that have been soaked in warm water for 15mn

Note: Do not stir the broth while veggies are cooking, just make sure that there is enough broth covering the vegetables even at the end of cooking.

Add water if needed.

Preparation of the couscous grain

About 15 minutes before the veggies are cooked, put 5 cups of medium grain couscous into a large bowl. Mix in 2 Tablespoon of oil, 1/2 teaspoon of salt. Gently knead the mix so that the oil is distributed evenly. Pour 5 cups of boiling water over the coucous. Tightly cover with plastic wrap and leave for about 10 to 15 minutes. Uncover, fluff up the coucous with a fork to separate the grain.

Spoon couscous on plates. Make a well in the center for the vegetables. Ladle with broth, sprinkle with slivered almond if you want.

Drink red wine; use Harissa paste diluted in a small bowl of broth according to the desired strength/spiciness

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(For people who are not vegetarian pieces of chicken or lamb cooked in the oven can be added to the broth 10 minutes before serving. Or serve grilled merguez on the side).

