



COUSCOUS WITH SEVEN VEGETABLES

Serves 6-8

Ingredients

½ kilo couscous	1 tablespoon of smen (or ghee, or any other clarified butter)
1 kilo mixed vegetables: tomato, aubergine, carrot, turnip, cabbage, pumpkin, potato, courgette	1 ½ teaspoons turmeric
1 large red onion	1 teaspoon ground ginger
1 small bunch fresh parsley and coriander	1 teaspoon paprika
2 tablespoons olive oil	1 teaspoon pepper
	½ teaspoon ground saffron
	Salt, to taste

Method

Thinly slice the red onion and dice the tomato. Then add to the bottom of a couscoussier (or a double boiler with holes on the bottom). Tie a string around the small bunch of parsley and coriander and throw that in along with the olive oil, spices, and salt and pepper to taste. Cook over medium high heat while you peel, trim, and halve the carrots and turnips and quarter the cabbage. Throw these all into the couscoussier followed by 1 ½ litres of water. Cover with the top part of the couscoussier.

Meanwhile, add the couscous to a large flat round bowl and splash in about 235 millilitres of cold water. Pour the water onto your hand over the couscous so that it splashes all around. Place into the top part of the couscoussier and cook until it starts steaming. Then, remove from the couscoussier and place back into the flat round bowl. Grab another 235 millilitres of cold water and splash over the couscous with your hands. Let the couscous cool down a bit before adding in 3 glugs of olive oil. Rub the couscous together with your hands until well-combined and then return to the top part of the couscoussier. Check on the vegetables and add another ½ litre or so of water if necessary. Once the couscous starts steaming again, remove it and splash in another 235 millilitres of water and 1 teaspoon salt. Rub altogether with your hands until combined. Replace the couscous and cook until steaming. Return to the large bowl and add in the smen and a final 300 millilitres water. Replace to the top of the couscoussier and let it cook until it starts steaming once again.

Plate the finished couscous in a large round bowl and top with the cooked vegetables and tfaya (see recipe on page 63). Serve the delicious sauce the vegetables were cooking in alongside the couscous.

Notes:

- Don't be pressured to follow the recipe, you are encouraged to make couscous with whatever vegetables you have in the fridge.

