

Moroccan Couscous

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

Chef's Notes

Couscous is generally served with spicy or fruity meat stews, but is really great with many dishes. Think of it like rice.

Traditionally couscous is cooked in a couscousière which is kind of like a steamer and double boiler in one. To check for doneness, taste the couscous. It should be tender – not al dente or mushy.

Preparing the Couscous

To prepare the couscous, first pour the water into a medium pot. Add the cumin, bouillon, dried orange peel, peeled garlic clove, honey, salt and pepper. Bring to a boil and then turn the heat down and let simmer for a few minutes to infuse. Then remove the garlic and orange peels and discard.

Next, place the dried couscous into a large bowl. Pour the hot, flavored liquid over top and mix together. Cover the couscous tightly with plastic wrap and let steam for 10 to 15 minutes or until it has doubled in size.

In the meantime, finely dice the red onion and finely chop the parsley and mint. Roughly chop the pistachio nuts.

Next, unwrap the couscous and fluff with a fork. Feel the grains and taste them to see that they are no longer crunchy. If they are not quite done, add a bit more hot water and cover again with plastic wrap for a few minutes to soften. Once done, add the chopped herbs, onion, and pistachios and mix together. Add the lemon juice and drizzle the couscous with some quality, extra-virgin olive oil. Season to taste. To finish, mix thoroughly to combine all of the ingredients.

This couscous dish goes very well with many meat and vegetable stews. Couscous is very versatile as it is neutral in flavor. It can be flavored any way you like and can be served in place of rice.

Step 1: Preparing the Couscous

- 1 1/8 cups water
- 1/2 tsp ground cumin
- 1/2 tsp vegetable bouillon or powder
- 2 pieces dried orange peel
- 1 garlic clove
- 1 tbsp honey or agave
- 1/2 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1 tbsp extra-virgin olive oil
- 1/4 cup raisins (optional)
- 1 cup couscous
- 1/4 whole red onion
- 1/2 bunch parsley
- 1/2 bunch mint
- 1/4 cup pistachios
- 3 tbsp fresh lemon or lime juice
- 3 tbsp extra-virgin olive oil