

Toasted Middle Eastern Couscous

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Chef's Notes

Toasted Middle Eastern Couscous can be served as a side dish to saucier entrées and stews, on its own or as the base for a salad.

(1) Middle Eastern Couscous is very neutral in flavor and will take on the flavor of the liquid used in the recipe. If for example, you added straight water, then you would wind up with very bland-tasting couscous. Make sure that the liquid you use is very flavorful (e.g. stock). The liquid should taste so good, you would drink it.

ALTERNATIVES:

You can use many combination of ingredients and/or savory liquids to adjust the flavor and/or color of the couscous. Just make sure to stay within the ratio of liquid to couscous.

a) Try folding in chopped or torn basil, diced tomatoes, cracked pepper and chives for a Mediterranean flavor.

b) Add more Middle Eastern flair by adding chopped prunes and turmeric. The turmeric will infuse the couscous with a nice, yellow color.

Preparing the Couscous

Finely chop the shallots. Heat a medium-sized fry pan over medium heat and add the oil. Add the shallots and turn the heat down to medium-low. Cook the shallots until translucent.

Add the couscous and cook for a minute or so before adding the chicken stock and salt. Increase the heat and bring to a boil. Reduce the heat to low, cover and simmer until tender and the liquid is almost completely absorbed, about 10 to 12 minutes.

To finish, finely mince the chives and stir into the couscous. Season with freshly-ground black pepper and serve immediately.

Step 1: Preparing the Couscous

- 2 tbsp olive oil
- 2/3 cup shallots
- 2 cups Middle Eastern toasted
couscous (also known as pearl
couscous)
- 3 1/2 cups stock
- 1/2 tsp sea salt, or to taste
- 1/4 tsp white pepper
- 3 tbsp chives