

Traditional Moroccan Couscous

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 20 minutes

Chef's Notes

If you prefer a softer texture on couscous, increase the liquid by 1/4 cup.

The neutral flavor from this couscous makes it the perfect contrast for saucier dishes, such as your favorite stews.

Couscous is a form of pasta. It softens or cooks through by absorbing hot liquids. It is very neutral in flavor (like pasta) and will take on the flavor of the liquid used in the recipe. For example, if 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 by itself.

ALTERNATIVES:

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

Here are a few suggested combinations:

- a) try adding a 1/4 tsp of saffron to the stock to infuse saffron flavor and a yellow color into the couscous.
- b) try adding 1/2 vegetable stock and 1/2 tomato juice, and then garnish with finely minced green onions.
- c) couscous is also great served cold as a salad. Try it with freshly-diced tomatoes, parsley, lemon juice, salt and olive oil.
- d) sweat or sauté the diced vegetables from the knife skills assignment and fold them into the couscous.

Making the Couscous

To start the couscous, rinse it under cold water and then strain in a sieve to remove some of the excess starch.

Next, combine the stock, salt, pepper and olive oil (or butter), bring to a boil and then pour over the couscous. Cover tightly with plastic wrap. Let sit for approximately 10 minutes to rehydrate. Uncover and fluff with a fork. Taste to see that it is fully cooked through and seasoned to your liking. Serve immediately or let cool and use as the base to make a salad.

Step 1: Making the Couscous

- 2 cups couscous
- 2 cups flavorful stock
- 2 tbsp olive oil or butter
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper