

Seven vegetables couscous with meat

Preparation time: 30 to 45 minutes

Cooking time: about 120 minutes

Ingredients (for 4 people):

- 800g of meat (beef or lamb)
- 600g of durum wheat semolina
- 2 big onions
- 4 carrots
- 4 turnips
- 4 courgettes
- 200 grams of peas
- 1/2 green cabbage
- 500 grams of pumpkin
- 8 tomatoes
- 100g of chickpea previously soaked in cold water
- 1 bouquet of fresh parsley and coriander
- A pinch of saffron
- 1 teaspoon of ginger
- 1 teaspoon of turmeric
- ½ teaspoon of salt & pepper
- 10 cl of olive oil
- 2 tablespoons of vegetable oil
- 1 tablespoon of ghee (clarified butter), olive or argan oil
- ½ table spoon of tomato puree

Preparation

Wash and peel all the vegetables; slice thinly the onions; shell the peas and beans. Cut the other vegetables in 2 pieces lengthwise or in large pieces for the pumpkin and green cabbage

In a couscous pot put the pieces of meat with the thinly sliced onion, the chickpeas and the spices: saffron, ginger, turmeric, salt, pepper and olive oil. On high heat seize the meat on all sides for approximately 20 minutes. Then fill three quarter of the couscous pot with boiling water, add the green cabbage, cover, let cook and start working the semolina.

Put the couscous in a hollow dish, pour a tablespoon of vegetable oil and mix well using your two hands then place the semolina in the steamer over the vegetables for about twenty minutes without a cover. When the vapor starts going through the semolina put it back in the hollow dish. Sprinkle the grains with two ½ litre of cold water and aerate them delicately between your fingers without making a paste. Let rest 10 minutes with a towel to cover it, then put the semolina back again to cook for 20 to 25 minutes.

During the cooking, pour two ladles of broth into a small pan. Add salt and pepper then poach separately on medium heat the courgettes, pumpkin for about twenty minutes or until tender.

After 20 to 25 minutes, put the semolina back in the hollow dish again sprinkle the grains with two tea cup of cold water and aerate them delicately between your fingers to avoid the formation of lumps. Let rest covered with a towel.

After an hour, check with a fork that the meat is almost cooked then add the carrots, turnips, peas and the bouquet garnis in the covered couscous pot for about 20 minutes.

During the cooking, work again your semolina and prepare the tomato juice: mix half a kilo of tomatoes (beforehand blanched in hot water) with half a tablespoon of tomato puree.

Add to the couscous pot when the vegetable are nearly cooked. Place the semolina in the teamer to cook in the vapor a last time and let cook a quarter of an hour.

Before serving your couscous perfume it according to your taste: with ghee, olive oil or argan oil. A soup spoon is enough. In a hollow dish serve the semolina first, dig a well in the middle and put the pieces of meat in it. With a slotted spoon, place the vegetables on top of your couscous and pour over with the broth. Serve your dish immediately with a bowl of broth on the side.

Tfaya

Ingredients:

- 4 large onion finely chopped
- 100 grams of raisins
- 1 cinnamon stick
- 2 tablespoon of sunflower oil
- ½ teaspoon of salt
- A pinch of turmeric
- A pinch of saffron
- 1 teaspoon of ginger
- 1 teaspoon of cinnamon
- 1 tablespoon of sugar or honey
- 1 tablespoon of butter
- A juniper berry
- Arabic gum

Preparation:

In a sauce pan cook the finely minced onions with two tablespoons of sunflower oil and a cinnamon stick for at least 25 minutes.

When the onions have softened, reduced and dried up add the dried raisins (you should soak them for at least 30 minutes before) and let cook for about 15 minutes.

Now add all the spices: ½ teaspoon of salt, a teaspoon of ginger, a pinch of turmeric & saffron. Let cook for a couple of minutes, then caramelize using a juniper berry a pinch of crushed Arabic gum, a spoon of butter, cinnamon and sugar. Caramelize for 10 minutes and if desired you can add some honey at the end.

The tfaya is placed on top of the meat at the end of cooking the couscous.

Enjoy your couscous!