

# TRADITIONAL NORTH AFRICAN COUCOUS RECIPE

## INGREDIENTS:

- 1 kg fine/medium couscous
- 6 chicken legs (equivalent weight of lamb or beef)
- 2 medium potatoes
- 2/3 carrots - diced
- 2 courgettes - diced
- 1 large onion - finely chopped
- 2/3 celery branches - sliced
- 1 tin chickpeas in water
- 3 tbsp butter

## FOR THE SAUCE:

- 3 tbsp of oil
- 1 tsp of Ras el Hanout (North African mixed spices. Make your own by toasting and grinding:
  - 2 ½ tbsp cumin seed
  - 2 tbsp coriander seed
  - 1 tbsp ground cinnamon or 1 cinnamon stick
  - 2 tsp ground ginger
  - 2 tsp black peppercorn
  - 1 tsp ground turmeric
  - ½ tsp cardamom seeds
  - a good pinch of saffron (optional)
- 1/2 tsp cinnamon
- 1/2 tsp pepper
- 1 tsp paprika
- 1 tsp salt
- 2 tbs tomato puree

For this recipe,  
you will need a 2  
tier steamer



## INSTRUCTIONS:

1. Heat 2 tbsp of the oil in a large pot and add the chicken. Brown the chicken on a medium heat and add the chopped onion. As the onion begins to soften, add the ras el hanout, cinnamon and paprika and tomato purée. Cook for 10 min, evenly cooking the chicken.
2. Place the couscous in a flat shallow dish. Add just enough water to cover, 0.5 tsp of salt and 1tbs of olive oil. Mix it with your fingers to ensure all the grains are nicely coated. Leave covered for 10 minutes.
3. Transfer potatoes and carrots into the pot with the chicken and boil for another 15 minutes or until half-way cooked. Then add the courgette and cook for another 10 minutes
4. Remove any excess water from the couscous and then steam for 15mins.
5. Transfer your couscous back into the shallow dish and give it a mix with a fork to separate all the lumps. Add a glass of water and mix thoroughly to ensure it is nice and moist. Let it rest but agitate it with a fork to ensure it doesn't stick together.
6. Transfer the couscous back to the steamer, for another 15 min. Once it's done, put it back into the shallow dish and mix with 3 tbsp of butter. Add salt and pepper to taste.
7. Serve chicken and vegetables on a bed of couscous in a deep-dish and as much sauce as you like!