

Chicken Couscous

We use Couscous in many dishes, and occasionally as a substitute for rice. Couscous is made several ways including the use of Canadian Durum Wheat (semolina), and is a staple in North Africa and around the Mediterranean. Couscous is also the common name for a meat and/or vegetable stew, also with many variations depending on the locale and season. This version is our favorite and one we do not hesitate to serve in our Northern Climes. Ed & Hazel Bottrell

About 4-6 servings

Chicken and Spices	
$\frac{1}{2}$ Cup	Dried Chickpeas
2 T	Butter
2.5-3.0 lb	Chicken, cut into serving pieces
$\frac{1}{2}$ †	Cumin
1 T	Fresh Ginger, finely grated
$\frac{1}{2}$ †	Turmeric
$\frac{1}{4}$ †	Saffron stems
2 †	Garlic, finely chopped or pressed
	Salt and Ground Black Pepper to taste
Vegetables	
4 Cups	Chicken Broth
1 or $\frac{3}{4}$ Cup	Leek, trimmed, rinsed well and cut into small cubes
1 Cup	Tomatoes, fresh or canned, cut into quarters
4 small or 1 Cup	White Onions, quartered
2 Ribs	Celery, trimmed and cut into $\frac{1}{2}$ " lengths
3 small or 1 Cup	Carrots, scraped, trimmed and cut into 1" lengths
1	Red or Green Sweet Pepper, cored, seeded, and cut into 2" cubes
3 small or 1.5 Cups	Turnips, peeled and cut into quarters
2 small	Zucchini, trimmed and cut into 1" cubes
Couscous	
1.5 Cups	Couscous
1/3 Cup	Dried fruit such as raisins, diced apricots, etc. (optional)
3 Cups	Strained liquid from recipe
	Salt and Ground Black Pepper to taste
Hot Pepper Sauce (Harissa)	
2 T	Hot Red Pepper Flakes, dried
3 T	Water
1 T	Olive Oil
$\frac{1}{2}$ †	Coriander Seeds, ground

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Instructions:

1. Soak the chickpeas in enough water to cover for at least six hours. Drain and put in a saucepan. Add water to cover and cook about 15-minutes or until tender. Drain and set aside.
2. Heat butter over low heat in a casserole and add the chicken. Turn the pieces in the butter and sprinkle with cumin, ginger, turmeric, saffron, garlic, salt and a generous grinding of black pepper. Cook, stirring, until chicken starts to lose its raw color.
3. Add the chicken broth, leek, tomatoes and onions, and bring to the boil. Simmer 20-minutes.
4. Add the celery, carrots and sweet pepper, and continue cooking about five minutes.
5. Add the turnips and cook five minutes.
6. Add the zucchini, chickpeas, salt and pepper to taste, and cook five minutes.
7. Press a sieve into the broth and scoop out three cups of the liquid for the couscous.
8. To serve, spoon a generous amount of couscous into individual soup bowls. Serve the chicken and vegetables on top or to the side. Ladle a generous amount of broth over each serving. Put a spoonful of hot broth in a small mixing bowl and add as much hot-pepper sauce as you desire. Stir to dissolve. Spoon this over each serving.

Couscous

1. Put the couscous in a saucepan. Pour the hot broth over it. Add salt and pepper to taste. Cook over low heat, stirring, about two minutes. Cover and remove from heat.
2. Let stand 10 minutes or until ready to serve. Before serving, fluff the couscous.

Hot Pepper Sauce (Harissa)

1. Combine the pepper flakes and water in a small saucepan. Bring just to the boil, stirring.
2. Remove from the heat, and add the oil and coriander.