

Couscous

(North African steamed pasta grains)

Couscous is a commonly served starch in the region of Northwest Africa known as the Maghreb. In typical Maghreb cooking, couscous is cooked in the top part of a pot known as a couscoussière. The bottom part holds a stew, or tagine, whose simmering steams and flavors the couscous.

The method described here is the quick way to make couscous. It does not make as fluffy or fragrant a dish, but it is much easier and requires no special equipment.

4 to 6 servings

Ingredients:

2 cups	Couscous
1/2 teaspoon	Salt
2 cups	Chicken stock



Directions:

1. Mix the couscous and salt together in a large bowl. Pour the boiling water or stock over liquid all at once into the couscous and stir in well.
2. Cover the bowl with a tight-fitting lid, plate or with plastic wrap. Set aside for about 10-15 minutes to steam.
3. Remove the cover and fluff the couscous with a fork. Stir in 1 tablespoon of butter or olive oil if you like.

*****Use couscous as a base for North African tagines and stews, or as an accompaniment to hot entrees or cold salads