

Couscous with meat

Ingredients



500g couscous,
1 cup Olive oil
1 chopped onion and
2 whole small onions,
3 fresh tomatoes,
1 small can tomato paste,
1 tsp (or more) Harissa
(spicy chili paste),
2 green peppers,
2 lbs of beef shank (or
lamb shank), Salt, pepper,
paprika,
3 carrots,

2 potatoes,
1 or 2 summer squash or
zucchini, 1/2 lb of fresh
pumpkin,
1 tbsp garlic,
2 liters of water
150grams of garbanzo
(either soaked since the
day before, or drained from
a can)



Preparation

Cut the meat in 2 inch cubes, add salt and pepper to taste. In a couscous pot (lower part), add 1/2 cup of the olive, the medium chopped onions, and the meat. Sautee for about 10 minutes until meat is browned on all sides. Add 2 cups of the total water, garbanzo, let boil, then add the fresh and diced tomatoes, tomato paste, harissa, cover and let boil some more.

Once the sauce is less liquid, add the green peppers (slit open) for about 10 or 15 minutes so they release their taste, then remove them and leave them on the side to be used later to decorate the dish.

1 more liter of water can now be added to the sauce. cover and let boil some more. Add the vegetables (peeled potatoes cut in large wedges; carrots, squash and/ or zucchini and/or peeled fresh pumpkin)

Meanwhile, place the couscous grain in large bowl. Sprinkle with 4 tbsp of olive oil, 1/2 cup of water, use the palm of your hands to mix thoroughly, let rest.

Put the couscous in the upper part of the couscous pot (the part with small holes that allow steaming) above the vegetables and allow to cook for about 20 min. Once the meat is cooked, empty the upper part of the couscous pot on a large tray and separate the grains lightly, using a fork or your fingers. Lightly sprinkle with some salted water.

Use a wooden spatula to stir once in a while

If the vegetables are not well cooked yet, let simmer 5 more minutes or more as necessary.

When the meat and vegetables are all well cooked, turn off the heat and let sit for 5 minutes, until the oil rises to the surface.

In a small bowl, skim some of the oil and mix it with salt, pepper, paprika and mix with the couscous.

Empty the couscous onto the serving deep platter (such as a Pyrex or other platter that can be placed in the oven) and start adding the sauce, one ladle at a time, until it is completely absorbed.



Cover and let rest for about 5 minutes, then start decorating by placing the cooked meat and vegetables on top. Keep remaining meat and vegetables in deep dish with any additional sauce that could be used on the couscous if needed.



Tunisian Platters

Grilled Salad

Salata Mishwiyya

Region: Tunisia

Category: Salads

Season: Summer

Difficulty: Easy but special equipment needed

The ingredients of this salad, the New World tomatoes and peppers having been introduced by the Spanish, are all grilled, then tossed together. It is a very popular salad throughout the country, and one is likely to encounter it many times in travels to Tunisia. I first ate it in Djerba, where it typically accompanies other grilled food. You can double the recipe easily. This grilled salad is probably related historically to the [escalivada salad of Catalonia](#).


Yield: Makes 4 servings

Preparation Time: 50 minutes

- | | | | |
|-------|---|-----|--|
| 1/2 | pound ripe, but firm, tomatoes | 3/4 | teaspoon salt |
| 2 | green bell peppers (about 3/4 pound) | 3 | tablespoons extra virgin olive oil |
| 4 | fresh red chili peppers (about 1/2 pound) | 1 | tablespoon freshly squeezed lemon juice |
| 1 | medium-size onion, peeled and quartered | 24 | imported black olives, pitted or whole |
| 2 | garlic cloves, peeled | 1 | 3 1/2-ounce can imported tuna in olive oil, drained and flaked apart |
| 4 1/2 | teaspoons caraway seed | 2 | hard-boiled eggs, shelled and quartered |

1. Prepare a hot charcoal fire or preheat a gas grill on high for 20 minutes. Grill the tomatoes, peppers, and onion until all have blackened and blistered peels or black grid marks, about 15 minutes for the smaller peppers and tomatoes, and about 20 to 25 minutes for the bell peppers and onion.
2. Peel and seed the grilled vegetables, cut them up, and place in a food processor. Process with 4 or 5 short pulses and transfer to a medium-size bowl.
3. Pound the garlic, caraway seeds, and salt together in a mortar with a pestle until almost a paste, then stir into the grilled vegetables. Arrange on a platter, drizzle with the olive oil and lemon juice, and garnish with the olives, pieces of tuna, and quartered eggs.

http://www.cliffordawright.com/caw/recipes/display/bycountry.php/recipe_id/823/id/8/

Tajine with beans and potatoes	
Ingredients	Preparation
 <p>2 chicken breasts with bones 300 gr Cannellini beans cooked in water. 1 onion Salt, pepper to taste 1 tbs of Turmeric (and/ or curry powder or paste) 2 tbsps crushed garlic 4 tbsps olive oil 2 cups of water 2 medium potatoes 1 bunch of flat, Italian parsley 2 hard boiled eggs 6 raw eggs 300 gr grated Swiss or provolone cheese. Salt, pepper to taste 1 tsp butter</p> <p><u>For conversion of measurements:</u> http://www.metric-conversions.org/weight/grams</p>	<p>Marinate the chicken breasts in 1 tablespoon garlic, salt, and pepper for about an hour. Sautee the finely diced onion in the oil, then add the chicken breasts to accelerate its cooking time. Add water to cover, let cook for 30 minutes on medium heat. Add boiling water if necessary.</p> <p>Peel and dice potatoes. Fry in hot oil for 5 minutes then spread on paper towel to absorb the excess oil</p> <p>When the chicken is cooked, add the pre-cooked beans, the turmeric (and curry)</p> <div style="display: flex; justify-content: space-around;">    </div> <div style="display: flex; justify-content: space-around;"> <div style="width: 30%;"> <p>Pre-heat oven at 350 F. Add the remaining crushed garlic when chicken and beans are well cooks. Let cool for about 10 mn.</p> </div> <div style="width: 30%;"> <p>Remove bones from chicken and dice the breasts in small pieces. Finely cut the parsley.</p> </div> <div style="width: 30%;"> <p>Mix 200gr of grated cheese with the chicken, parsley, beans, french-fried diced potatoes, and some juices from the chicken</p> </div> </div> <div style="display: flex; justify-content: space-around;">    </div>

[-to-ounces.htm](#)

Beat the raw eggs and add them to the mixture, Spread some butter on a Pyrex, warm it in the oven for 5 minutes.



Remove it and pour half the mixture.



Slice the hard boiled eggs finely and place on the mixture.



Sprinkle some grated cheese on top.

Carefully add the remaining mixture. Shake the Pyrex lightly to level the mixture.

Cook in the pre-heated oven for 30 min. Test doneness by inserting a wooden pick or sharp knife.

Let cool for 15 minutes before serving. Can be served with a green salad or a grilled Tunisian salad.

