

Moroccan Couscous (1) (Chris Leaver)

Adapted from FMC Bulletin Aug 1999 p15-16

Serves 4 people

Ingredients

- 320 g instant couscous
- 4 teaspoons curry powder
- 2 vegetable bouillon cube crumbed or 1 tablespoon vegetable stock powder
- 1½ teaspoons garlic powder
- 8 sun dried tomatoes sliced
- 100 g shelled pistachio nuts or pine nuts
- 2 tablespoons dried chives,
- 25g dried onion flakes
- 100g dried vegetables

Method

Before the tramp

1. Mix all the ingredients, except the dried onion, tomato and vegetables, with the couscous

On the tramp

2. Cook vegetables and onion in 4 cups water.
3. Add the couscous mixture
4. Turn off the heat and let the couscous sit undisturbed for 3-5 minutes.
5. Add semi-dried tomatoes and fluff with a fork

Variations

- Instead of garlic powder, take 3 cloves garlic to cook just prior to use in oil or butter
- Use 1 teaspoon dried, or 1 tablespoon fresh basil and/or or a small pottle of ready made pesto instead of dried chives.
- Substitute the dried onion with fresh onion and cook with fresh garlic

Chef's Notes

- 1 large cup of couscous (250 g) should serve 3 people

Number of people	Two	Four	Six	Eight	Ten
Couscous	160g	320g	480g	640g	800g
Curry powder	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons	10 teaspoons
Vegetable	1	2	3	4	5

bullion cube					
Garlic powder	¾ tsp	1 ½ teaspoons	2 teaspoons	3 teaspoons	4 teaspoons
Sun dried tomatoes	4	8	12	16	20
Nuts	50g	100g	150g	200g	250g
Dried herbs	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Dried onion	13g	25g	38g	50g	63g
Dried vegetables	50g	100g	150g	200g	250g