

Moroccan Couscous with Meat and Vegetables



Recipe courtesy of Malek Badaa

Show: Calling All Cooks | Episode: Moroccan Couscous/Bitty Buns

Total: 2 hr 40 min
Prep: 40 min
Cook: 2 hr
Yield: 6 servings

Directions

Put broth in the couscoussiere pot, add the onions, tomatoes, meat, parsley, olive oil, saffron, ginger and salt and pepper. Boil on medium high heat for 5 to 10 minutes. Put the keskes on top of the pot and add couscous slowly. Let the couscous steam for 1/2 hour.

After steam starts coming up, take the couscous out of keskes and transfer into a large bowl (gsaa). Break up any clumping grains of couscous with wooden spoon, and cool for a few minutes. Sprinkle 1/2 cup to 3/4 cup cold water on the couscous while it is in the bowl, to make the grains larger and soft. Return to heat and steam for another 30 minutes. Remove the couscous from the pot and transfer to the large bowl. Again, break up any clumps and sprinkle with 1/2 cup to 3/4 cup of water. Remove the meat from the couscoussiere, cover and set aside. Add vegetables to the couscoussiere and return the couscous to the keske and place in the couscoussiere. Cook the vegetables and the couscous for 30 to 45 minutes on medium high heat. After the vegetables and couscous are all fully cooked, remove the couscoussiere from heat. Return the couscous to a large bowl and add butter. Place the couscous on a platter, forming a hole in the middle of the couscous. Place meat in the hole and top with vegetables. Put sauce around sides of the platter. Serve guests additional sauce in small bowls.

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Ingredients

- 2 quarts water (or beef broth) plus 2 cups to use during couscous procedure
- 1 large yellow onion, chopped
- 1 large tomato, diced
- 4 pounds lamb shoulder or lamb shank, cut into 2-inch pieces
- 1 small bouquet parsley, approximately 1/2 cup
- 1/2 cup olive oil
- 1/2 teaspoon saffron
- 1/2 teaspoon ground ginger
- Salt, to taste
- 1 tablespoon black pepper
- 24 ounces couscous
- 1 pound green and yellow zucchini cut in half lengthwise
- 1 pound baby carrots
- 1 pound potatoes, any kind, peeled and cut into quarters
- 1/2 head cabbage, diced
- 1 pound peas, fresh or frozen
- 2 rutabagas, peeled and diced
- 2 large turnips, peeled and cut into quarters
- 1/2 cup butter, softened
- * Bay leaves and fresh thyme may also be added to the recipe
- * 2 to 3 whole jalapenos can also be added to the vegetables, then served separately