

# COUSCOUS ROYALE

## Ingredients

- 1kg Couscous (8-10 people)
- Carrots (halved lengthways)
- Turnip (thick slices)
- Cabbage (large chunks)
- Courgette (halved lengthways)
- Pumpkin (large chunks)
- Chickpeas (soaked overnight)
- Red Onion (finely chopped)
- Olive Oil
- Vegetable Oil
- Salted Butter
- Fresh Parsley (bunch)
- Tomatoes (sliced)
- Sultanas
- Ground Ginger
- Ground Cumin
- White and Black Pepper
- Saffron powder
- Salt

## Method

- Place the onion into a large saucepan; add small cup olive oil, small cup vegetable oil and 2 large tbsp. salted butter
- Add the sliced tomatoes, large pinch ginger, large pinch white pepper, small pinch black pepper, small packet of saffron powder and whole parsley bunch.
- Place the saucepan on a high heat and stir until the onions are soft (If you want meat cous cous add lamb/beef/chicken at this point)
- In a small saucepan, place the chickpeas with a glug of olive oil, pinch of salt, small pinch of white pepper, ginger and black pepper, 2 pinches cumin, tsp. salted butter and a pinch of saffron powder
- Cover chickpeas with approx. 1 pint cold water, stir and place on a high heat to boil
- Add water to large pan, turn heat down to a simmer
- Empty the packet of couscous into a large bowl- slowly add cold water and mix/rub together with hands to form a damp crumb
- Add 4 tbsp. olive oil to the couscous and mix
- Transfer the couscous to the top layer of the 'Kaskas' pan in a flat layer; place on top of saucepan, cover with foil and seal the pan join with cling film
- Allow to steam for approx. 10 minutes

- Check chickpeas on boil- add more water if required
- Remove the couscous top pan and add the carrot, turnip and cabbage to the large saucepan plus 2 more cups water
- Move the couscous to a bowl, slowly add a small amount of water with a pinch of salt, stirring with fingers
- Replace couscous to top of Kaskas pan, cover, seal and leave to simmer for approx. 15 minutes
- **Prepare the T'fia**; slice one red onion and place in a small saucepan. Add 5 tbsp. veg oil, pinch of white pepper, a pinch ginger, a pinch salt, half packet saffron powder and 4 small handfuls sugar- place on high heat. Add 2 handfuls sultanas, whole stick cinnamon and boil for approx. 30mi until it changes colour
- After 15 min, transfer couscous to bowl and 'fluff up' with approx. 1 cup salted water.
- Take approx. 6 ladles of vegetable sauce from the large pan and add to the chickpeas- return small saucepan to high heat
- Once the carrots are almost cooked, add the courgette and pumpkin to the large pan plus more water as required- bring to boil and replace couscous
- In a small dish, place a large amount of tomato puree and slowly add water, mixing to make a thick sauce
- Remove the couscous, 'fluff up' with a little water and add the tomato puree mix to the vegetables plus a small amount of water and 1 tbsp. salted butter
- Replace couscous to the large pan and simmer for a final 15 minutes until all the vegetables are cooked
- Once vegetables are cooked, remove the couscous, add 5 tbsp. olive oil, mix and spread onto a large plate
- Remove vegetables from the sauce with a slatted spoon and arrange in a circular pattern on top of the couscous. Sprinkle the chickpea mix and drizzle the vegetable tomato cooking sauce over the dish. Place the T'fia in the centre of the dish and serve immediately.