



grain

fuelling foods

COUSCOUS

JUL

RECIPE BOOKLET



grain **COUSCOUS**

fuelling foods

Couscous is eaten all across North Africa but is particularly popular in Morocco, served as a side dish to deep and spicy tagines. Couscous made from semolina and is essentially North Africa's answer to pasta.

Couscous is made from semolina flour combined with water, like Italian egg-free pasta. There are three couscous varieties: standard couscous from Morocco, pearl couscous from Palestine, and giant couscous from Lebanon.

One thing remains true for all of couscous's many incarnations: it is a sociable little grain. One that is meant to be eaten at a gathering of friends or family or, preferably, both. It fits in perfectly with the Arabic ideal of hospitality. It also makes it a perfect dish for busy Westerners who like to entertain, for it is infinitely flexible. It can be adapted not only to the contents of your cupboard and your shopping basket, but also to the number of guests you end up feeding.

The key to this adaptability lies not only in the stew that is served alongside the couscous, but in the grains themselves, as the amount served can be expanded or contracted to suit the number of guests at the table.

Take a look through this recipe pack for some great recipes for to share and enjoy. As always keep us updated with your progress and fantastic photos.

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STRAWBERRY & CARROT COUSCOUS SALAD

SERVES  Ten

ALLERGENS  Wheat, Soya, Gluten

INGREDIENTS

- 350g carrots
- 300g strawberries
- 250g couscous
- Flat parsley, small handful, chopped
- 100g red onions
- 1 avocado
- 1 lemon
- 60ml pomace olive oil
- 60g sunflower seeds
- 10ml maple syrup
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Place the couscous into a tray, add the olive oil, salt and pepper and mix well, add approx. twice the amount of boiling water to the tray and cover with cling film and allow to soak for approx. 15 minutes. Remove the cling film and mix well to remove any lumps, allow to cool quickly.
2. Toast the sunflower nuts in a dry frying pan until lightly browned. Add to the couscous. Heat another 1 tablespoon of the oil in the pan and lightly fry the carrots and onion for approx. 3 minutes. Add in the maple and fry for a further 2 minutes, until the carrots are glazed.
3. Stir the onion, carrots, strawberries, avocado and parsley into the salad.
4. This can be served with the simple strawberry vinaigrette included in this booklet spooned over.

COUSCOUS FRITTERS WITH ROASTED TOMATO & BASIL

SERVES  Ten

ALLERGENS  Wheat, Sulphur Dioxide, Milk, Egg, Gluten

INGREDIENTS

- 10 eggs, free range
- 500g self-raising flour
- 200ml milk, semi-skimmed
- 300g couscous
- 2 spring onions, shredded
- 200ml vegetable oil
- 150g tomatoes
- 150ml vegetable oil
- 75ml balsamic vinegar
- Lo salt, pinch
- Ground black pepper, pinch
- Basil, bunch

METHOD

1. Preheat the oven to 160°C.
2. Mix together the eggs, flour and milk in a bowl to make a batter with the consistency of double cream, then fold in the couscous and spring onions.
3. Heat the olive oil in a frying pan and fry spoonful's of the fritter batter for 2-3 minutes on both sides, or until golden-brown and crisp.
4. On a lined baking sheet lay the tomato slices out and drizzle over the oil and vinegar. Roast in the oven for approx. 5 minutes, until tender.
5. To serve, place one fritter in the middle of a dish or box, lay a roasted tomato slice on top, followed by a third of the basil. Repeat with another layer of fritter, tomato and basil until you have three layers of each.

BEETROOT COUSCOUS & CHICKPEA SALAD

SERVES  Ten

ALLERGENS  Wheat, Gluten

INGREDIENTS

- 300g couscous
- 15ml vegetable oil
- 750g beetroot, cooked
- 800g chickpeas
- Mint, small handful, sprigs
- 1 lime
- 20ml pomace olive oil
- ½ cucumber
- ½ pomegranate, seeds
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Place the couscous in a large bowl with the oil and cover with 375ml boiling water. Leave to absorb the liquid and cool completely, then fluff up with a fork.
2. Mix together the beetroot, chickpeas, mint, lime and olive oil. Chill until ready to serve.
3. Stir in the cucumber and pomegranate seeds and season to serve.

SPICY COUSCOUS MUFFINS

SERVES



Twelve

ALLERGENS



Wheat, Milk,
Egg, Gluten

INGREDIENTS



- 2tbsp. vegetable oil
- 100g cous cous
- 10g coriander, leaves chopped
- 1 red pepper, finely chopped
- ½tsp. chilli powder
- ¼tsp. ground coriander
- ½tsp. ground cumin
- 100g self-raising flour
- 2 eggs, beaten
- 50ml semi-skimmed milk

METHOD



1. Preheat the oven to 200. Grease a 12-hole muffin tin with 1tsp of the oil.
2. In a large bowl, make up the cous cous with 150ml boiling water. When all the water is absorbed, stir in the coriander, red pepper, chilli, coriander, cumin and flour.
3. Stir in the rest of the oil, eggs and milk, mixing until well combined.
4. Divide the mixture between the muffin holes and bake in the oven for approx. 20 minutes, until golden brown and firm to the touch.
5. Allow to cool slightly in the tin for 10 minutes before turning out.

MEDITERRANEAN TUNA & COUSCOUS SALAD

SERVES  Ten

ALLERGENS  Wheat, Fish, Gluten

INGREDIENTS



- 400g cous cous
- 300ml hot chicken stock
- 250g tuna in spring water, drained
- 75g black olives, finely chopped
- 100g cherry tomatoes, quartered
- Basil, small handful, chopped
- Dill, few sprigs, chopped
- Ground black pepper, pinch
- For the dressing:
 - 2 lemons, juiced
 - 45ml pomace olive oil
 - 3tsp. honey

METHOD



1. Put the cous cous in a bowl, pour over the hot stock, cover and leave for 10 minutes. Once the grains of cous cous have absorbed all the liquid, fluff them up with a fork. Stir in the tuna, olives, herbs and tomatoes.
2. Place all the ingredients for the dressing in a bowl and mix together. Stir into the cous cous, season and set aside to cool than serve.

COUSCOUS BREAKFAST CUPS

SERVES  Ten

ALLERGENS  Wheat, Barley, Egg, Gluten

INGREDIENTS

- 14 eggs, free range
- 100g giant cous cous
- 10g vegetable bouillon
- 8 spring onions chopped
- 150g cooked ham, sliced chopped
- 10 cherry tomatoes cut in half
- Flat parsley, small handful, chopped finely
- Lo salt, pinch
- Ground black pepper, pinch
- 30ml vegetable oil

METHOD

1. Pre heat the oven to 180°C.
2. Dissolve the veg bouillon in the correct amount of boiling water to cook the cous cous, just enough to cover the couscous. Cook the couscous in the stock according to the instructions - it usually takes approx. 6 minutes.
3. Line or grease a muffin tray with a little oil.
4. Crack the eggs into a suitable bowl and whisk until they are mixed well. Add the chopped parsley, seasoning. Stir and set aside.
5. When the couscous is cooked, drain well and set aside.
6. Divide the ham, tomatoes and spring onion equally between the 10 muffin holes, then some of the cooked couscous into each hole or case.
7. Pour the egg mixture into the muffin cups, splitting it equally and give a little stir. Place in the oven and cook for approx. 20 minutes, until they are set and golden brown.

MOROCCAN TOMATO & CHICKPEA SOUP WITH COUSCOUS

SERVES  Ten

ALLERGENS  Wheat, Gluten

INGREDIENTS

- 150g couscous
- 90ml pomace olive oil
- 1½ltr. vegetable stock, hot
- 2 onions, finely chopped
- 2 carrots, chopped into small cubes
- 5 garlic cloves, crushed
- 10cm ginger, peeled and finely chopped
- 2tbsp. ground coriander
- 1tbsp. ground cumin
- 800g chopped tomatoes
- 800g chickpeas, drained
- 1 lemon, juiced
- Coriander, large handful, chopped, to serve

METHOD

1. Tip the couscous into a bowl, season with salt and pepper and stir through half of the oil. Pour over enough hot stock just to cover and cover the bowl with cling film and set aside.
2. Heat the rest of the oil in a saucepan and cook the onion and carrot gently for approx. 8 minutes until softened. Add the garlic and ginger and cook for 2 mins more then stir in the ground coriander and cumin and cook for a further minute. Pour in the tomatoes and stock and give everything a good stir. Season, add the chickpeas and simmer everything gently for 20 minutes until thickened slightly, then squeeze over the lemon.
3. Uncover the couscous and fluff up with a fork. To serve add the couscous to the soup and scatter with coriander.

LEMON & SULTANA COUSCOUS CAKE

SERVES  Ten

ALLERGENS  Wheat, Egg, Gluten

INGREDIENTS

- 260g couscous, uncooked
- 80g sultanas
- 260ml boiling water
- 2 eggs, free range
- 50g caster sugar
- 50g lemon curd
- 2 lemons, juiced and zested

METHOD

1. Preheat the oven to 170°C. Line a 1lb loaf tin with baking paper. Set aside. Soak the couscous and sultanas in the boiling water for about 5 minutes.
2. In a medium bowl, whisk together the eggs, sugar, lemon curd and lemon juice; stir into the couscous. Spoon into the prepared loaf tin.
3. Bake for approx. 30 minutes in the preheated oven, or until the centre is cooked through when you test it with a knife or a skewer.
4. Cool, then remove from the tin. Slice and serve.

COUSCOUS SALAD WITH ROASTED PEACH & CHEDDAR

SERVES  Ten

ALLERGENS  Wheat, Milk, Gluten

INGREDIENTS

- 4 carrots, cut into ribbons
- 4 parsnips, cut into ribbons
- 1 red onion, finely sliced
- 2 garlic cloves, sliced
- 30ml pomace olive oil
- 3 peaches, each cut into 6
- Thyme, few sprigs
- 250g couscous
- 350ml hot vegetable stock
- 100g cheddar, grated
- 2tbsp. honey
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 180°C. Toss the carrots, parsnips, onion and garlic with the oil, then tip out into a large roasting tray. Season and roast for 15 minutes, adding the peaches and most of the thyme for the final 5 minutes. Remove from the oven and set aside to cool fully.
2. Place the couscous into a large bowl and then pour over the hot stock. Leave covered for 5 minutes. Once the water has been absorbed, season and set aside to cool.
3. Stir the roasted vegetables into the couscous add in the cheese, drizzle in the honey, season and fold in to serve.

PIRI PIRI SQUASH, MOZZARELLA & COUSCOUS SALAD

SERVES  Ten

ALLERGENS  Wheat, Sulphur Dioxide, Milk, Gluten

INGREDIENTS

- 900g butternut squash, peeled and cut into 2.5cm cubes
- 2tbsp. pomace olive oil
- 1tsp. smoked paprika
- 2tbsp. piri piri sauce
- 200g couscous
- 200g mozzarella, grated
- 200g cherry tomatoes, halved
- Mint, small handful, roughly chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 180°C. In a large bowl, toss the butternut squash with the olive oil and paprika. Season well and spread out on a roasting tray. Roast for approx. 25 minutes, turning halfway through. Add the remaining piri piri sauce, tossing carefully to coat the squash and return to the oven for a further 5-10 minutes, until glazed and caramelised. Set aside to cool fully.
2. Cover the couscous with 300ml boiling water in a bowl. Cover and set aside for a few mins until the water has been absorbed. Fluff up with a fork. Add the roasted squash, cubed feta, cherry tomatoes and chopped mint and toss gently together.
3. Season to taste and serve.

COUSCOUS PORRIDGE

SERVES  Ten

ALLERGENS  Wheat, Sulphur Dioxide, Milk, Gluten

INGREDIENTS



- 225g couscous
 - 85g raisins
 - 85g apricots, chopped
 - 1 orange, zest and juice
 - 750ml semi-skimmed milk
- To serve:
- 2 apples, grated
 - 100ml Greek yoghurt
 - 30ml honey, drizzled

METHOD



1. Put the couscous in a bowl with the raisins, apricots and orange zest, and stir to mix thoroughly.
2. Pour the milk into a saucepan and bring just to the boil. Pour the hot milk over the couscous mixture, stirring well, then cover with foil or cling film. Leave to soak for approx. 10 minutes, until the couscous is plumped up and all the milk has been absorbed.
3. Spoon the couscous into bowls and top with grated apple and Greek yoghurt and honey.
4. Serve immediately.

CRUNCHY COUSCOUS GALETTE

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 4tbsp stork
- 250g onions, finely diced
- 450g couscous
- 500ml vegetable stock
- Lo salt, pinch
- Ground black pepper, pinch
- 3 eggs, free range
- 400g mozzarella, grated
- 2tbsp pomace olive oil

METHOD

1. In a large saucepan, melt half of the stork. Add the onions and cook over high heat, stirring, until softened approx. 2 minutes. Add the couscous and cook, stirring, for a further 2 minutes. Remove from the heat. Add the stock and a pinch of salt, cover and let stand for 5 minutes, until the liquid has been absorbed.
2. Fluff the couscous and scrape it into a large bowl. Set aside to cool for 5 minutes, stirring occasionally. Stir in the eggs and cheese and season with salt and pepper.
3. In a large non-stick frying pan, melt 1 tablespoon of the stork in the oil. Spread the couscous mixture in the pan. Dot with the remaining stork and cook over moderately high heat until golden on the bottom, approx. 5 minutes. Fry the galette for about 5 minutes, until golden and sizzling. Using oven gloves, invert a large plate over the skillet. Carefully flip the galette out onto the plate, cut into wedges and serve.

COUSCOUS CRUNCH BAR

SERVES  Ten

ALLERGENS  Wheat, Barley, Soya, Milk, Gluten

INGREDIENTS

- 180g Israeli couscous
- 30g pumpkin seeds
- 30g sunflower seeds
- 30g stork
- Sea salt flakes, generous pinch
- 260g chocolate, melted
- 60ml vegetable oil

METHOD

1. In a frying pan over a medium-high, toast the couscous and seeds in the melted stork, stirring constantly for approx. 2 minutes, until golden. Transfer to a paper towel-lined plate. Sprinkle with the salt and set aside to cool.
2. Stir the couscous and seeds into the melted chocolate. Line a suitable baking sheet with greaseproof and fill with the seeds and chocolate mix. Refrigerate until set, at least 30 minutes.
3. Remove the tray from the fridge and cut into bars. Enjoy immediately, or store covered in the fridge, up to 3 days.

CHEESE & BROCCOLI COUSCOUS PANCAKES

SERVES  Ten

ALLERGENS  Wheat, Soya, Milk, Egg, Gluten

INGREDIENTS

- 100g couscous, uncooked
- 300g broccoli
- 160g Feta, crumbles
- 2 garlic cloves, finely-chopped
- Mint, small handful, chopped
- Parsley, small handful, chopped
- Chilli flakes, dried, pinch
- 6 eggs, whisked
- 4tbsp. plain yoghurt
- 75ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Cook the broccoli in boiling salted water, just until bright green. Drain and leave to cool. Once cooled finely chop with a sharp knife.
2. Place the couscous into a bowl and cover with 120ml of boiling water, which should just cover the couscous. Cover with cling film for approx. 5 minutes until completely absorbed. Once cooked, run a fork through the couscous to fluff it up.
3. Add the chopped broccoli, feta, garlic, mint, parsley, chilli, eggs, salt and pepper to the couscous and mix thoroughly.
4. Heat a non-stick frying pan on a medium heat with the oil and spoon 2tbsp of the mix into the pan.
5. Fry until golden brown on both sides.
6. Serve with a sprinkle of feta and a dollop of yoghurt.

COUSCOUS CHEDDAR & CHIVE CAKES

SERVES  Ten

ALLERGENS  Wheat, Milk, Egg, Gluten

INGREDIENTS

- 450g couscous, cooked
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, large handful, chopped
- 8 eggs, free range, beaten
- 225g cheddar cheese, grated
- 60ml pomace olive oil

METHOD

1. In a bowl combine couscous, salt, pepper, chives and eggs.
2. Fold in the cheddar cheese.
3. Form couscous mixture into patties. (You could use an Ice cream scoop for this and then flatten them).
4. Heat olive oil in a large saute pan. Place half of the couscous patties in hot pan.
5. Cook for approx. 3-4 minutes per side, until golden brown.
6. Remove from heat and repeat with remaining patties.