

MARRAKECH

EXPRESS ROYAL COUSCOUS

Ingredients (for 4 persons)

- 500g mutton or lamb (brisket or neck)
- 2 chicken thighs cut in 2
- 8 merguez
- 200g couscous (medium grain)
- 6 fresh tomatoes
- 500g of fresh vegetables (2 carrots, 2 small zucchini, 2 turnips, 1 eggplant, 1 can of chickpeas with their juice)
- 3 onions
- 2 tablespoons de ras-el-Hanout
- 1 tablespoon ground cumin
- Harissa (paste or canned)
- 3 Spanish chilli
- 2 peppers
- Olive oil
- Salt

Preparation:

Heat the oil in a large casserole. Brown the meat and cook while preparing the vegetables.

Cut and coarsely dice the zucchini and the eggplant (without peeling them). Peel the turnips and cut in large wedges. Open the chilli, seed and remove the white parts. Cut into strips. Peel and chop the onions.

Remove the meat and discard the excess fat without washing the casserole to collect the meat juices. Pour some oil into the pan and slightly brown the onion. Add the spices and leave to heat for 1 minute so all the fragrances can develop. Add the vegetables, stir well and complete with 1 l litre of warm water from the tap. Salt generously. Place the meat back into the casserole and let simmer for 30 minutes. 10 minutes before the end of the cooking time, add the chickpeas and their juice.

During that time, rinse the semolina carefully in warm water (it will start to swell). When the meat has cooked for some 20 minutes, remove parts of the stock and filter it before pouring it on the semolina (1 ½ volume of broth for 1 volume of semolina). Stir rapidly. Cover and let swell for 5 minutes.

During that time, pierce the merguez sausages generously with a fork or the tip of a knife. Cook in a non-stick frying pan without adding any fat to make them loose most of their fat.

Pour the couscous into a large dish and distribute the drained meat and the vegetables on top. Serve part of the plain cooking juice in one bowl and the rest, flavoured with harissa, in another one.

