

(Adapted from traditional recipes without all the useless spices 7/11/10)

Cut up and butterfly (bone in) 3-4lbs chicken leg quarters, or thighs or legs (all dark meat). Prepare 5qt. saute pan with 1/2C olive oil. Prefer traditional whole quarters? (See note below).
 Saute skin side down at high heat. Cover. Turn when almost done. Finish second side till cooked through. Remove chicken from pan, set aside.
 Drain fat except for 4T.
 (Options: Lamb or beef, cubed 1-inch and browned as above, in place of chicken.)
 Saute medium heat 2 large carrots, sliced thin on diagonal (2C), covered, till half done.
 Add 1 large onion cut coarsely (1+C) till half done, covered.
 Add 2-3 zucchini sliced 1/8in. (3-4C) till wilted, covered.
 When vegetables wilted, add 2C chicken boullion. Deglaze pan.
 Add 4c canned Italian plum tomatoes, cut up, with juice.
 Remove bones from chicken and return to pan.
 Add 15oz. can chick peas with liquid.
 Add fresh ground black pepper.
 Reheat low heat as necessary, covered. Do not boil or overcook.
 Stir, taste broth, adjust seasonings. Add boullion if necessary, enough volume to moisten couscous when serving.

To serve, spoon prepared "instant" couscous or pearl couscous (see below) onto individual plates. Moisten with some of the stew's broth, then surround couscous with chicken, vegetables, and chick-peas. Accompany with "harissa" sauce at the table (see below).

NOTE: Prefer to seve traditional 1/4 chicken in one piece? OK not to cut up and butterfly chicken as described above. Adjust cooking time and method.

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 Instant couscous. Follow directions on package or get loose instant couscous at your health food store:
 Bring to boil: 1-1/2C weak chicken boullion (1C equivalent dry boullion in 1-1/2C water) and 1T olive oil.
 Add 1C instant couscous. Stir. Cover. Let stand 5mins.

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 Pearl (Israeli) Couscous
 In 2-qt saucepan, soak 2C pearl couscous in cold water to cover 1-inch for 10 mins. Drain. Add 2C chicken boullion, 1T olive oil. Simmer 5min. covered. Let stand 10min. Pour off any remaining liquid.
 Less hassle method. Add 1-1/4C boiling water to 1C pearl coucous. Simmer 8-10mins., stirring as desired.

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 Harissa sauce is a must with couscous! There are many recipes not worth the trouble. The easily available perfect substitute is Chinese Chili "Garlic" Sauce (chili, salt, vinegar, no garlic) available in Viet, chinese and other Asian markets. A great condiment for all Asian food.

More about couscous. The word couscous refers to the tiny milled balls of wheat that cook by steaming, traditionally done suspended in a colander over the meat-vegetable stew we refer to as "couscous." Today couscous is available in "instant" form, and as pearls, all easily cooked separately from the "stew."

The stew changes depending on the countries, too. In Morocco, the most famous version is crowned with seven vegetables because seven is considered a lucky number. Although it is generally spiced up, the purest of topping is fresh butter, fava beans, and black pepper. For dessert, Moroccans serve a sweet couscous using dates, cinnamon, and sugar. Tunisian couscous dishes are equally as varied. They maybe made with a whole fish such as grouper, as well as with the usual chicken, lamb, or beef. Also, Tunisians steam their couscous in a closed container, making it slightly denser and moist, while Moroccans use an open top for a fluffy, dry grain.