



COUS COUS

Cous Cous is an ideal accompaniment for roasts and stews. Use it as a substitute for rice, potatoes or pasta or as a breakfast cereal (similar to porridge). For every cup of Cous Cous use $\frac{3}{4}$ cup boiling water and several pinches of salt. Place Cous Cous in a bowl, saturate with boiling water and let stand until all the water is absorbed (2 -3 mins). In a large frying pan melt 2 oz butter or margarine for every cup of Cous Cous. Add the Cous Cous and cook over moderate heat for 4 minutes while stirring continuously. Remove from heat and serve.

TABOULE - a refreshing salad (serving suggestion only)

INGREDIENTS- serves 8

500g pre-cooked Cous Cous (as above), 6 Tomatoes, 2 Green or Red Peppers, 15 Black Olives, Add Green Olives according to your taste, 2 fresh Onions, 2 Short Stalks of Chives, Tarragon, Parsley, Mint (fresh if Possible), one cup of Olive Oil, one cup of lemon juice, Salt & Pepper.

METHOD

Use a Salad Bowl to mix the Ingredients together. Cut the Cucumber, Tomatoes, Onions and the Peppers into small cubes. Chop parsley, Mint, Tarragon and Chives. Add the precooked Cous Cous, Olive Oil, Lemon Juice, Olives, Salt and Pepper. Then mix the preparation thoroughly. Chill in the refrigerator. Chill in the refrigerator for at least 3 hours. Before serving, decorate with fresh chopped mint.

THIS IS ONLY A GUIDE.

PANTRYMAN