

# Couscous with lamb and vegetables

*This recipe claims to serve 6. I cooked 4 pounds of lamb without really adjusting the amount of vegetables and had so much food left over after serving 9 adults and 2 kids that I was able to continue eating it for a few more days! I froze some, but it didn't freeze well and I tossed it. This makes a lot. We also served the Cauliflower Gratin as a side and made a tossed salad. We had tons of food, but it was absolutely delicious. It took a lot more effort than I'm used to making, but it was well worth it.*

*This is a great northern African dish that came from the Beautiful Cookbook: Mediterranean.*

1 cup (7 oz/220ml) dried chick-peas (garbanzo beans)  
2 lb (500g) boneless lamb shoulder or neck, cut into 2-in cubes  
2 large onions, chopped  
2 tsp salt  
2 tsp freshly ground pepper

2 tsp ground ginger  
1/8 tsp saffron threads, crushed  
6 tbsps (2 oz/90g) unsalted butter  
Water or lamb stock to cover  
1 lb (500g) carrots,

2-3 green peppers, cut into chunks  
1 piece pumpkin squash, about 1 lb peeled and cut into chunks  
1 lb (500g) zucchini (courgettes), sliced  
3 tomatoes, chopped into small chunks  
½ cup (6 oz, 185g) raisins

Couscous (Rice Select brand is a good one - comes in 31.7oz jars)  
Harissa, served on the side (Moroccan hot sauce - optional, I couldn't find it)

*Re: the lamb - call the butcher / grocery in advance. They can cube it for you and have it ready to pick up. Worked like a charm. As for the veggies - this also called for turnips originally, but I skipped that altogether and added green pepper. I also couldn't find the pumpkin squash. It makes so much food that you won't miss them!*

Couscous - a Brown family recipe -  
<http://www.dizzyspinsters.com/vintage/vintagerecipes.html>

Directions: Place the chickpeas in a bowl and add water to cover generously. Refrigerate overnight. Drain well. Transfer the beans to a saucepan and add water to cover by about 2 in. Bring to a boil, reduce the heat to low, cover and simmer until tender, 1 hour or longer. Drain and let cool. *(or buy chick-peas in a can and skip these steps!)*

In a large, heavy pot, combine the lamb, onions, salt, pepper, ginger, saffron and butter. Turn the ingredients in the butter. Then add water or stock to cover by 1-2 in. Bring to a boil, reduce the heat to low, cover and simmer for 1 hour. Add the chick-peas and all the vegetables except the zucchini, re-cover and cook for 20-30 minutes longer. Finally, add the zucchini and raisins and cook until all the vegetables and meat are tender, about 20 minutes longer.

Pile the couscous on a warmed platter. Using a slotted spoon, lift the meat and vegetables from the pan juices and arrange them around the couscous. Alternatively, make a well in the center of the couscous and spoon the vegetables and meats into it. Spoon a little of the juices over the top of the mixture. *(I just fixed each plate by spooning a scoop or two of couscous and topping it with the lamb and veggies. It worked well and looked good to boot.)*