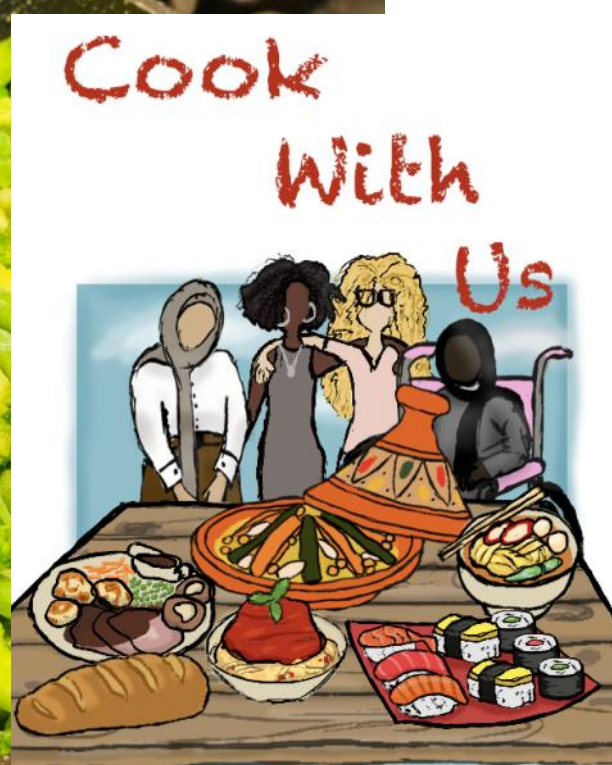
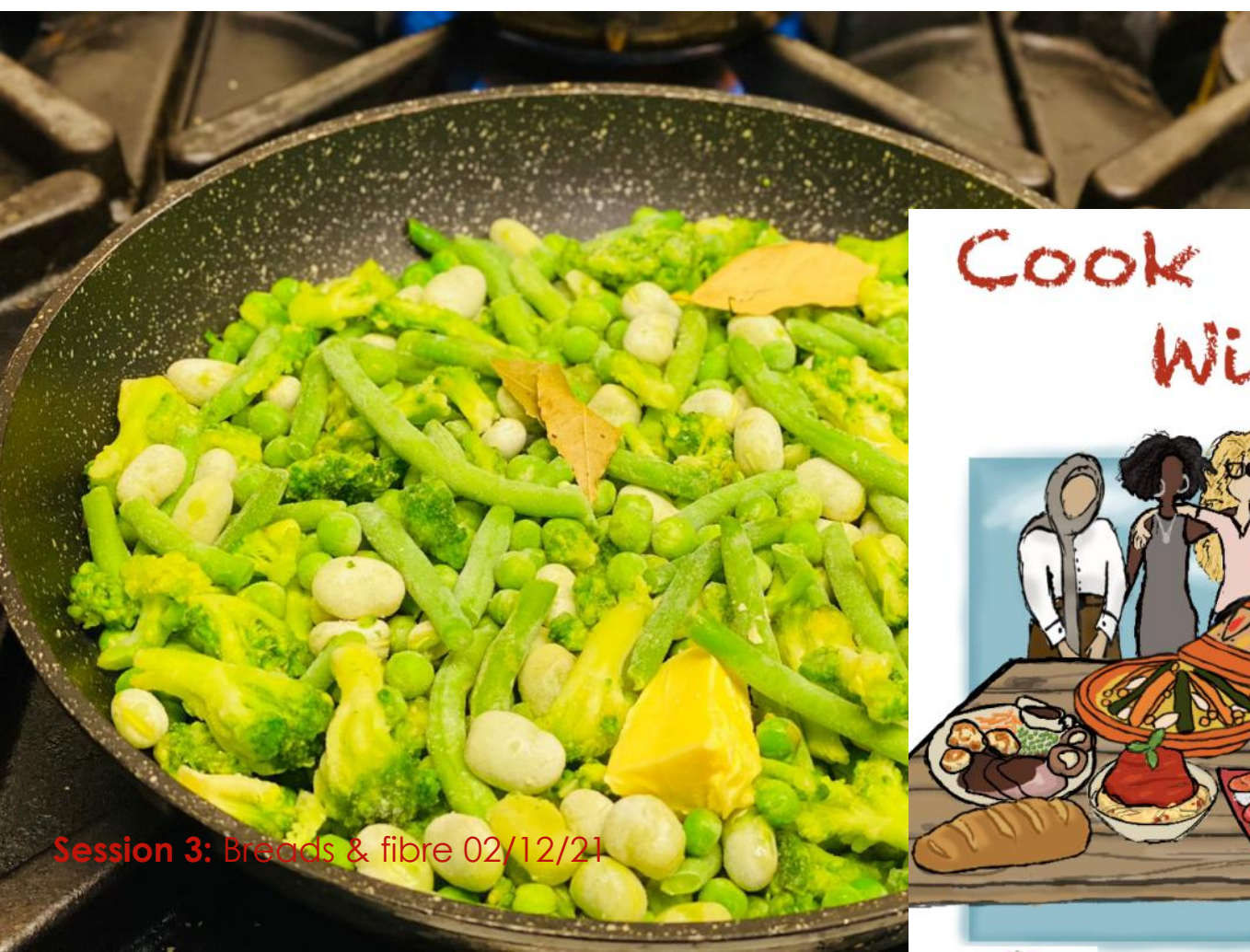




Cook with us
RECIPES
Road to
SPICES



VEGETABLE COUSCOUS ("MESFOUF")

- 1 kg of fine couscous (extra fine if possible available in Mediterranean or Middle east grocery shops)
- 1 pack of frozen green vegetables with seasoning bay leaves and olive oil
- Salted butter
- 1 tsp of salt
- Water to rehydrate the couscous
- Steam pot or couscoussier to steam the couscous

Next page for method

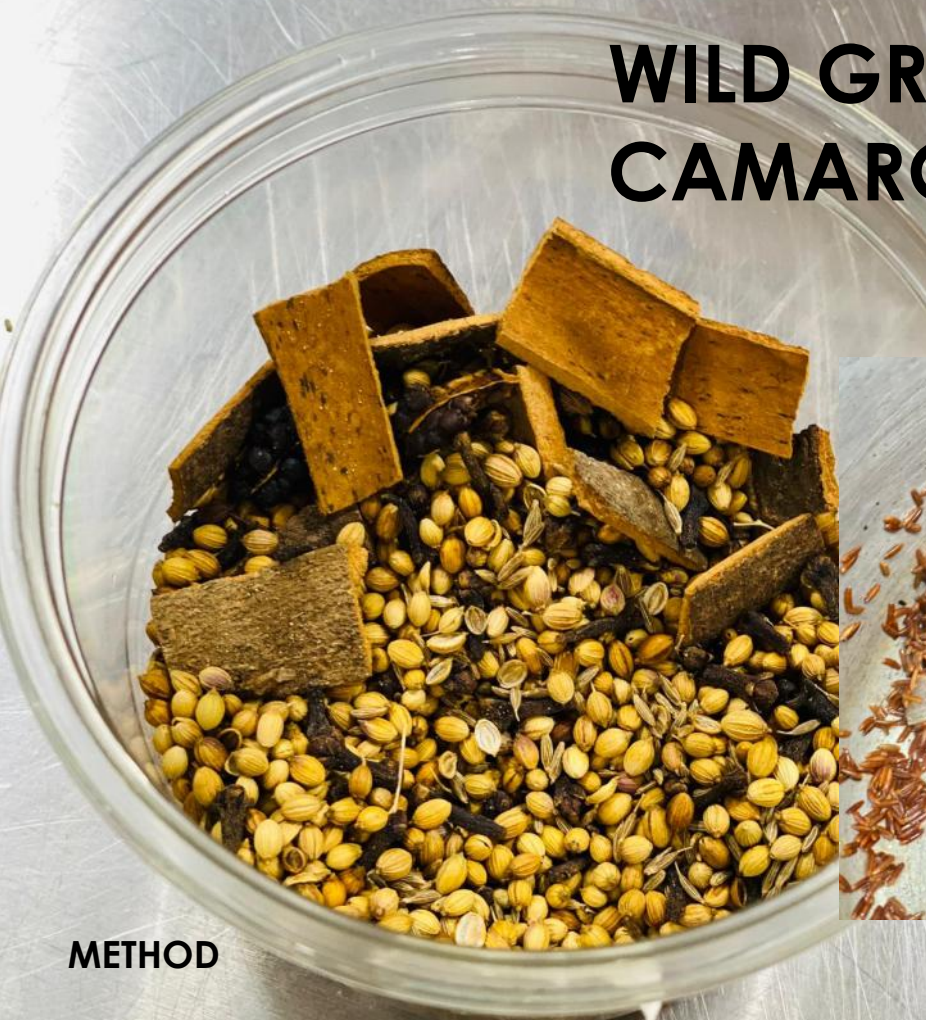


METHOD

- **(Step 1)** Place 1 litre or more of water in bottom part of steamer and bring it to simmer
- **(Step 2)** Place couscous grain in the top part and soak it in water and leave to drain for 15 min, and then open it with light touches of fingers to separate the grains in a wide bowl. Couscous needs room to be rehydrated and not become lumpy.
- **(Step 3)** Place couscous on the top of the steamer for 1 step until evaporation comes through.
- Have some melted butter, (about 3 Tsp) with water in a little bowl, place steamed couscous on a large bowl and with the help of a metal spoon or fingers if brave, separate the grain and sprinkle with water and butter to make it fluffy, process last for 10 min to before replacing the couscous on top of the steamer.
- Repeat steps 1, 3 more times to get the desired result. Couscous cannot be cooked by simply pouring hot water on it and left to rest, it is a grain made out of semolina and needs to be rehydrated several time to have it properly cooked.
- Cook the vegetable with seasoning of your choice with olive oil and bay leaves, once cooked.
- Mix with couscous and serve, as the process is long, it is best to cook a certain quantity and freeze the rest so that it can be just warmed when needed without having to steam it again.



WILD GRAIN RED CAMARGUE RICE



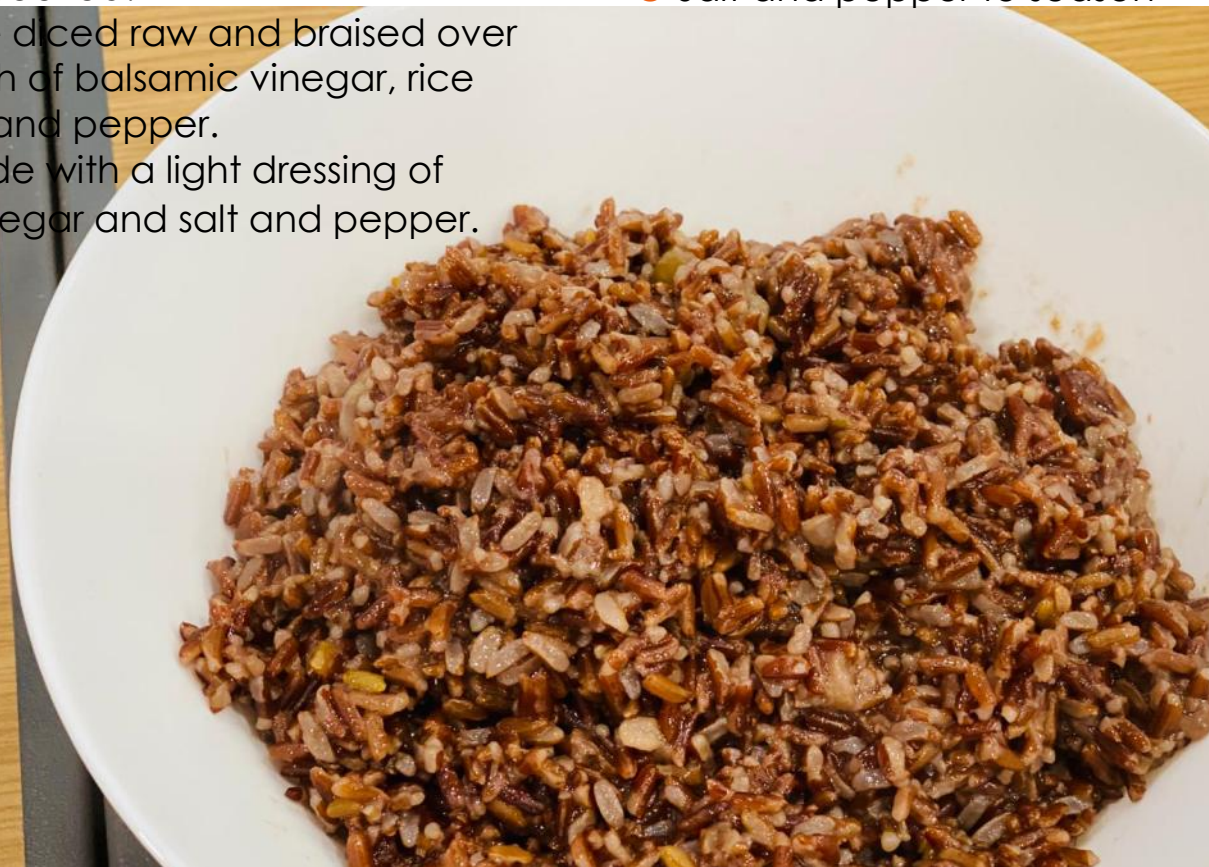
METHOD

○ Cook the rice by absorption with spices combined. This type of rice needs more water than white type and start with 3 times the volume of rice in water, taste and add some water if not fully cooked.

○ Beetroots were diced raw and braised over a pan with a dash of balsamic vinegar, rice bran oil and salt and pepper.

○ Salad was made with a light dressing of olive oil, cider vinegar and salt and pepper.

- 1 pack of 250 g of rice
- Garam masala spices
- 3 volumes of water to cook the rice
- Rice bran oil
- Bay leaves
- Salt and pepper to season



SALMON OVEN BAKED



- 1 filet of salmon (or pieces if preferred, sustainably sourced, organic or wild salmon)
- Dash of olive oil
- Fresh cut of thin slices of garlic
- Fresh dill
- Slices of unwaxed limes or lemon
- 1 tsp fine sea salt
- Pepper
- Sumac (optional)
- Place the salmon on an oven tray layered with baking parchment.



- Drizzle with oil, scatter over the fish, thin cuts of garlic, lemon and freshly cut dill.
- Add seasoning and place in a fan assisted oven at temperature 165 degrees.
- Depending on size cook for about 15 to 20 minutes, when salmon is over-cooked, white protein dries out and the taste is not optimised. Monitor the cooking to avoid drying the fish.





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