
KITCHEN CONNAISSEUR

Amuse Bouche - Kasbah Couscous Salad



This fragrant salad is finished by the exotic flavour of our Moroccan spices – a rich blend of Spanish paprika, cinnamon, cumin, turmeric, all spice, annatto and Spanish saffron. It is light and tasty and perfect for a lunch dish, a vegetarian meal or accompaniment to a main course.

For the Amuse Bouche presentation we recommend the minimalist approach. Use a small stacker, or cookie cutter to create a very small portion. This will be just enough to tantalize the appetite of your dinner guests!

Recipe Yields: 6 cups of salad.

ingredients

SALAD

2 - 2 1/2 cups

Sweet Potato- fresh, peeled and cut in 1/2" pieces (two medium size sweet potatoes will yield about 2 cups)

2 Tbsp

Roasted Garlic Olive Oil

1 Tbsp

Moroccan Spice Blend

To taste

Salt - preferably fleur de sel

To taste

Pepper - black, freshly ground

2 cups, cooked

Israeli Toasted Couscous

1/2 cup

Red onion - diced

1 cup

Raisins- golden, soaked in boiling water for 30 seconds

1/4 cup

Dried Apricot- cut in 1/2" pieces

1/2 cup

Pistachios - sliced

1/4 cup

Mint - fresh, chopped

Watercress leaves - washed

DRESSING

4 Tbsp

Lemon Juice- freshly squeezed

4 Tbsp

Maple Cappuccino Sauce

2 Tbsp	Moroccan Spice Blend
To taste	Salt - preferably fleur de sel
To taste	Pepper- black, freshly ground
1 cup	Roasted Garlic Olive Oil

instructions

1. Preheat the oven to 350° F. Place the prepared sweet potato in a roasting pan. Toss the Roasted Garlic Olive Oil, Moroccan spice, salt and pepper into the vegetables. Place the pan on the lower rack of the oven in the center. Roast for 30-40 minutes tossing once during cooking. Continue to roast until the sweet potatoes are tender and golden brown.
2. Prepare the Israeli Toasted Couscous according to the package instructions. (Note: 1 cup of uncooked will yield 2 cups cooked.)
3. While the vegetables and couscous are cooking prepare the salad dressing. Place the lemon juice, Maple Cappuccino Sauce, Moroccan spice, salt and pepper in a blender or food processor. Mix on medium speed, slowly add the Roasted Garlic Olive Oil. The dressing should thicken slightly. Place it in a bowl and set aside. Store covered in the fridge if not planning to use it right away.
4. In a large bowl place the cooked couscous, red onion, raisins, dried apricot, pistachios and roasted sweet potatoes. Pour the dressing over the mixture. Using a large spoon, fold the ingredients together until they are thoroughly mixed. Cover and refrigerate. For best flavour prepare this salad 12 – 24 hours before serving.
4. Just before serving toss the chopped mint into the salad. To prepare the amuse bouche tightly press the salad into a small form, such as a stacker or a cookie cutter. Put them in the fridge for 1 hour. Push the salad out of the form and onto a watercress or mint leaf. Garnish the top of the salad with pieces of roast sweet potato from the salad. Serve cold, with a fork.