

Couscous

Couscous (pronounced koose koose) consists of tiny granules of pasta and is a staple in many countries around the world. Couscous is cooked and served like rice and has been around for centuries. The earliest reference to couscous dates back to 1630 and was originally made from millet. Sometime during the 20th century couscous was converted over to wheat. Today, couscous is made from semolina of hard wheat that has been husked and crushed, but unground, and bound together by water.

Traditionally, properly cooking couscous requires time and a good steaming vessel, but today much of couscous is the instant variety and will cook very quickly by absorbing a boiling liquid similar to the way rice is cooked. Couscous is very versatile in that it can be served as a side dish, as a hot cereal, in a salad or as a dessert. One cup of dry couscous equals 2 ½ cups cooked and as a side dish plan on ½ to ¾ cups couscous per person. Because couscous does not have much flavor of its own, a variety of flavors can be added with flavored stocks, herbs, spices, vegetables, dried fruits, nuts and /or meats.

At Grandma's Pantry, we have a selection of different types of couscous to choose from. For those who like to start with the basics and flavor it their own way, we have regular and whole wheat couscous. We also carry a couscous with chives and saffron and a whole wheat couscous with cranberries.

Here is a recipe for couscous from www.foodnetwork.com:

Couscous with Dried Dates

(dried dates are also available at Grandma's Pantry)

Ingredients:

- 1 cup water
- 1 cup chicken stock or broth

1 tablespoon olive oil
1/4 cup finely chopped dried dates
1 cup quick-cooking couscous
Salt and freshly ground black pepper

Directions:

Bring the water, stock, and oil to a boil in a small saucepan over medium heat. Add the dates followed by the couscous. Cover the pan tightly with a lid, remove from the heat, and allow it to sit for 5 minutes. Fluff with a fork and season with salt and pepper to taste. Transfer to a serving bowl and serve.

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***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (1 Cor. 10:31)