

CULINARY CRAFTWORK



Israeli Couscous Salad with Lemon-Curry Dressing

Makes approximately 4-6 cups

Cook the couscous:

- 1 ½ cups toasted Israeli couscous (also sold as 'pearl' couscous)
- 1 Tbs. olive oil
- 1 ¾ cups chicken broth
- 1 tsp. kosher salt

Make the dressing:

- 1 cup finely diced red onion
- 2 Tbs. olive oil
- 2 tsp. (2 large cloves) crushed garlic
- 2 Tbs. curry powder (preferably Sun Brand)
- 1 tsp. grated lemon zest
- ½ cup freshly squeezed lemon juice
- 1/3 cup olive oil
- Kosher salt & freshly ground pepper to taste

Assemble the salad:

- 1 finely diced red bell pepper
- 1 finely diced yellow bell pepper
- ½ cup dried currants
- ¼ cup finely sliced scallions
- 2 Tbs. shredded mint
- 2 Tbs. shredded cilantro
- 2 Tbs. coarsely chopped Italian parsley
- Kosher salt & freshly ground pepper to taste



Israeli Couscous Salad with Lemon-Curry Dressing, Continued

Directions:

1. Cook the couscous according to the package directions, substituting chicken broth for the water and olive oil for the butter. The couscous cooks quickly in 8-10 minutes.
2. Using a rubber spatula, transfer the couscous to a baking sheet and spread it out to cool.
3. Make the lemon dressing. In a saucepan, heat 2 Tbs. olive oil and add the diced red onion. Sauté the onion gently until softened, then add the crushed garlic. Stir briefly, then add the curry powder. Stir till fragrant. Turn off the heat.
4. Transfer the curried onions to a blender. Add the lemon juice, lemon zest and olive oil. Puree the mixture and add salt and pepper to taste. It is important to season each part of the recipe separately before combining. This will ensure that the salad tastes vibrant with flavor and not flat.
5. In a medium bowl, toss the cooked couscous with half of the lemon dressing, breaking up the clumps by hand. Add the diced peppers, sliced scallions, parsley, cilantro, mint and currants. Re-season with additional salt & freshly ground pepper, adding more lemon-curry dressing as needed.