

ROASTED VEGETABLE COUSCOUS



1.5	cups	Pearled Couscous	4	Tbs	Mushroom Vinegar
1	cup	Mushrooms	4	Tbs	Light Olive Oil
1	each	Carrot	2	Tbs	Tomato Paste
1	each	Onion	1	Tbs	Fresh Herbs
1-2	each	Scallions	to taste		Salt and Pepper
2-3	each	Celery Stalks			

EQUIPMENT: Medium sized stock pot, large saute pan, strainer and a medium sized mixing bowl.

Fill your stock pot with water, season with salt and heat to a boil. Cook the couscous to al dente firmness 6-7 minutes. Shock the cooked couscous with ice water and strain. Mix the strained couscous with 2 Tbs of the olive oil in the mixing bowl and keep cool. Peel and clean the carrot, and onion. Cut mushrooms, carrots, onion, celery and fennel into small uniform dice. Heat the saute pan to medium- high and add 2 Tbsp olive oil and the diced vegetables. Stir frequently and cook until the vegetables have started to soften and color. Deglaze the pan with 2 Tbsp Mushroom vinegar and remove from heat. Stir in the tomato paste and let the vegetable mixture cool. Chop the scallions and fresh herbs and add to the cooled vegetables. Once cool add the cooked vegetables to the couscous and stir in remaining 2 Tbsp of Mushroom vinegar. Mix fully and season to taste with salt and pepper, adding some oil or vinegar as needed. Garnish with chopped herbs and pickled peppers or pickled onions.