

Tunisian Vegetarian Dishes

Couscous with Veggies

- Prep time: 15 minutes
- Cooking time: 30 minutes
- 4-6 persons

For the vegetarian stew

- 2 tablespoons of vegetable oil
- 1 can crushed tomatoes
- 1 tablespoon of tomato paste
- 1 tablespoon of harissa
- 1 onion
- 2 garlic cloves
- 2 potato
- 4 carrots
- 2 turnips
- 1 zucchini
- 2 tomatoes
- 1 cup of canned chickpeas
- Half a cup of spices (ground paprika/caraway/cumin/coriander/turmeric)



For the couscous

- 2 cups of couscous
- 2 tablespoons of Spices (Coriander, Rosebud powder, Cinnamon)
- Salt (to taste)
- A drizzle of olive oil

Step by step

1. Cut the onion and crush the garlic.
2. Heat the oil in a large pot and fry the onion until golden.
3. Add the garlic and fry it until fragrant.
4. Add the tomato paste and crushed tomatoes and let simmer.
5. Peel all veggies except the zucchini, which should be peeled in a striped pattern and set aside for later.
6. Cut them in small quarters and add them to the pot. The zucchini and chickpeas should be added half-way through.
7. Add a bit of water to make sure the vegetables are covered.
8. Bring to a boil, then let it simmer till the potatoes are cooked.
9. Meanwhile, place dry couscous in large bowl
10. Add the spices and salt.
11. Follow cooking instructions for the couscous.
12. Fluff the couscous and drizzle the olive oil.
13. Mix a bit of the stew into the couscous (to taste)
14. Put the finished couscous into a large shallow bowl and place cooked veggies and chickpeas onto top of couscous.

Recipe adapted

<https://www.chowhound.com/recipes/tunisian-couscous-30206>

Tunisian Salad

- Prep time: 15 minutes
- 2 people

Ingredients

- 1 cucumber
- 1 green bell pepper
- 1 tomato
- 1 apple
- ½ red onion
- A bunch of parsley or mint (to taste)

For decoration:

- Olives (Ripe or Kalamata)
- 1 hard-boiled egg (optional)



For the vinaigrette

- 2 tablespoons of lemon juice
- 4 tablespoons of olive oil
- Salt and pepper (to taste)

Step by step:

1. Cube all fresh produce and mix in a bowl.
2. Chop the parsley or mint and add to the previous mixture.
3. Mix the vinaigrette and pour it over your salade.
4. Decorate the salad.

Almond Balls

Ingredients: (yield about 30-40 balls)

- 300 g almond flour (blanched almond preferred)
- 100 g powdered sugar
- About ½ cup rose water or orange blossom water
- Green and red food Colouring (Optional)
- Some crystallized sugar

Step by step:

1. Mix together almond flour and powdered sugar.
2. Divide in 3 equal versions, add the food colouring to 2 different portions.
3. Add the rose water (or orange blossom water) little by little and mix till a dough is formed.
4. Form the 3 different doughs in a sausage shape and place them side by side.
5. Cut the sausage-shaped dough in pieces of half an inch.
6. Roll the pieces together in balls.
7. Roll the balls in the crystallized sugar.
8. Enjoy!



Recipe adapted and image from <https://www.guideastuces.com/A1894-Boulettes-d-amandes-aux-trois-couleurs---Kaaber-Louz>

Cauliflower fritters

- Prep time: 10 minutes
- Cooking time: 20 minutes
- 20 fritters

Ingredients:

- 40g finely chopped parsley
- 2 garlic cloves, finely chopped (the equivalent of one tablespoon)
- 1 tablespoon red pepper
- 1 tablespoon coriander + ground caraway (Tunisian spice blend)
- 1 tablespoon dried mint
- 1 tablespoon of olive oil
- 1 tablespoon breadcrumbs
- 1 medium cauliflower
- 2 eggs
- 8 cups of flour
- 10 cl of milk
- Salt and pepper
- Frying oil

Step by step:

1. Start by boiling a large amount of salt water and cook the cauliflower cut into medium bouquets for about ten minutes. Do not over cook cauliflower bouquets, they will be breaded and fried later.
2. In a large bowl, combine all ingredients and mix well by hand.
3. Form pellets about 3 cm in diameter pressing the stuffing with your hands.
4. In a bowl, combine eggs, milk, flour, salt and pepper.
5. Soak the bouquets of cauliflower and fry in a large amount of oil.



Recipe Adapted and image from

<http://zitzitouna.com/beignets-de-choux-fleur-et-boulettes-de-viande-a-la-sauce-tomate/>