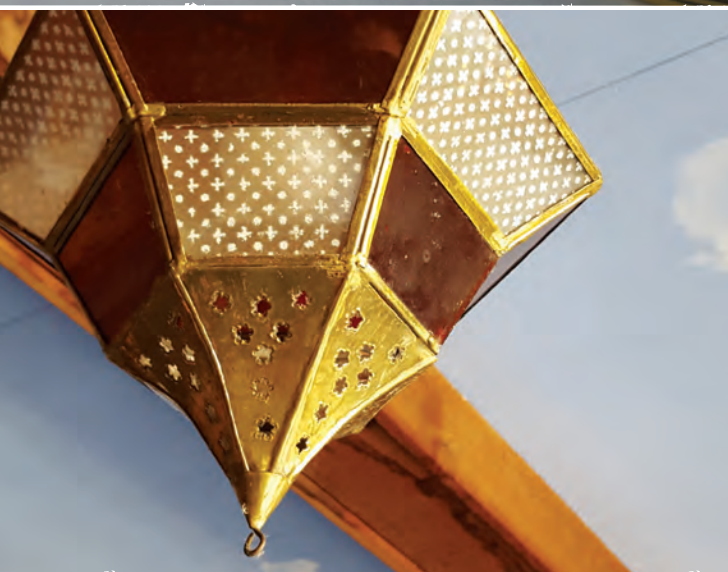


Jamila's cafe



Chef Jamila ~ Couscous à l'Agneau



YELLOW GOLD

Prized for its flavor and bright yellow color, turmeric gets regular use in kitchens across Tunisia, Iran, Indonesia and Cambodia, and features prominently across South Asian, Middle Eastern and North African cuisines. Whether used in its dried, powdered form or grated from the fresh, ginger-like root, the spice imparts a pungent, slightly bitter flavor.



Turmeric



COUSCOUS WITH LAMB AND VEGETABLES

7808 Maple St, New Orleans, LA 70118 (504) 866-4366 jamilascafe.com

MONCEF AND JAMILA SBAA opened their restaurant on a quiet block of Maple Street in 1994. While the street has seen quite a bit of development in the years since, Jamila's Café has maintained the unpretentious charm that helped make it a perennial favorite. Of course, the main attraction has always been the food, drawn from the culinary melting pot of the owners' native Tunisia. Menu staples include grilled merguez, a bisque made with crawfish, zucchini and spinach, and stewed lamb served over couscous.

INGREDIENTS

- + 2 lbs lamb cut into two-inch cubes
- + 6 tbsp olive oil
- + 1 yellow onion, diced
- + 2 cups lamb stock
- + 2 tbsp tomato paste
- + 1 tsp harissa
- + 2 roma tomatoes, diced
- + 1 tsp turmeric
- + 1 tsp paprika
- + 1 tsp ground black pepper
- + salt to taste
- + 3 carrots cut into sticks
- + 3 zucchinis cut into sticks
- + 1 can chickpeas, drained and rinsed
- + 3 cups couscous

METHOD *Serves 6-8*

Note: This recipe is designed to be prepared using a couscoussier, a double chambered pot that allows for food to be steamed above a simmering stew. You can make the recipe without this device by cooking the stew in a dutch oven and preparing the couscous separately.

1. Heat oil in the pot of a couscoussier. Add onions and lamb. Season with salt, black pepper and turmeric. When the lamb is seared, add tomatoes, tomato paste, harissa, paprika, lamb stock and enough water to cover the meat. Bring to a boil.
2. While pot heats to a boil, prepare the couscous. Put dry couscous in a large bowl, add a pinch of salt, 1 tablespoon olive oil and ½ cup water. Mix gently to break up lumps. Transfer mixture to steamer of couscoussier and place over the pot of simmering stew.
3. Cook the stew for 20 minutes as couscous steams.
4. Fluff the couscous and stir stew. Add water if stew appears to be too thick.
5. Add carrots. Repeat steps 3 and 4.
6. Add the zucchini and chickpeas.
7. Cook for 20 minutes more or until lamb is tender.
8. To serve, transfer couscous into deep platter. Ladle broth over couscous and arrange lamb and vegetables in middle. Serve remaining broth in a bowl to be added as needed for individual taste.



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