

PRINT & CUT

by SCOUT'S HONOR Co. for

{frolic!}



COUSCOUS DIRECTIONS

1. PLACE COUSCOUS IN A MEDIUM MIXING BOWL AND TOSS WITH HALF THE OLIVE OIL.
2. IN A MEDIUM SAUCE POT, HEAT THE REMAINING OIL OVER MEDIUM HEAT AND ADD ONION. COOK FOR APPROXIMATELY 5 MIN, STIRRING OCCASIONALLY, UNTIL ONIONS ARE TRANSLUCENT BUT NOT BROWNED. ADD 2T SALT, CHILE FLAKE, AND SAFFRON, AND COOK FOR 1 MINUTE MORE.
3. ADD 2.5C STOCK TO ONION MIXTURE AND BRING TO A BOIL. POUR STOCK MIXTURE OVER COUSCOUS AND COVER TIGHTLY WITH PLASTIC WRAP. ALLOW COUSCOUS TO STEAM FOR TEN MINUTES.
4. PLACE TOMATOES, ALMONDS, PARSLEY, REMAINING STOCK AND A SPRINKLING OF SALT AND PEPPER INTO THE SAME SAUCE POT. ADD COUSCOUS AND MIX WELL OVER MEDIUM HEAT UNTIL STOCK IS ABSORBED. THE COUSCOUS SHOULD BE MOIST, BUT NOT SOUPY, AND STILL HAVE A SLIGHT BITE WHEN TASTED. ADJUST SEASONING TO TASTE.

FOR THE SQUASH

- 2 EACH *kuri squash, or similar
(approximately baseball sized)*
- 1T *extra virgin olive oil*
- TO TASTE *coarse sea salt*
- TO TASTE *black pepper*

SQUASH DIRECTIONS

1. PREHEAT OVEN TO 400F.
2. USING A SHARP KNIFE, TRIM OFF THE STEM END OF THE SQUASH AND MAKE TWO SHALLOW CUTS ACROSS OPPOSITE SIDES OF THE SQUASH, LEAVING YOURSELF TWO FLAT SIDES. CUT THE SQUASH IN HALF AND SCOOP OUT THE SEEDS TO CREATE THE BOWL FOR STUFFING.
3. PLACE THE SQUASH HALVES ON A BAKING PAN, CUT SIDES UP, AND DRIZZLE WITH THE OLIVE OIL AND SPRINKLE GENEROUSLY WITH SALT & PEPPER.
4. TURN THE SQUASH OVER, CUT SIDE DOWN, AND PLACE IN THE OVEN ON A CENTER RACK. BAKE FOR 15-20 MINUTES. SQUASH SHOULD BE TENDER BUT NOT FULLY COOKED AT THIS POINT.
5. REMOVE SQUASH FROM OVEN, TURN OVER OVER TO SHOW THE BOWL, AND DIVIDE THE COUSCOUS MIXTURE BETWEEN THE HALVES. RETURN TO OVEN AND BAKE 10-12 MINUTES MORE, OR UNTIL SQUASH FEELS SOFT WHEN SQUEEZED AND COUSCOUS IS BROWNED ON TOP.
6. SERVE AS STANDALONE APPETIZER OR AS A MAIN DISH WITH A SIMPLE VEGETABLE SIDE.



Portland, Oregon