

Moroccan Squash Tagine with Couscous

From “The Ethical Gourmet,” Jay Weinstein

3 Tbsp. Olive oil	½ lb. fresh fava beans or frozen lima beans
2 onion, chopped (about 4 cups)	one 14 oz. can chickpeas, drained
4 garlic cloves, sliced	1 qt. vegetable stock
1 ½ lb. winter squash or pumpkin, skin on, cut into large chunks	pinch of saffron steeped in 1/4cup warm water
2 large carrots	¼ cup roughly chopped fresh parsley
8 small red potatoes, halved	juice of 1 lemon
1 tsp. ground cumin	black pepper
1 tsp. ground cinnamon	Harissa (Middle Eastern hot chili paste) to taste
1 Tbsp. kosher salt	1 lb couscous, cooked
6 tomatoes roughly chopped	

Heat the oil in a Dutch oven; add the onions, garlic, pumpkin, carrots, potatoes, cumin, ginger, cinnamon, and salt. Cook gently for 10 minutes, until the mixture is softened and the vegetables have released some of their juices. Add the tomatoes; cook 3 minutes. Stir in the fava (or lima) beans, chickpeas, stock, and saffron.

Bring the mixture to a boil. Lower heat to simmer; cover and simmer 30 minutes. Finish by stirring in the parsley and lemon juice; season to taste with salt and pepper. Mix a small amount of broth with the harissa, and serve it on the side. Accompany with heaping plates of couscous.