

Recipe I – Brik

Ingredients:

- 1 can of tuna (packed in olive oil), drained
- 2 T capers
- 3 or 4 T finely chopped parsley
- 1 large (russet) potato (or 2 medium potatoes), boiled, peeled, and finely diced
- 4 eggs
- 4 Brik* pastry sheets
- 1 tsp coriander spice (powdered)
- oil for deep frying (either canola or vegetable oil)
- Grated gruyere, to taste
- salt and pepper, to taste



*Brik, also called *malsouka* in Tunisian, is a very fine sheet of dough which is partially cooked. I order it online (see image on the left) but it is not always available. This spring roll pastry (on the right) is a good substitute and can be found at the State College International Market on S. Allen St.



1. Combine the tuna, capers, parsley, potatoes, coriander, gruyere, salt, and pepper in a bowl.
2. If using round brik sheets, fold all four sides toward the center so you end up with a square.
3. Place some of the filling on one side in the center. Break the egg on the other side.
4. Fold the brik to cover the filling and egg so you form a triangular shape. Press the top and bottom edges to seal them together.
5. Deep fry 1 brik at a time until golden brown. The egg should remain a bit runny.
6. Put the fried brik in a colander lined with brown paper or paper towel to absorb the oil.
7. Repeat for the other three briks (one egg per brik).
8. Serve with lemon wedges.



Recipe II – *Slata mechouia* (grilled salad)

Ingredients:

- 2 large green bell peppers
- 4 large tomatoes
- 2 or 3 hot peppers (optional)
- 2 or 3 garlic cloves
- 1 T coriander
- 1T paprika
- 1 lemon
- 3T olive oil (or more)
- salt and pepper to taste
- Tuna, egg and black olives for garnish

1. Wash vegetables. Place them in the oven to roast, preferably under the broiler. You can also grill the vegetables outside.
2. Check on the vegetables often and turn every few minutes as needed so they are black and charred all over. Roasting or grilling should take approximately 20-25 minutes at 400 degrees F.
3. Once the vegetables look done (skin should turn black), remove them from the oven or grill and peel away the charred skin (the vegetables will be hot).
4. Put the peeled vegetables and garlic in a food processor at low speed. Alternatively, use a fork and knife and cut them finely.
5. Transfer the vegetables to a medium bowl and mix well.
6. Add spices and a squeeze of lemon.
7. Refrigerate.
8. Just before serving, remove from the refrigerator, add sliced hard boiled eggs, and garnish with tuna and black olives.
9. Serve with a good flat bread.



Recipe III – Tunisian couscous

Ingredients:

- 2 cups of couscous*
- 6 chicken thighs (or legs, or a mix of both, as you prefer; with or without bones)
- 3 medium potatoes, peeled and cut into four
- 2 zucchinis, halved lengthwise and cut into four
- 2 carrots, halved and cut same size as zucchini
- 1 can chickpeas, drained
- 2 medium onions, sliced
- 2 cloves of garlic, chopped finely
- 2 T tomato paste
- 2 tsp harrissa paste (optional)
- 1 tsp paprika
- 1 tsp tumeric
- 1 tsp coriander
- Salt and pepper to taste
- olive oil



*Any couscous will work. I prefer the brand Diari, which I find at the State College International Market on S. Allen St. Couscous can be fine, medium, or coarse. I prefer medium couscous for this sort of sauce. Typically, the couscous steams on top of a *couscoussiere* while the sauce cooks in the bottom. In this recipe, I share a shortcut which works really well.

To prepare the couscous grains:

1. Put 2 cups of dry couscous in bowl.
2. Pour 2 tsps of good olive oil on the dry couscous grains. Work the oil through the couscous with your fingers, separating the grains and getting rid of any clumps.
3. Add a little salt. Mix again and set aside.
4. Put 2 cups of water to boil. After the water boils, add carefully the boiling water to the bowl of couscous.
5. Using a fork, mix in the water quickly, then cover tightly with aluminum foil and let sit somewhere where it can remain warm (I put it in an unlit oven).
6. After 10 min, uncover and mix again with a fork. You should end up with cooked, and not clumped, couscous.

To prepare the sauce, chicken and vegetables:

1. Place the chicken in a bowl and add the spices.
2. Add 2 T of olive oil to a heavy pot such as a dutch oven, uncovered.
3. Turn to medium heat, and add the chicken. Cook the chicken until all pieces are brown on both sides.
4. Add the sliced onion and chopped garlic. Sauté until slightly softened.



5. Add tomato paste and harissa, stir and cook for a couple of minutes making sure it does not burn.
6. Add water to cover the chicken. Ease in the potatoes. Cook for 20 min on medium low.
7. Add the carrots and zucchini. Cook until the vegetables are cooked.
8. Add the chickpeas and simmer a bit more.
9. As the stew cooks, add more water if needed. Be careful not to overcook the chicken or vegetables. You can remove them one at a time if they are cooked and place them in a dish while the rest continues cooking.
10. When all vegetables and chicken are cooked through, remove them from the sauce and set aside.
11. Cook down the sauce to thicken it if it is watery.
12. Pour a couple of tablespoons of the thickened sauce over the couscous and cover for 5 minutes, or until the couscous has absorbed the sauce.
13. Arrange the couscous in a large serving dish. Place the vegetables, chicken and chickpeas on top.

