

Five Spice Moroccan Couscous Salad With Raisins



Couscous looks like grain but they are made with durum wheat (semolina). This is very popular in North African cuisines

like Morocco, Tunisia, Libya and Algeria (Ref:Wikipedia). Last week I bought this couscous mainly wanted to make this five spice Moroccan couscous salad with raisins and nuts. I referred vegan planet cook book by Robin Robertson and made this couscous salad for last night dinner. They are so yum, flavorful, refreshing and exotic in taste. You can taste all the flavors in this salad like sweetness from dates and sugar, crunches from nuts and 5 different spice taste. I customized this recipe to my taste .

To make 5 spice Moroccan couscous salad, first you need to cook the couscous with five special spices, they are turmeric, Cayenne (red chilly powder), dry ginger powder, cinnamon powder and cumin Powder. Finally you have to toss it with sliced onion, black olives, cottage cheese, raisins, nuts and salt.

Try this yummy, delicious Moroccan couscous salad at home and enjoy with your family.

How to make Five Spice Moroccan Couscous Salad With Raisins & Nuts

Ingredients for Five Spice Moroccan Couscous Salad With Raisins & Nuts

Preparation Time: 10 mins Cooking Time: 10 mins Serves :2

- 2 Tbsp of Olive Oil
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Red Chilly Powder(cayenne)
- 1/4 Tsp of Cinnamon Powder
- 1/4 Tsp of Cumin Powder
- 1/4 Tsp of Dry Ginger Powder
- 1 Cup of Instant Couscous
 - 2 Cups of Water
- 1 Medium Size Red Onion, Sliced
 - 10 Black Olives
 - 2 Tbsp of Cottage Cheese
 - Handful of Raisins
 - Handful of Walnuts
 - 1/4 Cup of Seedless Dates
 - 1/4 Tsp of Brown Sugar
 - Salt to taste

Method for Five Spice Moroccan Couscous Salad With Raisins & Nuts

- Heat a pan with oil in a medium heat, when it is hot, add couscous, turmeric powder, red chilly powder, cinnamon powder, cumin powder and dry ginger powder. Fry well in oil for 2 mins. Add water, bring it to boil, reduce the heat to low flame, cover and cook for 10 mins.
- Transfer this couscous to a serving bowl. To the couscous, add onion, black olives, raisins, dates, walnuts, cottage cheese, sugar and salt. Gently toss it with fork until everything combined well.
 - Serve immediately.

Tips

- You can customize this salad recipe by adding chickpeas or black beans.
 - Instead of water you can add vegetable broth.
- If you don't have walnuts, add cashews or peanuts or almonds.



Five-Spice Moroccan Couscous Salad

Tags: [Five Spice Moroccan Couscous Salad With Raisins & Nuts](#), [moroccan salad with couscous](#), [couscous recipe](#), [five spice](#)

[salad, how to make Five Spice Moroccan Couscous Salad With Raisins & Nuts, salad recipe with couscous, five spice couscous salad vegan planet](#)

[**Pineapple Popsicle / Summer Treat for Kids**](#)

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Pineapple Popsicle

Popsicle season is back. So I made this easy, delicious Pineapple Popsicle. These Popsicle are so yum and refreshing. With just 3 ingredients, you can make this pineapple popsicle

at home easily. This is a perfect summer treat for kids and adults. Enjoy this frozen pineapple pop on hot summer day. Also check my [paal ice / milk popsicle/ Homemade Kulfi](#)

How to make Homemade Pineapple Popsicle

Ingredients for Pineapple Popsicle

Preparation Time: 10 mins Freezing Time: 4hrs Serves:1

- 150 gms(5oz) of Chopped Pineapple
 - 1/4 Cup of Full Fat Milk
 - 2 Tbsp of Sugar or Honey

Method for Pineapple Popsicle

- Remove the skin with knife, wash and chop the pineapple into small pieces.
- In a blender, add chopped pineapple, milk and sugar/honey, blend it to a smooth purée.
- Transfer this purée to a Popsicle mold or paper cups like I did.
- Freeze it for 4 hrs or overnight. After 1/2 hr, insert the Ice cream stick in the middle of the cup, then freeze it again.
- Then carefully show the bottom part of the cup in running tap water, set aside for 2 mins then slowly remove it from the cup.
 - Serve immediately.

Tips

- If you have Popsicle mold use them otherwise use paper cups or ice cube tray.
 - Freeze it 4 hrs or overnight.
 - For de moulding, show the Popsicle in tap water, then carefully pull the sticks.
 - Adjust the sugar according to your taste.

Pineapple Popsicle



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tags: [pineapple Popsicles](#), [Popsicle recipe](#), [summer treat Popsicles](#), [Popsicle ideas with pineapple](#), [fruit Popsicle](#), [homemade pineapple popsicle](#)

Bread Machine Whole Wheat Bread Recipe

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100% Whole Wheat Bread

This is one of the easiest Bread Machine Whole Wheat Bread Recipe that I have ever tried. I really love the taste and texture was great, this bread was little dense, outside was little crunchy, very chewy and moist on inside. I love-making my own wheat bread in my house, the smell comes out of the

kitchen during baking was just wonderful. Making loaf at home costs less than buying from stores. You can customize the bread machine wheat bread recipe by adding 7 grain cereals or flax seeds or sunflower seeds. You just want to wait for 4 hrs to get fresh hot, yummy whole wheat sandwich machine bread. Try this protein and fiber rich wheat gluten machine bread at home.

Also check my [100% whole wheat sandwich bread recipe](#) made in oven.

Ingredients - Bread Machine Whole Wheat Bread Recipe

Prep time: 5 mins Cooking Time : 4 hrs 10 mins Serves: 1 loaf

- 2.5 Cups + 2 Tbsp of Whole Wheat Flour
 - 1/4 Cup + 2 Tbsp of Wheat Gluten
 - 1 and 1/4 Cup of Water
 - 1 Tsp of Salt
 - 1 Tbsp of Oil
 - 3 Tbsp of Sugar or Honey
 - 2 Tsp of Dry Yeast

Method – Bread Machine Whole Wheat Bread Recipe

- Install the mixing blade on the shaft inside the bread machine.
- Add water, whole wheat flour, wheat gluten, salt, oil, sugar and dry yeast in the same order to the loaf pan.
- Carefully place the loaf pan into the bread machine and close the lid.
- Now select the cycle button, it changes from knead to bake. By not changing the cycle, the cycle is set until finished (**knead-first rise-second rise-bake**)
 - Next press the menu button, the menu appears like bread, rapid bread, mix bread, jam and cake. select **bread option** in the menu.
 - Press the bread colour button to change the colour of browning. Browning stages changes from light to dark. Select **medium** for this bread.
 - If you want to block the setting buttons, press lock. Finally press **“START”** button.
 - This bread takes **4 hrs and 10 mins** to bake. Do not change the timer.
- Once the baking process has been done, you will hear beep sound, telling your bread is done.
 - Use oven mitt while you remove the bread pan.
- Turn the bread pan upside down and shake till the bread comes out.
 - Whole wheat bread is ready to slice.

Tips

- The height of this bread is really small than white bread.
 - This method cannot be used on rapid bread cycle.
 - Always unplug the wire after use.

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*Bread Machine
Wheat Bread*

Tags: [100% whole wheat bread recipe in bread machine](#), [bread machine whole wheat bread recipe](#), [bread machine wheat bread](#), [wheat bread recipe](#), [bread machine recipe](#), [easy bread recipe in bread machine](#). [wheat gluten bread bread machine](#)