

CHICKEN COUSCOUS

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Procedure:

1. Coat chicken with Kitchen Bouquet or soy sauce to produce a pleasing color.
2. Place in a 3-quart (3 L) casserole with meatier portions near edge of dish.
3. Sprinkle with spices and garlic.
4. Cover and cook at **P7** 5 minutes.
5. Rearrange chicken.
6. Add lemon juice and vegetables and baste with drippings.
7. Cover and cook at **P7** 25 - 30 minutes, or until vegetables are tender and chicken loosens from bone and is no longer pink.
8. **To Complete:** Serve over couscous.
9. In a 4-cup (1 L) bowl, bring chicken stock to boil, at **P7** 2 - 3 minutes. Stir in couscous. Let stand, 5 minutes.

* Drippings from chicken may be used as part of stock.