

David's Colorful Couscous Salad

Ingredients

- 2 cups couscous
- 3 1/2 cups boiling water
- 1/2 teaspoon sea salt (put this in the water before boiling)
- 1 small carrot, cut into small cubes
- 1/2 cup shredded red cabbage
- 1/2 cup celery, thinly sliced on a diagonal
- 2 medium scallions, white part cut into thin rounds green part cut into 1-inch strips (set aside white and green parts in separate bowls)
- 1 tablespoon umeboshi vinegar
- 2 teaspoons juice of freshly grated ginger root or to taste

Preparation

Place dry couscous in a medium-size bowl and pour the boiling water with salt over the couscous. Stir to evenly distribute the water. Cover bowl with a the plate. Let couscous absorb the water for about 20-30 minutes. In the meantime do the following:

Bring 3 cups of water to a boil in a small pot. Add shredded red cabbage and leave in the water for about 2 minutes. Remove cabbage and spread out on a bamboo basket or colander to cool for 5-10 minutes. Put cabbage in a small bowl and mix in the umeboshi vinegar. When quickly blanched red cabbage marinates in umeboshi vinegar for 10-20 minutes it turns a beautiful color.

Bring another 2-3 cups of water to boil in a separate pot and blanch the carrot cubes for 2-3 minutes. Remove carrot cubes to a bamboo basket or colander, spread out and allow to cool. Repeat the same process with the sliced celery. You may use the same water.

Return celery and carrot cooking water to a boil. Add the 1-inch pieces of chopped scallion greens and blanch for 1 minute. Remove scallion green to cool.

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Mix together in a bowl the ginger juice, blanched carrots, with a fork and mix in the vegetables and ginger juice without mashing the couscous. Carefully mix in the marinated red cabbage.

Taste for seasoning. If more salt is needed, mix in a little soy sauce. If more ginger taste is desired, sprinkle ginger juice over couscous and mix in.

Serve when cool or serve immediately.

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