

Turkey Couscous with Cranberries



Recipe Rating	
Total Time	65 Minutes
Cooking Time	55 minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment	
- Measuring spoons and cup - Strainer - Mixing Bowl - Chef's Knife/ Cutting Board ½ size- 2" deep production pans - Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart	

Nutrition Facts	
Valeur nutritive	
Per 1 serv (185g) / par 1 serv (185g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	160
Fat / Lipides 4g	6%
Saturated / satures .5g	
+ Trans / trans 0g	3%
Cholesterol / Cholesterol	35mg
Sodium / Sodium	350mg
Carbohydrate / Glucides	13g
Fibre / Fibres less than 1g	4%
Sugars / Sucres 3g	
Protein / Proteines	18g
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	4%
Calcium / Calcium	2%
Iron / Fer	4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Turkey diced, cooked	750 grams	26.5 oz.	1.5 kg	52.9 oz.
Oil, Olive	45 mL	1.6 oz.	90 mL	3.2 oz.
Couscous (dry)	250 grams	8.8 oz.	500 grams	17.6 oz.
Cinnamon	3 grams	0.1 oz.	6 grams	0.2 oz.
Water	188 mL	6.6 oz.	376 mL	13.4 oz.
Chickpeas, canned and drained	120 grams	4.2 oz.	240 grams	8.5 oz.
Cranberries, dry	75 grams	2.6 oz.	150 grams	5.3 oz.
Onion, finely diced	125 grams	4.5 oz.	250 grams	8.8 oz.
Nutmeg	3 grams	0.1 oz.	6 grams	0.2 oz.
Salt	5 grams	0.2 oz.	10 grams	0.4 oz.
Pepper, Black	3 grams	0.1 oz.	6 grams	0.2 oz.

Method

	1. Finely dice the onion and drain and clean chickpeas
	2. Add all ingredients together except for the water into bowl and mix together
	3. Place into a ½ size-2" deep production pan, add the water and cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes to cook.
	4. Bulk: remove from Multigen and serve with a side dish. Cold Plating: Place in a casserole dish from step #2 and cover and place in retherm prior to service to heat (for best results place some water to cook the couscous)
Garnish: n/a	
Food Accompany: Any vegetable side	