

Cuscuz Paulista (12 slices)

Ingredients:

1 tbsp of coconut oil (and little bit more to grease the pan)
½ cup of onions in small cubes
½ cup of cooked corn
½ cup of long green beans pre cooked
1/3 cup of olives
1 cup of whole peeled organic canned tomatoes (or fresh)
1 cup of water (or vegetable broth)
1 tsp of salt
1tsp of summer/spring spice mix **
¼ cup of parsley
1 ½ cup of corn flour (thicker better)

How to prepare:

In a large pan heat the oil, add the onions and saute until get brownish; add the tomatoes and salt, wait until boils and add the corn and green beans for 5-7 minutes; add the olives. Cook in slow fire for about 5 min.

Add the parsley and slowly the flour mixing constantly for about 2 min until thickens and turn off fire. The dough must be solid but humid, add water if needed.

Grease a round cake pan with a whole in the middle. Add the cuscuz, pressing down with a spoon and let it cool down, bring to the fridge for about 3 hours.

Unmount using a knife in the sides to help. Serve cold.

****Summer Spice Mix**

1tbs Cumin seeds
1tbs Coriander Seeds
1tbs Turmeric
1tsp of fennugreek
1ts Cardamom
1/8 tsp of cayenne pepper