

Add a little flair to your holidays with a traditional Moroccan meal

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According to the Jewish calendar, Rosh Hashanah falls on the first day of the seventh month of the year. How fitting, then, that North African Jews traditionally eat seven symbolic vegetables on that day: onions, which we ate in Egypt; turnips, which look like coins when sliced; carrots, for sweetness; cabbage, which the Talmud praises as good for your health; celery, one of the green vegetables eaten at the seder; squash, which are filled with seeds and therefore represent fertility and abundance; and chick peas, also symbols of abundance. (Incidentally, Eastern European Jews also consider chickpeas a special Rosh Hashanah food.)

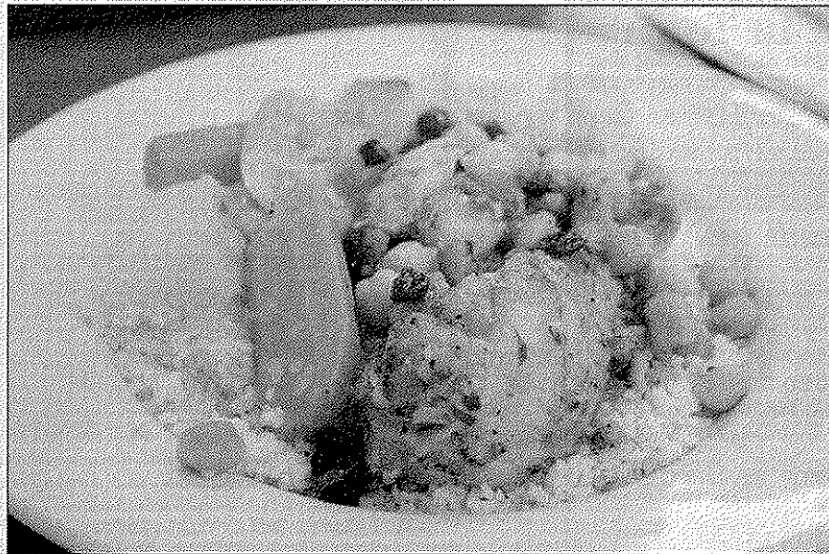
This traditional dish, which contains all of those vegetables, is typically served after morning service on Rosh Hashanah and before the fast on Yom Kippur. Hearty root vegetables, a touch of spice and the warm, sweet scent of cinnamon make it especially nice on a fall day. For a vegetarian side dish, eliminate the chicken and continue with the recipe as directed, substituting water for broth and stirring in the oil and spices at the beginning.

Moroccan Chicken and Couscous with 7 Vegetables

- 1 (4 1/2-lb.) chicken, cut into 8 pieces
- 1/2 tsp. ground cumin
- 1/2 tsp. ground turmeric
- 1/2 tsp. coarsely ground black pepper
- 2 Tbs. olive oil
- 1 qt. chicken broth
- 1 large red onion, cut into 8 wedges
- 1 small white turnip, peeled, cut into 1" cubes
- 2 carrots, peeled, cut into 1/2" pieces
- 1 cinnamon stick
- 1/2 tsp. salt
- 2 cups shredded cabbage
- 2 ribs of celery, leaves removed, cut into 1" pieces
- 1 zucchini, halved lengthwise, cut into 1" pieces
- 1 (15.5-oz.) can of chickpeas, rinsed and drained
- 2 cups couscous
- 2 Tbs. chopped fresh cilantro or parsley

Pat chicken dry. Rub cumin, turmeric and pepper over chicken. In a large pot over medium-high heat, heat oil. Add chicken. Cook, turning occasionally, until browned, about 5 minutes. Add broth, onion, turnip, carrots, cinnamon stick and salt. Bring to a boil.

Reduce heat to medium-low and cover. Simmer 10 minutes. Add cabbage and celery; cover. Cook 10 minutes. Add zucchini; cover. Cook 5 minutes. Add chickpeas; cook until chicken is cooked through and vegetables are tender, about 5 minutes. Remove from heat.



This chicken and vegetable dish with couscous is an inspired way to spice up your Rosh Hashanah meal.

Strain cooking liquid into a bowl or large measuring cup. Transfer 2 cups cooking liquid to saucepan. Over high heat, bring to boil; stir in couscous. Cover and remove from heat. Let stand until liquid is absorbed, about 5 minutes.

To serve, stir couscous and transfer to serving platter; top with chicken and vegetables. Sprinkle with cilantro. Transfer the remaining cooking liquid to a gravy boat so that each diner can pour a little of this broth over his or her couscous. Makes 6 servings.