

Miele

Eggplant and chickpea tagine with steamed couscous

By Miele

20 minutes plus soaking time

Preparation Time

1 hour 15 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Eggplant and chickpea tagine

150 g (1 cup) dried chickpeas, soaked overnight or 1 x 400 g can chickpeas
1 large eggplant (500 g), chopped into 3 cm pieces
2 tsp salt flakes
80 ml (? cup) olive oil
1 brown onion, roughly chopped
2 celery stalks, roughly chopped
1 red capsicum, roughly chopped
6 garlic cloves, finely chopped
1 tbsp ras el hanout
2 tsp ground cumin
1 tsp ground coriander
½ tsp ground cinnamon
1 x 400 g can crushed tomatoes
1 tbsp honey
1 tbsp preserved lemon, chopped
160 ml (? cup) homemade or store-bought vegetable stock
Salt flakes and pepper, to taste

Steamed couscous

400 g (2 cups) couscous
400 ml (1 ? cups) homemade or store-bought vegetable stock
80 g butter, cut into a small dice
1 tbsp harissa paste, or to taste
60 g (? cup) currants
2 tbsp herbs, finely chopped (we used mint and coriander)
Salt flakes and pepper, to taste

To serve

½ cup herbs, roughly chopped (we used coriander, mint and celery leaves)
Harissa, to serve
Yoghurt, to serve
1 lemon, cut into wedges

METHOD

Eggplant and chickpea tagine

1. Drain the soaked chickpeas and place in an unperforated steam container. Place into the steam oven and Steam at 100°C for 50 minutes, or until soft.
2. Meanwhile, place the eggplant in a bowl and cover with cold water. Stir in the salt, cover and leave for 20 minutes. Drain and pat dry with paper towel (do not rinse).
3. Heat one tablespoon of olive oil in a gourmet oven dish on high heat, induction setting 8. Brown the eggplant all over. Remove and set aside.
4. Reduce the heat to medium-high, induction setting 7, and add another tablespoon of oil. Add the onion and cook for 5 minutes, or until soft. Add the celery and capsicum and cook for another 4 minutes.
5. Add the garlic and spices; cook for 1 minute until fragrant. Return the eggplant to the dish and stir to combine.
6. Add the tomatoes, honey, preserved lemon and vegetable stock to the pan. Increase to high heat, induction setting 8 and bring to the boil.
7. Reduce heat to medium-high, induction setting 7, and simmer for 3 minutes. Remove from the heat and stir in the drained chickpeas.
8. Place the tagine into the steam oven and Steam at 100°C for 25 minutes. Transfer the tagine to a smaller container if the gourmet oven dish does not fit in your oven.
9. Remove from the oven and season to taste.

Steamed couscous

1. Place the couscous, stock, butter, harissa paste and the currants into an unperforated steam container.
2. Place into the steam oven and Steam at 100°C for 15 minutes with the tagine. Remove from the steam oven and stir through the fresh herbs. Season to taste.

To serve

1. Serve the tagine with steamed couscous, chopped herbs, harissa, yoghurt and lemon wedges.

Alternative appliance method

Oven with Moisture Plus

- The tagine can be cooked in the oven using the Moisture Plus with Fan Plus at 160°C for 25 minutes with 2 manual bursts of steam, releasing 1 burst of steam immediately and the second burst after 10 minutes.

Combi steam Pro oven

- Tagine can be cooked in the combi steam Pro oven on Fan Plus at 160°C + 60% moisture + 25 minutes.

Steam oven with microwave

- The chickpeas can also be steamed in a steam oven with microwave using Rapid steam at 100°C with 300 W and cook for 40 minutes. Then follow the recipe directions.

Hints and tips

- Salting eggplant releases bitter juices from the eggplant and prevents the eggplant from absorbing too much olive oil during the browning process.
- We make [preserved lemons](#) from leftover lemon rinds, the recipe can be found on our Miele Experience website.