

Dinner Recipe: Curry Couscous

by **Andrew Skurka** on SEPTEMBER 12, 2015 in **MEAL RECIPES**

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Curry couscous with vegetables, raisins, and olive oil

Like Pesto Noodles (<http://andrewskurka.com/2015/backpacking-dinner-recipe-pesto-noodles/>), this Curry Couscous recipe is a solid second-string backpacking dinner behind my All-Stars. Normally I make it with dried vegetables and raisins, but freeze-dried chicken and/or cashews work well, too.

Meal stats

- Recommended meal weight: 5.7 oz
- Total calories: 703
- Caloric density: 123 calories/ounce



Save for the dried vegetables, all of these ingredients are widely available. The dried vegetables are best purchased online.

Ingredients

- 2.50 oz || Couscous (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#couscous>)
- 0.75 oz || Olive oil (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#olive-oil>)
- 2.25 oz || Your choice of dried vegetables (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#vegetables>), raisins (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#raisins>), cashews (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#cashews>), or freeze-dried chicken (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#chicken>) or TVP
- 0.10 oz || Curry powder (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#curry>)
- 0.10 oz || Garlic (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#garlic>)
- Universal spice kit (<http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#spice-kit>)

I like this recipe best with dried vegetables and raisins, with a 1.00 oz and 1.25 oz split. But cashews add a nice crunch and freeze-dried chicken is a good source of protein. I have tried allocating the 2.25 oz evenly among vegetables, raisins, and cashews but I found that that none of the ingredients were in satisfactory quantity.



The ingredients. Note: the curry and garlic is pre-mixed and carried in a plastic spice jar.

At-home preparation

A soloist who prefers slightly soupy dinners like I do (<http://andrewskurka.com/2015/backcountry-cooking-argument-for-soups-gruels/>) can package all of the ingredients together, except for the olive oil. If you plan to use less water so as to achieve a more conventional consistency, you'll need three packages: for the couscous, all other dry ingredients, and the olive oil. On weight-conscious trips I keep my olive oil in a 16-oz Plastypus Soft Bottle (<http://goo.gl/gpu5bQ>) inside of a gallon- or quart-sized plastic freezer bag; for more casual trips, a Nalgene bottle is fine.

In a group setting, each member should be given their own ration of couscous. The other dry ingredients and the olive oil should be packaged separately and divided evenly in the field.



Group packaging. Each member gets their own ration of couscous, upper left, and all of the other ingredients are packaged separately and divided in the field. The curry/garlic mix is best added in the field, to taste.

Cooking instructions

For a soupy outcome, add all of the ingredients to at least 12 oz (350 ml) of water. The pot can be moved off the stove after the water comes to a boil, though a 60-second simmer helps everything more fully reconstitute.

For at-home consistency, add all of the ingredients, except for the couscous, to 10 oz water (300 ml). Bring to a boil and then stir in the couscous; simmer for 60 seconds if you care to. Let sit for 5 minutes.