


Recipes for Sicilian Sweets

Dolce Cous Cous

North African culinary influences are found in western and southeastern Sicily in Trapani and Agrigento provinces. There even is an annual International Cous Cous festival in San Vito Lo Capo, a historic fishing town.

½ cup (30 gm)	Zante currents or small raisins	Soak in warm water for at least 10 minutes
1 ¾ cup (400 ml) ½ cup 2 1 tsp 2	water honey cinnamon sticks and/or ground cinnamon whole cloves	Place in pot and bring to a boil. Simmer and reduce volume by approximately half Remove cinnamon sticks and cloves
1 cup plus 2 TBSP (200 gm)	medium cous cous (not instant)	Add to pot, cook for 2 minutes, then cover and let stand for 10 minutes
½ cup (30 gm) ½ cup (30 gm) From ½ orange	candied orange peel , cut into small pieces chopped pistachios (or a mixture with almonds, pinenuts) Grated orange rind Optional 30 gm dark chocolate pieces	Mix in additions to the honeyed couscous.
		Scoop 1/3 cup in a nice shaped measuring cup or form. Turn form over and place on a plate or cookie sheet. To Serve: Spoon a pool of orange sauce, about 2 tablespoons, below the cous cous on the plate) (recipe below) Garnish with pistachios and possibly candied orange rind.
	Notes: The amount of water to start out with is 2:1 the weight of the cous cous.	

Sweet Orange Sauce

Makes about 1 cup (16 tablespoons)

1 cup from half an orange ¼ cup ½ tsp	fresh squeezed orange juice (2-3 navel oranges) Orange peel (use strip zester and chop into smaller pieces) sugar cornstarch dissolved in 2 TBSP of the orange juice.	Mix well and bring to a boil in a pan and simmer for 20 minutes to reduce.
Up to 1 TBSP	butter	Remove from heat and stir in butter. Even with a little less butter it is still very rich tasting.





Castellammare del Golfo



On the gulf of Castellammare



On the West Zingaro Reserve and San Vito Lo Capo



Hotel Restaurant Pocho Sign



Monte Cofano



Making Cous Cous from Semolina Flour



Steaming Savory Cous Cous



Getting the Steamed Cous Cous Ready for Stew



Getting the Steamed Cous Cous Ready for Stew



Dining with view of Monte Cofano



Let's Eat our Cous Cous



Katie's Sicilia Dessert Course

