

Fresh Harissa

Swick

Makes 2 cups | Active Time: 45 minutes | Total Time: 45 minutes

Roasting the Red Peppers

To prepare the peppers, roast them over an open flame. Once they are charred, place in small bowl and cover with plastic wrap for 10 minutes to sweat. Remove the skin, coarsely chop them and set aside.

Step 1: Roasting the Red Peppers

- 2 medium red bell peppers

Step 2: Preparing the Spices

- 1 1/2 tsp coriander seeds
- 1 1/2 tsp cumin seeds
- 1 1/2 tsp caraway seeds

To prepare the spices, bring a fry pan to medium-high heat. Add the spices and cook for 2 minutes until lightly toasted and aromatic.

Using a mortar and pestle, coarsely grind the coriander, cumin seeds and caraway seeds.

Step 3: Finishing the Harissa

- 3 cloves garlic
- 1 fresh red serrano chile, chopped
- 1/2 lemon, juiced
- 1/2 tbsp lemon zest
- 1 tbsp liquid sweetener of choice
- 3 tbsp fresh parsley, chopped
- pinch of sea salt

To finish the harissa, add the garlic and chile to the mortar and grind until mixture becomes a paste. Add the roasted red bell pepper, lemon juice, lemon zest, sweetener, parsley and sea salt and continue to grind until the finished mixture resembles a coarse paste.

Place in small container and store in refrigerator.

*Note: To finish, add olive oil, if desired.