

Harissa

Makes about 500ml

Ingredients

3 bell peppers (2 red, 1 yellow, or all red)

5 x fresh red chillies

5 whole garlic cloves, peeled

5 - 6 tablespoons olive oil plus extra for roasting and to “seal” the top of the jar

salt & black pepper to taste

For the spice mix

1 tsp cumin seeds

1 tsp fennel seeds

2 tsp coriander seeds

2 tsp dried chilli flakes (optional)

What to do

1. Roast the peppers and chillies (capsicums) – whole – in a hot oven (205°C). Roast, turning occasionally, until the skins are charred.
2. Once cool enough to handle, remove the stalks from the chillies. Peel – if you can and/or wish.
3. Peel and de-seed the peppers. Save the liquid that seeps out of them.
4. Toast all the spices in a dry pan until they’re fragrant and pop. Grind in a pestle and mortar.
5. Put the remaining ingredients, the capsicums and ground spices into a blender or food processor. Blend well to form a paste. Add extra oil to achieve the right consistency.
6. Season with salt and pepper if necessary.
7. Pot – into one or more sterilised jars. Leave some space at the top. Cover with olive oil to effectively seal the harissa beneath it and which prolongs the shelf life. Store in the refrigerator.
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Notes

- Top up the olive oil each time you use some to preserve it. By doing this, I’ve significantly prolonged the shelf life.
- **Be careful** and if it bubbles or smells “off”, dispose of it immediately.

