Harissa

From Nelson's Kitchen
Print

Harissa is a spicy paste that is used as a seasoning in other recipes. It can be found in specialized food stores. But the freshly made one with fresh garlic and fresh-toasted whole spices is much superior. This recipe is from www.thekitchn.com.

Ingredients:

- 4 ounces dried chiles of your choice
- 1 teaspoon caraway seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 3 to 4 cloves garlic, peeled
- 1 teaspoon kosher salt, or to taste
- 2 tablespoons extra virgin olive oil, plus more for storing
- 2 tablespoon of fresh lemon juice

Equipment:

- Skillet
- Spice grinder or coffee grinder
- Small food processor

Procedure:

1. **Soften the chiles**
   - Place the chiles in a heatproof bowl and barely cover with boiling water. Let stand for 30 minutes.
2. **Toast and grind the spices**
   - Toast the caraway, coriander, and cumin in a dry skillet over low-medium heat, shaking or stirring to prevent burning.
   - When the spices are fragrant, immediately remove them from the pan into a coffee grinder.
   - Grind the spices in the grinder to obtain a fine powder.
3. **Prepare the Chiles**
   - Drain the chiles, reserving the liquid.
   - Remove and discard the stems and seeds from the chiles. Wear latex gloves to protect your hands.
4. **Make the paste**
   - Put the chiles into a small food processor.

- Peel the garlic and roughly crush with a chef's knife over a wooden board.
- Add the ground spices.
- Add the salt.
- Process to obtain a smooth and thick paste.
- While the processor is running slowly drizzle in the olive oil.
- If you want a thinner paste, blend in a little of the chile-soaking liquid until the paste has reached your desired texture.

5. **Store**

- Rinse a clean jar, and the cover, with boiling water.
- Transfer the harissa paste to the jar.
- Smooth the surface and cover the surface with a thin layer of olive oil.
- Cover the jar and refrigerate. It will keep for up to a month. Add a thin layer of olive oil whenever you use the harissa.