



Fenugreek

Homemade Harissa Paste

Makes about 500g

INGREDIENTS

- 500g red bell peppers
- 1-4 red chili peppers
- ½ tsp fenugreek
- ½ tsp pink peppercorns
- ¼ tsp cumin seeds
- 6 cloves of garlic, roughly chopped
- 4 tbsp olive oil
- salt to taste

METHOD

NB Use gloves when handling the chillies to prevent irritation.

1. Cut the peppers and chillies in half lengthways and remove the seeds and stalk. Place them skin-side up under a hot grill until the skins blister and begin to blacken.
2. Whilst the peppers and chillies are still hot, seal them in a plastic food bag and leave to cool for 30 minutes. The skins should now peel off with ease.
3. Heat the olive oil in a pan and fry the fenugreek seeds, pink peppercorns and cumin seeds over a medium-high heat for 40 seconds. Add the garlic and fry for a further 20 seconds.
4. Place the garlic and spices in a small food processor together with the peppers, chillies, salt and olive oil and blend together.
5. Pour the harissa mix into a hot, sterilised jar, leaving a fingers width of space at the top. Fill the jar to the brim with olive oil and cover with the lid. It should keep for up to weeks in the fridge.