

Muhammara Sauce

Ingredients

3 large red bell peppers, roasted and peeled (or 1 cup of jarred roasted red peppers)

1/4 cup Italian flat-leaf parsley leaves

1 fat garlic clove

1 **teaspoon** lemon juice, freshly squeezed

2 **teaspoons** ground cumin

1/2 **teaspoon** sea salt

1 **tablespoon** pomegranate molasses

1/2 **teaspoon** Aleppo chili flakes (or regular chili flakes)

4 **tablespoons** olive oil

1 **cup** walnuts, lightly toasted

Garnish:

olive oil

crushed walnuts

pomegranate seeds

Italian flat-leaf parsley leaves

Method

If using canned roasted peppers, rinse and pat dry well.

To roast red peppers easily, place red peppers cut into large pieces in toaster oven or regular oven at 350 degrees for 30-45 minutes.

Remove when tips of cut edges have started to brown. This can be the day before.

Place all ingredients except the walnuts into a food processor and

pulse repeatedly until combined but not too smooth. You can also use a mortar and pestle or you can chop everything very finely and mix in a bowl.

Add walnuts and pulse until combined, again leaving a coarse texture. If mixing in mortar and pestle or in a bowl, crush or chop walnuts into small pieces.

Taste and adjust salt, chili flakes, pomegranate molasses to your liking.

You can refrigerate, covered, up to 2 days or eat it right away.

At serving time, place in a wide medium bowl. With the back of a spoon, make a circle well in the dip and drizzle with olive oil. Top with more walnuts, fresh pomegranate seeds and a few parsley leaves.

Notes



Muhammara is a dip or sauce originally from Aleppo, Syria but found also in an Eastern Mediterranean region called the Levant which encompasses Cyprus, Egypt, Iraq, Israel, Jordan, Lebanon, Palestine, Syria and Turkey. Its name comes from the Arabic root word for red.

Traditionally eaten with flatbread or crackers, it is also delicious on Chickpea omelets or a spoonful alongside Masala Oatmeal, as a sandwich spread or ingredient in a wrap, eaten with fresh vegetables.

The pomegranate molasses has some added sugar. If you are fully sugar-free, its still delicious with some pomegranate seeds added on

top, pomegranate juice used instead of molasses or you may make your own pomegranate concentrate by boiling down the juice until it is reduced about 50%.

Source: modified from Edible Portland, November/December 2017 (Yield: about 2 cups)