NORTH AFRICAN · SAUCE

Homemade Harissa (North African Chilli Paste)

15 min · plus 30 minutes soaking the chillies · Makes 24 × 1 tbsp · 21 kcal a portion

Video 4:17 · The Mediterranean Dish

Vegan · Gluten-free ingredients · Nut-free

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A smoky, mildly hot paste of chillies, roasted peppers, garlic and warm spices with no added sugar and only a pinch of added salt: a tablespoon has about 20 kcal and just over 1 g of net carbs.

Diet notes: Keto (1.3 g net carbs a serve).

Ingredients

12 · MAKES 24 × 1 TBSP

- [ ] 7 **dried guajillo chillies** (or New Mexico chillies), soaked, stemmed and seeded
- [ ] 170 g **jarred roasted red peppers**, drained, rinsed and patted dry (2 large)
- [ ] 2 tbsp **tomato paste**
- [ ] 4 large **garlic** cloves, peeled
- [ ] 1 tsp **caraway seeds**, toasted and ground
- [ ] 2 tsp **ground coriander**
- [ ] 2 tsp **ground cumin**
- [ ] 1 tsp **smoked paprika**
- [ ] ½ tsp **cayenne pepper**
- [ ] a large pinch of **kosher salt**
- [ ] **Lemon juice**: juice of 1 large lemon (2 tbsp)
- [ ] 2 tbsp extra **virgin olive oil**, plus a little to cover the jar

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cover the dried chillies with hot water and leave, covered, for about 30 minutes until soft. Drain well, pull off the stems and scrape out as many seeds as you can (leave a few in for more heat). 0:31
2. Put the chillies in a food processor with the roasted red peppers, tomato paste, garlic, caraway, coriander, cumin, smoked paprika, cayenne, salt and lemon juice. 1:37
3. Run the processor and drizzle in the olive oil, scraping down the sides, until you have a thick, fairly smooth paste. Taste and add more cayenne or salt if you like. 3:19
4. Spoon into a clean jar, smooth the top and cover with a thin layer of olive oil before sealing. Refrigerate; the flavour improves after a day or two. 4:01

> **Tip** Makes about 350 ml (24 portions of 1 tbsp). Keeps 2–3 weeks in the fridge under its oil layer, or freeze in small portions. Stir into shakshuka, stews or yoghurt, or rub on chicken and vegetables before roasting.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
21 kcal	0.4 g	2 g	0.7 g	1.4 g	30 mg
90 kJ	1% of a day	1.3 g net · 0.5 g sugars	3% of a day	0.2 g saturated	1% of a day
		1% of a day		2% of a day	

Energy from net carbs 27% · protein 8% · fat 65% — fits keto: 1.3 g net carbs, 65% of the energy from fat

Source of (10–19%) Vitamin C 11%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=H1Kcvv0jtB4, published 17 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-harissa-chilli-paste