

Harissa

To Make x Portions	10	Item	£ per Measure	Measure	Qty	Cost per Portion
Total Cost	£1.84	Peppers	£0.00	Kg	0.5	£0.00
Cost per Portion	£0.18	Garlic Prepared	£6.50	Kg	0.03	£0.19
		Tomato Puree	£3.57	Kg	0.03	£0.11
		Paprika	£8.12	Kg	0.015	£0.12
		Chillies - Red	£8.00	Kg	0.015	£0.12
		Chillies Birds Eye	£13.30	Kg	0.005	£0.07
		Pomace oil	£3.99	ltr	0.15	£0.60
		Lemons	£0.26	Each	1	£0.26
		Cumin Seed	£14.17	Kg	0.005	£0.07
		Fennel Seed	£20.00	Kg	0.005	£0.10
		Corianda Seeds	£10.00	Kg	0.01	£0.10
		Dried Chilli flakes	£10.00	Kg	0.01	£0.10

Conversions

1 Tbsp = .015

1 Tsp = .005

1 Garlic Clove = .004

1 Onion = .200

1 Shallot = .050

1 Chilli = .004

2 red bell peppers charred and skins removed

5 peeled garlic cloves

2 tbsp tomato paste

1 tablespoon smoked paprika

2 fresh red chillies

1 fresh red bird's eye chilli

5-6 tablespoons olive oil

salt & black pepper to taste

2 tbsp lemon juice

for the spice mix

1 teaspoon cumin seeds

1 teaspoon fennel seeds

2 teaspoons coriander seeds

2 teaspoons dried chilli flakes

Combine the spices in a small frying pan set over medium heat.

Allow the spices to toast for a few minutes, giving the pan a shake regularly to prevent the spices from burning.

Grind with a pestle and mortar until fine.

Combine the peppers, chillies, garlic, tomato paste, spices, lemon juice, olive oil, salt and pepper and blend.