

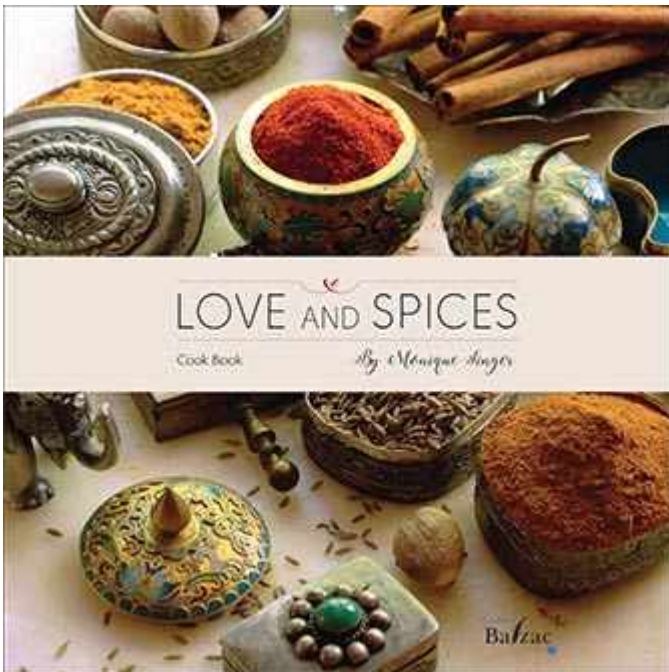


Love and Spices: Harissa Red Pepper Spread

Description

A North-African condiment that brings out all of the nuances of red peppers

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this series, you will discover some unique recipes dedicated to cooking with



spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Harissa Red Pepper Spread

Preparation time: 35 min | Cooking time: 40 min

- 4 garlic cloves
- 6 red bell peppers
- 1/4 cup / 15 g cilantro
- 1/4 cup / 15 g parsley
- 3 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp cumin, optional
- 1/4 tsp sea salt
- Freshly ground white pepper
- A pinch of cayenne

Remove the seeds and stems from the peppers.

In a food processor, lightly pulse the peppers, garlic, parsley and cilantro.

Pour into a large frying pan, cook and reduce until all liquid has evaporated.

Then sauté with the olive oil, spices, salt and pepper on medium heat for half an hour until the sauce thickens, adding oil if needed.

Harissa can be served as a dip with [seed-crust roasted fries](#) or as a replacement for tomato sauce on a pizza.

Once cooled, it can be stored in the refrigerator for later use.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world,

experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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