

Muhammara

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Makes about 3 cups

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Muhammara is a Middle Eastern walnut and red pepper dip that is full of robust flavor and is the perfect addition to mezze style meal. It is traditionally served with pita bread for dipping. You can also serve with vegetable sticks or as a condiment that will go with just about anything.

INGREDIENTS

- 3 large red bell peppers, roasted, skins removed (or jarred roasted peppers - see footnote)
- 2 slices of Ezekiel bread or other whole grain bread (to equal 1/2 c breadcrumbs)
- 1 cup raw walnuts
- 2 cloves garlic, grated or pressed
- 3 T extra virgin olive oil
- 2 T pomegranate molasses
- 2 tsp Aleppo pepper flakes
- 1/2 tsp paprika
- 1 tsp cumin (optional)
- 1 T lemon juice
- 1/2 tsp salt, or season to taste
- Parsley or mint leaves, crushed walnuts, extra olive oil or pomegranate molasses, for garish

DIRECTIONS

1. If using jarred peppers, skip to step 3.
2. Turn on the broiler. Place the whole bell peppers on a baking tray under the broiler and cook for about 15 minutes, turning once the peppers become charred to evenly cook them. Once the entire skin of the peppers are charred and the flesh is tender, they are done. Allow to cool.
3. Once the peppers are cooled to handle, remove the skins and rinse with water. Remove the stems and seeds.
4. Toast the 2 slices of bread well with the broiler or in a toaster. Allow to cool. Remove the crusts. Rip the bread into chunks and place in the food processor. Run the processor until the bread is a medium sized crumb.

5. Add all remaining ingredients and pulse until smooth, but still has a chunky texture. Traditionally, muhammara is not completely smooth.
6. Serve in a bowl and top with fresh parsley or mint, crushed walnuts, a drizzle of olive oil or pomegranate molasses, if desired.
7. Muhammara will last several days in the refrigerator.

NOTES:

- See blog post for other serving ideas and tips about bread and pita.
- Substitutions of the pomegranate molasses and Aleppo pepper will not yield the same flavor profile, but ancho chili + paprika may be similar to the Aleppo.
- If using jarred or store bought roasted peppers, they are usually packed whole in the jar. Purchase them this way so you know how many you are using. Also, some olive bars at grocery stores have roasted red peppers there, so you may be able to purchase exactly 3 peppers! Ideally purchase peppers packed in water, not oil.