

Cooking with Conshy Spice Packet

Harissa

A staple of North African and Middle Eastern cooking, Harissa is a hot powder typically made of dry red chilies, garlic, cumin, coriander, and caraway seeds. It can also take the form of a paste or sauce when liquid (usually olive oil and/or water) is added to the dried spice blend. Harissa has a very peppery, smoky flavor and can range in levels of heat.

There are many different ways to use Harissa in your cooking:

- Use as a dry rub for cuts of meat and fish such as beef, lamb, chicken, or salmon.
- Toss with vegetables before roasting or grilling.
- Incorporate into stews, soups, tagines, or any other slow-cooked, one-pot dishes.
- Blend into hummus and serve as a dip, into yogurt to create a marinade, or into a lemony salad dressing.
- Add a spoonful to your favorite burger or meatball mix.
- Sprinkle into ketchup, mayo, or tomato sauce for a little added kick.
- Create a paste by combining 2 tsp. of Harissa powder with ½ tsp. of olive oil and ½ tsp. of water. If the paste becomes too thick, add equal parts olive oil and hot water until you achieve the desired consistency.

Recipe SUGGESTIONS:

Chickpea Harissa Soup

- **Author:** Ali Slagle, NYT Cooking
- **Total Time:** 30 minutes
- **Yield:** 3-4 servings

When the day calls for soup but your schedule doesn't, look to an assertive ingredient that doesn't require hours of simmering to extract flavor: Harissa, a North African chili paste. Dump in 2 cans of chickpeas: The starchy, seasoned liquid thickens the soup quickly. Besides that, additional vegetables and toppings you want to add are up to you: Soup should bend to your life, not the opposite.

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 large yellow onion, diced (about ½ cup)
- 1 large carrot, diced (about ¼ cup)
- Kosher salt
- 6 garlic cloves, peeled and thinly sliced
- 1 tablespoon ground cumin
- 1 to 2 tablespoons harissa, or to taste
- 2 (14-ounce) cans chickpeas
- 2 tablespoons lemon juice
- Honey, to taste (optional)



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- *Toppings (optional): More lemon juice, celery, celery leaves, herbs (cilantro, parsley, mint), capers, pitted olives, croutons or bread crumbs, soft-boiled egg*

Step 1: Heat the olive oil in a Dutch oven or soup pot over medium heat. Add the onion, carrot and a pinch of salt, and sauté, stirring occasionally, until tender, 8 to 10 minutes. Stir in the garlic and cumin and cook until fragrant, 1 minute. Stir in the harissa and cook until fragrant, 1 minute.

Step 2: Add the chickpeas and their liquid. Fill a can with water, and add that to the pot as well. Season with salt, and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the chickpeas are warmed and the flavors have come together, about 10 minutes. Turn off the heat and stir in the lemon juice. Now taste it: Add salt, water (if too thick), honey (if too spicy), and/or harissa (if not spicy enough) to your liking. Serve hot, with whichever toppings you like.

<https://cooking.nytimes.com/recipes/1019897-chickpea-harissa-soup>

Best Shakshuka with Harissa

- **Author:** Jeanine Donofrio, Love & Lemons
- **Prep Time:** 10 minutes **Cook Time:** 25 minutes
- **Yield:** 4 servings

Shakshuka is a classic North African and Middle Eastern breakfast dish. This recipe is simple and satisfying, featuring eggs poached in a bell pepper and tomato sauce. Serve it with pita or crusty bread for breakfast or brunch...or dinner! Shakshuka is a delicious option for any meal.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped yellow onion
- 1 red bell pepper, seeded and diced
- ¼ teaspoon sea salt, more to taste
- Freshly ground black pepper
- 3 medium garlic cloves, minced
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- Pinch of cayenne pepper, optional
- 1 28-ounce can crushed tomatoes
- 2 tablespoons harissa paste* (blend of dry spice, oil, and water)
- 1 cup fresh spinach, chopped
- 3 to 5 eggs
- ⅓ cup crumbled feta cheese
- ¼ cup fresh parsley leaves
- 1 avocado, diced



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- Microgreens for garnish, optional
- Toasted bread, for serving

Instructions

1. Heat the oil over medium heat in a 12-inch lidded stainless steel or enamel-coated cast-iron skillet. Add the onion, red pepper, salt, and several grinds of fresh pepper and cook until the onion is soft and translucent, 6 to 8 minutes.
2. Reduce the heat to medium-low and add the garlic, paprika, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the tomatoes and harissa paste. Simmer for 15 minutes until the sauce is thickened.
3. Add the spinach and stir until wilted. Use the back of a spoon to make 3 to 5 wells in the sauce. Crack in the eggs. Cover and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks.
4. Season with salt and pepper to taste and sprinkle with the feta, parsley, avocado, and microgreens, if using. Serve with toasted bread for scooping.

<https://www.loveandlemons.com/shakshuka-recipe/#wprm-recipe-container-42196>

Lemony Harissa Potato Salad

- **Author:** Mike, the Iron You
- **Yield:** 4 servings

The thing about this Lemony Harissa Potato Salad is that the spicy red pepper paste goes incredibly well with the mild, slightly sweet flavor of boiled potatoes. The tomato paste provides that creamy mouthfeel that is associated with more traditionally dressed potato salads; while the lemon juice provides that touch of acid that gives to this salad the perfect balance. It's a wonderfully complex, fresh, and tasting potato salad that only requires a handful of ingredients to make. I like to serve it cold, but some like it warm.

Ingredients

- 1 lb / 453 gr potatoes, thoroughly washed and cut into half-inch chunks
- 2 tablespoons tomato paste
- 3 tablespoons olive oil
- Juice of two lemons
- 1 tablespoon harissa
- 1 teaspoon fine grain salt
- 1 scallion green part only, finely sliced
- 2 tablespoons chopped fresh parsley (or cilantro)



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Instructions

1. Put potato chunks in a large saucepan, cover with cold water, and add salt.
2. Bring the pot to a simmer and cook until just tender yet still retain some crunch, about 6 to 8 minutes since it starts to simmer.
3. Using a slotted spoon, fish the potatoes out of the water and transfer to a large bowl. Sprinkle with salt while they're still warm. Set aside to cool.
4. In a small bowl combine tomato paste, olive oil, lemon juice, harissa, and salt.
5. Pour harissa mixture over potatoes, and mix to combine.
6. Take a taste and adjust seasoning if needed.
7. Chill in the refrigerator until cold. Serve!

<https://www.theironyou.com/2016/09/lemony-harissa-potato-salad.html>

What did you make with your Harissa?

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HAPPY COOKING!