



MOROCCAN CHIPS & DIPS

MISE EN PLACE

- Cook your carrots before the class – they take about 20 minutes to cook, from boiling.
 - Wash and pick your herbs.
 - Preheat your oven to 400 F for roasting eggplants
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HARISSA SPICED CARROT DIP

Recipe by KATHRYN JOEL

500g carrots

salt and pepper

1-3 tbsp harissa, or to taste (alternatively use a hot sauce, like sriracha)

2 tsps ground cumin

3 tbsp red wine vinegar, or to taste

4 tbsp extra virgin olive oil, or as needed

1-2 cloves garlic, crushed

1/2 tsp ground ginger, to taste (or you can use fresh ginger)

freshly squeezed lemon juice, to taste

handful picked cilantro leaves, or microgreens, to serve

pita chips, to serve

- Peel the carrots, and cut them into 2.5 cm (1 inch) chunks – if they are an even size, they'll cook evenly.
- Cook the carrots in plenty of salted water until soft, about 20 minutes, then drain – there should be no resistance when you insert a knife into a cooked carrot.
- Transfer the cooked carrots to a food processor and purée.
- Add the harissa, cumin, vinegar, olive, garlic and ginger, and pulse to mix.
- Season with salt and lemon juice, to taste.
- Serve at room temperature, or cold, garnished with cilantro leaves, with pita chips.

HARISSA SAUCE

Recipe by KATHRYN JOEL

250 g long fresh red chillies (available at Lacombe Fresh), or red fresno chillies*
1-2 tsp Caraway seeds, dry roasted and ground (to taste), or use pre-ground
1-2 tsp Cumin seeds, dry roasted and ground (to taste), or use pre-ground
2 cloves garlic
1 red bell pepper
1 tbs tomato paste (we use tubes of tomato paste, which last longer in the fridge once opened)
1 tbs red wine vinegar, or to taste
2 tsps sweet smoked Spanish paprika, or to taste
6 tbs extra virgin olive oil, or as needed
sea salt and black pepper, to taste

- Preheat your oven to 400 F.
- Arrange the red pepper on a parchment lined baking tray and roast until lightly blackened, turning occasionally, about 30 to 40 minutes. Place the hot roasted pepper in a bowl, covered with plastic wrap and set aside for about 20 minutes to steam – this makes it easier to peel.
- Peel and deseed the warm pepper, and chop roughly.
- Halve the chillies lengthwise, remove the seeds using a spoon and chop roughly.
- Use a blender, or you can use a mortar and pestle, to purée the chillies with the garlic and a pinch of salt.
- Add the roasted spices, the roasted pepper, the tomato paste, the paprika and the olive oil and pulse (or pound) to combine to a purée.
- Pass through a sieve or a food mill to remove any seeds and skin (optional).
- Season to taste with vinegar, salt and pepper.
- Your Harissa can be kept in the fridge for a couple of weeks. It also freezes well.

BABA GANOUSH

Recipe by KATHRYN JOEL

2 medium eggplants (globe or Italian)
2 cloves garlic
1/2 tsp ground cumin, or to taste
juice of 1 lemon, or to taste
4 tbs extra virgin olive oil, or as needed
2 tsps tahini, or to taste
cilantro leaves, picked
Salt

- Preheat your oven to 400°F.
- Roast the eggplant for approximately 30-45 minutes until soft – larger eggplants might take up to an hour. Alternatively, you could roast the eggplants on your barbecue, on a low direct heat, turning frequently, for about 30 minutes.
- Allow to cool briefly (until they're cool enough to handle) then use a knife to split the eggplants open and scoop out the flesh, into a colander set over a bowl. Allow the eggplant to drain for 20 minutes or so.
- Transfer the eggplant to a food processor adding the garlic, tahini, cumin, salt and lemon juice.
- Pulse to combine then, with the motor running, drizzle in the olive oil, adding enough to make a dip consistency (the quantity will depend on the size of your eggplants). Adjust the tahini, cumin, lemon juice and salt to taste.
- Serve at room temperature or cold, garnished with the picked cilantro leaves, with pita chips.

PITA CHIPS

Recipe by KATHRYN JOEL

Pita bread

Olive oil

Sumac (optional)*

Nigella Seeds (optional)*

salt

** You can substitute alternative herbs and spices of choice on your pita chips, or leave them out and just use salt*

*** We source our sumac and nigella seeds from herbologie.ca*

- Preheat your oven to 400 F.
- Stack your pita breads, and use a chef's knife to cut them into triangles.
- In a large bowl, toss the pita triangles with olive oil, sumac, nigella seeds and salt.
- On parchment lined baking sheets, arrange the pita triangles and drizzle with olive oil.
- Sprinkle with sumac and nigella seeds and bake until lightly golden, and crisp.
- Once cooled and dried out, your pita chips will last for about a week in a sealed container.

EQUIPMENT

Knives and Cutting Boards

Measuring cups and spoons

Bowls

Blender or Food Processor

Pan for cooking carrots

Sheet pans and parchment paper for baba ganoush, pita chips and harissa sauce

Small sauté pan for spices, optional harissa sauce

Spice blender or mortar & pestle, optional harissa sauce

Colander for draining cooked eggplants