

HARISSA TOMATO JAM

Ingredients:

Difficulty: Easy

(makes about 500 ml of harissa and 350 ml of jam)

For harissa:

60 gr. dried red chilies, seeds taken out, soaked in boiling water for 24 hours (change the water a few times and fill in each time with new boiling water. I did this 4 times. Cover all the chilies with water and it will be enough.)

2.5 tbsp coriander seeds

2.5 tbsp cumin seeds

45 gr. / about 15 garlic cloves

1 tbsp salt

1 tbsp organic apple cider vinegar (you can use red or white wine vinegar too)

1/2 cup / 1.2 dl olive oil (you might use less, check step 6 below)

For tomato jam:

1 kg tomatoes, roughly chopped, no peeling needed

1/2 cup / 1.2 dl sugar

1/2 tsp salt

2 tbsp red wine vinegar (or white wine vinegar)

2 tsp harissa (you can use up to 1 tbsp harissa according to your wishes of hotness)

Two open sandwich ideas with harissa tomato jam:

- a. Whole wheat bread, tomato jam, goat cheese slices and poached egg
- b. Whole wheat bread, tomato jam, avocado slices, a bit of lemon juice on avocados, and sesame seeds

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First make harissa:

1. In a medium pan, on medium heat, put coriander and cumin seeds and roast them for a couple of minutes, constantly stirring. Put aside to cool down a bit.
2. Drain the soaked chilies. Keep the water.
3. Using a mortar and pestle, grind roasted seeds to a powder.
4. In a food processor, put garlic cloves and 2 tbsp of the water from soaked red chilies, and beat them a little.
5. Add red chilies, ground seeds, salt and vinegar and beat them for a few minutes, until you get chilies as small as possible and all ingredients well mixed.
6. Continuing to beat the mixture, slowly add olive oil until you get a relatively smooth paste. For me, 1/2 cup olive oil was just enough, but if you have a paste texture with less, just leave it as it is (of course, alternatively, you might have to use more olive oil if you

think it is not enough). Harissa makes a good dipping sauce mixed with yogurt as well. Put it into a well-sealed jar and store in a cool place or in the refrigerator, it will keep well for 1-2 months.

Second, let's make the jam!

7. Put chopped tomatoes in a blender and roughly beat them - you don't have to get a very smooth tomato juice, in fact, don't turn them too much into a juice!!

8. In a medium pot, put all the ingredients, give it a bit of stir.

9. Put the pot in medium heat and let it boil while continuously stirring. Once it boils, let it boil by itself for about a minute or two (during this time pectin is formed) and then lower the heat to let the jam simmer for about 45 minutes. Stir it with a spatula every once in a while so that it does not burn at the bottom.

10. Once the jam is done, put it in a well sterilized jar (I boiled the jar) and seal it well. It says well in a refrigerator up to 2 weeks.