

Ingredients

- 1 eggplant
- 300g peppers
- 300g tomatoes
- basil
- 1 onion
- ½ bunch of parsley
- 500g spaghetti
- 10 cl olive oil
- 1 teaspoon harissa
- 2 garlic cloves
- salt

Preparation

- Preheat the oven to 180°C. Grill the peppers, tomatoes and eggplant in the oven for 15 to 20 minutes.
- Cut the eggplant in half and empty it.
- Remove the vegetables from the oven and cool slightly. Peel the tomatoes and peppers and remove their seeds.
- Combine the peppers, tomatoes and eggplant with fried onions and one garlic clove. Add Harissa and olive oil and grind in a blender.
- Boil water and add salt. Add the spaghetti and cook for seven minutes.
- In a pan heat the olive oil and fry the remaining garlic; add the spaghetti and the mixture. Season with salt and basil, and mix well.
- Serve hot on individual plates and sprinkle with chopped parsley to decorate.

Spicy Vegetarian Pasta



15 min

30 min

4

Prep.Time Cook.Time Servings

This classic flavour combination is paired beautifully with the heat of the harissa. You can also use the vegetable mixture on toast or sandwiches mixed with fresh cheese.



TUNISIAN HARISSA, spice up your life

Harissa a spicy paste made with red hot chili peppers, is one of Tunisia's most famous culinary products.

This essential ingredient of the Tunisian cuisine releases its flavor when stirred in olive oil.

Since the seventeenth century, the recipe has been handed down from one generation to the next. Tunisian Harissa is served with olive oil and some bread as an appetizer. It also enhances the taste of several dishes such as soups, pasta, grilled meats or sandwiches.

www.tunisian-harissa.tn



THE FOOD QUALITY LABEL TUNISIA, A SMILING SUN

The "Food Quality Label Tunisia" is awarded by the Tunisian state. The logo on the packaging is a guarantee of the product's origin, traditional recipe and the quality and freshness of its ingredients.



Marinated Shrimps With Rice

This recipe is very easy to prepare and is perfect for lunch or a light summer supper. Harissa lends itself extremely well to marinating seafood.

Ingredients

- 800g shrimps
- 250g rice
- 2 tablespoons harissa
- 2 tablespoons olive oil
- 1 teaspoon turmeric
- 1 lemon
- 1 teaspoon powdered ginger
- salt and pepper

Preparation

- Peel the shrimps, removing the head but keeping the tail on.
- Marinate in a mixture of Harissa, lemon juice, salt, pepper and ginger powder.
- Leave at least one hour in the fridge to let the flavours infuse.
- In parallel, heat the salted water, bring to a boil and cook the rice for 20 minutes.
- Drain the rice and fry it in a pan with olive oil, salt, pepper and turmeric.
- Heat the oil in a pan and grill the shrimps until opaque, basting frequently with reserved marinade.
- Serve the spicy shrimps with rice.

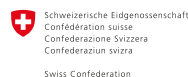
1h

30 min

4

Prep.Time Cook.Time Servings

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Federal Department of Economic Affairs,
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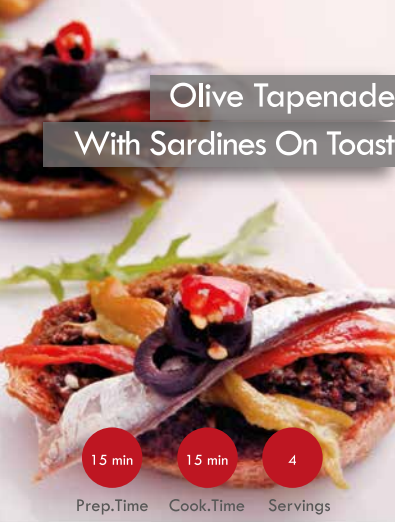


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Recipes

The taste
of Authentic recipe



Olive Tapenade With Sardines On Toast

15 min 15 min 4

Prep.Time Cook.Time Servings

This simple tapenade (olive paste) is brilliant with fresh sardines married with spicy harissa and roasted peppers. You can make the tapenade up to a week in advance and store it in the fridge in a jar under a layer of olive oil.

Ingredients

- 5 garlic cloves
- 4 tablespoons harissa
- 2 teaspoons caraway powder
- 2 teaspoons coriander powder
- 12 small slices of crunchy white bread
- olive oil
- 50g chopped almonds
- ¼ bunch of parsley
- salt

Preparation

- Peel the garlic cloves and cut them in half.
- Mix the Harissa with garlic, spices, chopped parsley and salt in a blender adding the olive oil until obtaining a smooth paste.
- Add the crushed and chopped almonds.
- Store the pesto in the fridge in a jar under a layer of olive oil.
- Spread this mixture on the toasted bread slices.

10 min 0 min 4

Prep.Time Cook.Time Servings

Harissa Pesto (Harrilouza)



Preparation

- Preheat the oven to 180° C.
- Roast the peppers under the grill for 15 minutes, turning frequently until the skin wrinkles, peels off and begins to darken.
- Remove the peppers from the oven and let them cool slightly before peeling.
- Split in two and remove the stalks, the seeds and cut them into thin strips.
- Put them in a bowl. Season with salt and pepper lightly.
- Add 1 tablespoon of olive oil and the crushed and peeled garlic cloves.
- Keep the bowl in the refrigerator until ready to prepare the appetizers.
- Mix olive oil, tapenade and Harissa. Spread this mixture on the toasted bread slices. Add 3 or 4 strips of pepper, a marinated sardine fillet and garnish with sliced black olives.

Ingredients

- 1 bread
- 1 teaspoon harissa
- 2 crushed garlic cloves
- 1 teaspoon dried mint powder
- 3 tablespoons vinegar
- 10 cl of olive oil
- 50g gruyere cheese
- 100g canned tuna
- 500g of fresh tomatoes
- 250g sweet peppers
- some sliced black and green olives
- 1 boiled egg
- 1 teaspoon caraway powder
- salt



Grilled Vegetable Toasts (Mechouia)

15 min 20 min 4

Prep.Time Cook.Time Servings

Mechouia is a typical Tunisian summer salad made with tomatoes and peppers. It can be served with tuna, olives and eggs as an aperitif, spread on grilled toasts or as an accompaniment to baked or fried fish or grilled pork or chicken.

Preparation

- Grill the peppers and tomatoes. Keep a few strips of pepper for garnish.
- Peel, empty and pound the vegetables.
- Add garlic, caraway powder, dried mint and olive oil to the grilled vegetables.
- In a separate bowl pour the vinegar and a glass of water on the Harissa.
- Cut bread into slices of about 1 cm thick and pour the mix over each toast and then put them in a serving dish.
- Garnish toasts with grilled vegetables (Mechouia), tuna, cheese, olive and boiled egg and pepper strips.

Ingredients

- 1 bread
- 2 eggplants
- 1 onion
- 1 tablespoon harissa
- 10 cl of olive oil
- 50g sun-dried tomatoes
- 1 teaspoon oregano

10 min 30 min 4

Prep.Time Cook.Time Servings

Preparation

- Finely chop the sun-dried tomatoes and the onions.
- Roast the eggplants in the oven at 180° C for 20 to 30 minutes. When ready, cut the eggplants in half and empty them.
- Mix eggplant, sun-dried tomatoes, Harissa, oregano, fried onion and olive oil and grind in a blender to a smooth paste.
- Spread the paste on the toasted bread.

An easy and elegant snack to accompany your aperitif.



Spiced Eggplant & Sun-Dried Tomato Toasts

Ingredients

- 1 potato
- 3 onions
- 10 cl olive oil
- 1 tablespoon harissa
- 1 teaspoon of caraway powder
- salt

10 min 30 min 4

Prep.Time Cook.Time Servings

Preparation

- Wash potatoes.
- Put onions and potatoes in the oven heated to 180° C for 20 to 30 minutes (or in a brazier).
- Peel the potatoes and onions, mash with a blender to obtain a puree.
- Mix the puree with Harissa, caraway and salt.
- Put the puree in a bowl and pour over the olive oil.

This delicious salad can be served with grilled fish or meat

Potato And Onion Salad



Shakshuka

10 min 15 min 4

Prep.Time Cook.Time Servings

Shakshuka is a Tunisian dish of eggs poached in a sauce of tomatoes, chili peppers, and onions, often spiced with caraway.

Ingredients

- 200g fresh tomatoes
- 300g hot chilli peppers
- 5 garlic cloves
- 3 eggs
- 1 tablespoon tomato paste
- 1 tablespoon caraway seeds
- 1 teaspoon harissa
- 4 teaspoons olive oil
- salt

Preparation

- Cut the tomatoes into cubes and fry them in hot olive oil in a pan until softened.
- Add tomato paste and Harissa and let it simmer for a while, then add some water.
- Pour the previously mashed chilli peppers into the sauce and cook for 3 minutes.
- Crush and mix together garlic, salt and caraway seeds and add them into the pan.
- Pour the beaten eggs into the shakshuka mix, cover and switch off the heat.
- Enjoy your Shakshuka with bread.