

Harissa

Hot and spicy sauce - goes well with mutton or veggie couscous.

This is a Mediterranean / North African condiment believed to originate in **Tunisia**.¹

Ingredients

- 1 clove garlic, peeled
- 5 ml tabasco sauce
- 2.5 ml **FAIRTRADE** ground cumin
- 2.5 ml salt
- 60 ml cooking liquid

Method

Crush the garlic in a garlic press and add the salt, and ground cumin.

Add in the cooking liquid and mix well.

Add the tabasco.

Serve in pickle dish with a tiny ladle.

To serve

The sauce is very spicy and goes well with dishes like

- **mutton couscous**²
- **vegetables couscous**³
- **harira**⁴

¹<http://www.fairtradecookbook.org.uk/countries/tunisia.htm>

²http://www.fairtradecookbook.org.uk/recipes/mutton_couscous.htm

³http://www.fairtradecookbook.org.uk/recipes/vegetables_couscous.htm

⁴<http://www.fairtradecookbook.org.uk/recipes/harira.htm>