



Muhammara

Spicy Syrian appetizer varying from household to another. We selected our favorite which is also the simplest.

Nutrition Facts Per Serving: Calories 736, Protein 8g, Carbs 42g, Fat 59g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 25 min, **Cooking Time:** 0 min



INGREDIENTS

Bread Crumbs

Walnuts

Chili Paste

Onions

Pomegranate Molasses

Olive Oil

Mint Leaves to Garnish

Pita Bread for Serving

METHOD

1. Place the bread crumbs in a large mixing bowl; add grated onion, chili paste and sour pomegranate molasses.
2. Chop the walnut halves and add all except a few to the bowl, mix well with spatula to combine all ingredients.
3. Gradually add half the oil while mix is a smooth paste. Cover and stand for 10 minutes.
4. Add half of the remaining oil and mix well, cover and stand for another 10 minutes.
5. Spread in serving dish, garnish with mint leaves, drizzle remaining oil and serve with pita bread (or bread sticks, crackers or veggies)

Note: Muhammara can be stored for weeks if submerged with oil and kept in fridge. However, in this case more oil will be needed.

BON APPETIT

