



## Harissa Orange Sauce

By Chef Veera Gaul, Ph.D.



### Ingredients

7-8 dried arbol chilies  
6 oz jarred roasted red peppers  
2 tablespoons tomato paste  
6 large cloves garlic  
2 teaspoons nigella seeds (dry roasted and ground)  
1 teaspoon O&V [Smoked Paprika](#) \*  
2 teaspoons ground cumin (See Chef Note)  
2 teaspoons ground coriander (See Chef Note)  
½ teaspoon cayenne pepper  
Kosher salt to taste  
2 tablespoons orange juice  
1 teaspoon lemon juice  
2-3 tablespoons O&V [Unflavored EVOO](#) \*  
1 tablespoon soaking liquid from chilies  
Water as needed to achieve correct consistency

## Preparation

Soak the dried chilies in hot water for 30 minutes until tender and rehydrated. Drain (reserving some of the soaking liquid), remove stems and seeds (for milder sauce)

Slightly dry roast the nigella seeds and then grind in mortar and pestle

Slightly dry roast the ground spices until aromatic

In a food processor, combine: rehydrated chilies, tomato paste, roasted red peppers, garlic, ground nigella seeds, toasted cumin, coriander, cayenne, smoked paprika, large pinch of kosher salt and fresh orange juice, and lemon juice.

While processor is running, drizzle in the EVOO, scrape down sides. Next add the tablespoon of soaking liquid and water (one teaspoon at a time) till you reach desired consistency. Flavor will develop over 2-3 days so make in advance,

Store in a mason jar, covered with a layer of more EVOO. Tighten the jar well, and this sauce will keep in a refrigerator for 2-3 weeks, or freeze for future use.

Serves 10-12

Total Time 10 minutes

## Chef Note

While store bought cumin powder and coriander powder will work just fine in this recipe, I prefer to toast some cumin seeds and coriander seeds in a dry pan and then use a mortar & pestle to grind them into the powder – this brings out the intensity of the aromas and flavors.

You can replace the orange juice with just lemon juice for a plain harissa sauce

## Notes

\* The [Smoked Paprika](#) adds depth and color to the dish. You can use any healthy, high-quality [Unflavored EVOO](#) and another high-quality paprika

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Condiment, Gluten Free, Dairy Free, Vegan, Vegetarian, Plant Based, Moroccan Flavors, Middle Eastern Flavors, Mediterranean Lifestyle