

Lebanese Muhummara dip, roasted peppers, walnuts and Zaatar pita bread |

Recipe for 12 tapas



Description

Muhummara is a delicious sauce from the Middle East, made with roasted peppers, nuts and bread crumbs. Here is a simple and detailed recipe to prepare muhummara.

Note

I suggest a variation, try replacing the bell pepper with eggplant, it's up to you.

Servez-vous du pain Pita pour attraper la trempette Muhummara

Ingredients

Dip

- 600 Gr Red pepper
- 30 Gr Walnuts
- 50 Gr Baguette
- 0.50 Unit(s) Lemon juice
- 1 Tbsp Pomegranate molasses
- 1 Tbsp Cumin powder
- 0.50 Tsp Chili flakes
- 2 Clove(s) Garlic
- 4 Tbsp Olive oil
- 50 Gr Sundried tomatoes
- 50 Gr Tomato paste

- Olive oil

Pita bread

- 3 Unit(s) Thick pita bread
- 2 Tbsp Zaatar spice

- Olive oil

Preparation

- Preparation time **45 mins**

- Preheat your **Oven** at **400 F°**

Setting up

Wash peppers and remove seeds and white membranes.

Peel and finely chop the garlic.

Cut the pita bread into triangles and place on a baking sheet.

Dip

Peppers

Cut them in half and place them on a baking sheet lined with parchment paper, skin side up. Roast the peppers in the oven for 20 to 25 minutes, until the skin is darkened and the peppers are tender. Remove from oven and cool in a bowl covered with plastic wrap.

Remove blackened skin from cooled peppers and cut flesh into pieces.

Toppings

In a food processor, grind walnuts until finely chopped. Add toasted bread crumbs and pulse until also finely chopped.

Add the peppers to the food processor with the walnuts and chopped bread, along with the fresh lemon juice, pomegranate molasses, ground cumin, red pepper flakes, minced garlic, olive oil, salt and ground black pepper.

Finishes

Blend all ingredients until well combined and the texture is smooth and creamy. Add additional olive oil if necessary to achieve desired consistency.

Transfer the Muhammad sauce to a bowl and let sit in the refrigerator for at least an hour before serving, to allow the flavours to blend.

Pita bread

Brush the surface of the pita breads with a brush and sprinkle with Zaatar spice seeds.

Bake in the oven for 2-3 minutes to set the spice finish.

Assembly

Serve Muhummara with Zaatar Pita Bread

Bon appétit!