

Harissa Paste

Ingredients

20 red chillies, deseeded and roughly chopped

5 tbsp each of coriander, cumin and fennel seeds

22 garlic cloves

1 red onion

1 large red pepper, roughly chopped

2 tsp salt

Method

Roast the coriander, cumin and fennel seeds in a dry pan for a couple of minutes until fragrant. Tip spice mix into a blender and grind to a fine powder, then transfer to a bowl.

Add the garlic, onion, chillies, red pepper and olive oil to the blender and blitz to a paste.

Tip paste into a shallow pan and cook for 15 mins until it reaches a jammy consistency, stirring constantly towards the end.

Stir in the spices and 2 tsp salt, then remove from heat.

Will keep in the fridge for up to 1 week or in the freezer for 2 months.