

Easy Muhammara Dip

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Move over, hummus. There's a new dip in town.

Have you ever tried muhammara? It's a spicy pepper dip that originated from Aleppo, Syria, with one of the key ingredients being Aleppo chili flakes! Think of this dip as a mix of savory, sweet, and smoky with a little spice. Let's do this!



This recipe is easy, requiring just **10 ingredients** (I include substitutions for hard-to-find ingredients below) and **simple methods**. And it all starts with roasted red bell peppers for a smoky, sweet base.



Next comes lemon for acidity, walnuts for bite, cumin for smokiness, Aleppo chili flakes for heat, pomegranate molasses for sweetness and depth of flavor, bread crumbs for texture, olive oil for body, and salt for overall flavor.

Friends, the result is dreamy. Ready your pita – we're going in.



I hope you all LOVE this dip! It's:

Easy to make
BIG on flavor
Smoky
Spicy
Subtly sweet
Hearty
Healthy
& Delicious

This would make a delicious starter, side, or dip for hosting or weeknight meals. Because it's quite creamy, it pairs especially well with fresh pita bread. Make an inspired version yourself with my [Garlic & Herb Flatbread](#).

If you're into yummy dips, also check out my [Golden Goddess Turmeric Hummus](#), [Easy Red Salsa](#), [Cheesy Jalapeño Corn Dip](#), [Smoky Harissa Eggplant Dip](#), [Persian Eggplant Dip](#), [Kale & White Bean Artichoke Dip](#), or [Mediterranean Lentil Dip](#)!

If you give this recipe a try, let us know! Leave a comment, rate it, and don't forget to tag a photo [#minimalistbaker](#) on Instagram. Cheers, friends!





☆☆☆☆☆

4.72 from 14 votes

Easy, flavorful muhammara dip with roasted red peppers, Aleppo pepper flakes, walnuts, and pomegranate molasses! 10 ingredients, gluten-free, BIG flavor.

Author: Minimalist Baker

Prep Time 15 minutes

Cook Time 45 minutes

Total Time 1 hour

Servings: 6 (1/4-cup servings)

Category: Dip

Cuisine: Gluten-Free, Vegan

Freezer Friendly No

Does it keep? 3 Days

US Customary - Metric

MUHAMMARA

- 2-3 Tbsp pomegranate molasses*
- 3 large red bell peppers (skin on)
- 3 Tbsp bread crumbs (vegan + gluten-free // I like Ian's GF panko bread crumbs)
- 1/2 tsp ground cumin
- 1/2 tsp sea salt, plus more to taste
- 2 tsp Aleppo chili flakes (plus more to taste // or sub 1/4 the amount of red pepper flakes)
- 1 clove garlic (minced // or sub garlic-infused oil)
- 1/2 cup raw walnuts* (loosely chopped)

- 1 Tbsp olive oil (if avoiding oil, omit)
- 2 Tbsp lemon juice

1. If making your own pomegranate molasses*, heat pomegranate juice in a small saucepan over medium heat until it reaches a low boil. Then reduce heat to a steady simmer (low/medium low) and cook for 20-30 minutes or until reduced by half. Set aside to cool. Otherwise, use store-bought.
2. In the meantime, heat oven to 450 degrees F (232 C) and place whole bell peppers directly on a baking sheet. Roast for 20-25 minutes or until blackened on the outside. Cover with foil to let steam and cool for 10 minutes. Then peel away core, seeds, and skins and set aside.
3. To a food processor, add pomegranate molasses, bread crumbs, cumin, salt, chili flakes, garlic, walnuts, olive oil, and lemon juice and pulse (instead of blend) to combine. Then add roasted peppers and pulse a few more times to combine. I think a little texture is nice in this dip instead of a purée.
4. Taste and adjust flavor as needed, adding more lemon for acidity, garlic for "zing," chili flakes for spice, pomegranate molasses for sweetness / depth of flavor, sea salt for saltiness, or cumin for smokiness.
5. Serve with fresh pita, flatbread, crackers, or vegetables of choice! Best when fresh. Store leftovers covered in the refrigerator up to 3 days. Let come to room temperature before enjoying - I like it warm.

*Recipe (as written) makes ~1 1/2 cups muhammara.

*Can sub 3/4 cup (180 ml // as recipe is written) pomegranate juice per 2-3 Tbsp pomegranate molasses.

*If nut-free, try subbing seeds such as hemp or sunflower for the walnuts.

*Nutrition information is a rough estimate.

*Recipe adapted from Ottolenghi.

- **Calories:** 133
- **Fat:** 8.5g
- **Saturated fat:** 0.7g
- **Sodium:** 180mg
- **Carbohydrates:** 12.7g
- **Fiber:** 1.6g
- **Sugar:** 7.1g
- **Protein:** 3.4g