

Harissa Tomato Sauce

From Nelson's Kitchen
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This is the tomato sauce for the Spiced Lentils with Pumpkin, a Moroccan recipe by Tess Mallos in *The food of Morocco: a journey for food lovers*. This is a simple but very tasty tomato sauce. It can be used in many other ways too.

Ingredients:

- 1 teaspoon ground turmeric
- 2 teaspoons of paprika
- 1 teaspoon of ground cumin
- 6 tablespoons of olive oil
- 2 onions, finely chopped
- 6 garlic cloves, finely chopped
- 2 teaspoons of harissa
- 2 tablespoons of tomato paste
- 1 large can (16 oz) of tomatoes
- 1 1/2 teaspoon of salt
- 2 tablespoons of chopped flat-leaf (Italian) parsley
- 4 tablespoons of chopped cilantro

Procedure:

- Measure ground spices in a small bowl.
- Heat the oil in a large saucepan over low heat.
- Add the chopped onions and cook until softened.
- Add the chopped garlic and cook for a few seconds.
- Add the ground spices and the harissa.
- Cook stirring for about 30 seconds.
- Add the tomato paste and cook stirring for about 30 seconds.
- Add the tomatoes and salt, half the parsley and half of the cilantro.
- Cover, cook in moderate heat for about 20 minutes until it acquires the consistency of a course tomato sauce.
- Remove from heat and let it cool until it is warm.
- Add the remaining chopped parsley and cilantro.
- If not using immediately, put in a covered glass container and refrigerate.
- It will keep well in the refrigerator for two or three days.
- Reheat gently before using.