

# Muhammara

## Classroom-Friendly Recipe



### Background

Muhammara is a dip that originated in Syria and Iraq. It can be used as a dip for chips, a spread for bread, or a sauce for meat and vegetables.

### Helpful Equipment

- Food processor or blender
- Measuring cups and spoons
- Serving dishes and utensils
- Citrus juicer (for lemon)
- Baking sheet (for roasting peppers prior to activity)
- Chopping board and knife (for chopping the chili and garlic prior to activity)
- Gloves

### Ingredients

- 1 1/2 slices of whole wheat bread, day old or toasted
- 3 red bell peppers, roasted, skinned and chopped (pre-prepared)
- 2 mild chilies, roasted, skinned and chopped (pre-prepared)
- 1 cup of walnut pieces
- 3-4 garlic cloves, chopped (pre-prepared)
- 1-2 Tablespoons of balsamic vinegar or pomegranate molasses
- Juice of 1/2 lemon
- 1/2-1 teaspoon of ground cumin
- 1/2 teaspoon of sugar
- 7 Tablespoons of olive oil
- Salt



### Instructions

1. First things first. Have all of the students wash their hands with soap and water!
2. For safety purposes, have the roasted bell pepper, chopped garlic and chopped chili ready prior to cooking.
3. Add all of the ingredients except for the olive oil into the blender or the food processor.
  - a. Break up the tasks and assign them to different students:
    - i. Have one student break the bread into small pieces and add.
    - ii. Have one student juice the lemon and add.
    - iii. Have a few students directly add the pre-prepared roasted peppers, chili peppers and chopped garlic.
    - iv. Have a few students measure and add the walnuts, balsamic vinegar, cumin, sugar and salt into the blender or food processor.
    - v. Have a few students take turns blending all the ingredients together until the mixture is finely chopped.
4. With the motor running, slowly drizzle the olive oil into the food processor or blender, and process until the mixture has formed a smooth paste.
  - a. Break these into tasks and assign them to different students:
    - i. Have one student measure the olive oil.
    - ii. Have a few students help drizzle the olive oil slowly into the mixture.
    - iii. When the mixture is ready, have a student tip the Muhammara into a serving dish.
5. Serve at room temperature with chips or pita bread and enjoy!