



Muhammara Dip with Syrian Style Pita Bread

Serves: 4

We welcome Summer with a delicious homemade dip and pita bread recipe perfect as part of a meal outdoors with family and friends.

TASTE OF SUMMER FACT

Summer and eating outdoors go hand in hand. So this season we have created a recipe perfect for alfresco dining. Muhammara originated in Aleppo, Syria, where it was traditionally made with sweet Aleppo red peppers. It was served as part of a mezze plate, but today is widely used as both a dip, spread and sauce to accompany grilled meat and fish dishes. When it comes to many styles of food, homemade tastes better, and pita bread is no exception. It is easy to make and well worth that bit of extra kitchen preparation time.

INGREDIENTS

- 650g Red Capsicum (3 medium sized)
- 40ml Olive Oil
- 50gm Fine Breadcrumbs
- 1 1/2 tsp Lemon Juice
- 15ml Pomegranate Molasses
- 1 1/2 tsp Ground Cumin
- 1 tsp Chilli Flakes
- 1 small Garlic Clove - peel and finely chop.
- 50gm Walnuts - finely chop.
- To Taste - Sea Salt
- 125ml Lukewarm Water
- 1 sachet Dry Yeast
- ¼ tsp Caster Sugar
- ⅓ cup Wholemeal Plain Flour
- 1 cup Plain Flour
- ½ tsp Salt
- 15ml Olive Oil
- Extra Flour - for kneading and rolling.
- As Required - Extra Virgin Olive Oil Spray
- 30ml Extra Virgin Olive Oil

METHOD

1. Pre-heat an oven to a high temperature - 220°C.
2. Toss the red capsicum in 40 ml of olive oil, place onto a roasting tray and into the oven. Roast for 25 minutes or until its skin has blistered, blackened and its flesh is tender. Remove from the oven, and set to one side to cool.
3. Rub the skin from the capsicum and discard, remove and discard the stem and seeds, then roughly chop the flesh.
4. In a food processor, add the capsicum, breadcrumbs, lemon juice, pomegranate molasses, cumin, chilli flakes and garlic. Blend to a puree, place into a mixing bowl. Add the walnuts, mix to combine, season to taste, then cover with cling wrap and refrigerate until required.



5. In a mixing bowl, add the lukewarm water, yeast, sugar, plain wholemeal flour and 1/8th of a cup plain flour, and whisk to combine until smooth. Put in a warm place for 15 minutes or until the mixture is frothy and bubbles have formed on its surface.
6. Add the ½ tsp salt, 15ml olive oil and remaining plain flour. Mix until the mixture comes together to form a dough, remove the dough from the bowl, place on a lightly floured work surface and knead for 2 minutes. Wrap the dough in cling wrap and set to one side for 10 minutes. Remove the cling wrap, knead the dough for another 2 minutes or until smooth.
7. Spray oil the inside of a mixing bowl, add the dough, cover with cling wrap and leave in a warm place for 1 hour or until the dough has doubled in size. Remove cling wrap, punch the dough down, then remove it from the bowl and divide into 4 equal pieces, rolling each 1 into a ball. Cover with a clean damp cloth and rest for 20 minutes. Place a large, flat baking tray into the oven to heat up.
8. On a lightly floured work surface, roll each dough piece into a 15cm diameter circle. In batches if required, place the dough onto the hot tray, place in the oven, cook for 2 minutes or until puffed up, then turn over and cook for 1 further minute. Remove pita bread from the oven and keep warm.

TO SERVE

Remove the muhammara dip from the refrigerator and allow it to warm to room temperature, as it will taste better! Place in a serving bowl and drizzle with 30ml of olive oil, next to the dip, place the warm Syrian style pita bread.
