

TUNISIAN MARKET SANDWICH

Yield: 4 Portions

| Ingredients | Amounts |
|---|--------------------------|
| <i>Tunisian Carrot Salad</i> | |
| Carrots, medium, peeled, julienned, or large grated | 5-6 ea. |
| Garlic clove, chopped | 1 ea. |
| Sea salt | as needed |
| Caraway seed, ground | 1 tsp. |
| Cumin seed, toasted, ground | ¼ tsp. |
| Harissa (recipe follows) | 1 Tbsp. + more as needed |
| Lemon juice, freshly squeezed | 1 Tbsp. |
| Extra virgin olive oil | 2 Tbsp. |
| <i>Mechouia</i> | |
| Red peppers, roasted, peeled, seeded, julienned, reserve juices | 2 ea. |
| Green peppers, roasted, peeled, seeded, julienned, reserve juices | 2 ea. |
| Jalapeños roasted, peeled, julienned, reserve juices | 1-2 ea. |
| Tomatoes, medium | 4 ea. |
| Onions, small, unpeeled | 2 ea. |
| Parsley leaves, coarsely chopped | ½ cup |
| Extra virgin olive oil | 3 Tbsp. |
| Lemon juice | 1 Tbsp. |
| Sea salt | as needed |
| Ground black pepper | as needed |
| Cilantro, fresh, minced | 1 Tbsp. |
| <i>To Assemble</i> | |
| Crusty bread rounds or crusty bread Or Tunisian Bread (recipe follows) | 4 ea. |
| Potatoes, yellow-fleshed, medium, boiled, peeled, thinly sliced | 1 ea. |
| Capers, rinsed | 1 Tbsp. |
| Eggs, hard-boiled, coarsely chopped | 2 ea. |
| Tuna, confit (recipe follows) | 1.75 oz. |
| Preserved lemon peel, chopped | 1 ea. |
| Black and green olives, pitted, coarsely chopped | ½ cup |
| Baby greens or salad to serve with | |

Method

1. *For the Carrot Salad:* Using the large holes of a grater, grate carrots into a bowl. In a mortar, pound garlic to a paste with a pinch of salt. Stir in the caraway, cumin, lemon juice and harissa, mixing well, then the olive oil. Beat with a fork or a small wire whisk to amalgamate and immediately pour over the grated carrots. Set aside at room temperature for about 30 minutes to develop flavors.
2. *For the Mechouia:* Preheat a 450°F oven.
3. Roast the tomatoes and onions on a baking sheet in a hot oven or under the broiler until the peel is charred, but the flesh is still firm. Remove from the heat. Let sit until cool enough to touch. Remove the peels. Julienne the onion. Remove the seeds from the tomatoes and julienne the tomatoes.
4. Combine the roasted peppers and chiles, onions and tomatoes.
5. Add the parsley and toss to mix well.
6. In a separate bowl, Whisk together the oil and lemon juice. Season with salt and pepper. Add to the pepper mixture and adjust the seasoning.
7. *To Assemble:* Cut the bread in half. Remove some of the dough in the middle.
8. Slather harissa all over the inside of the bread. Stuff in the potatoes, mechouia, lemon, olives, capers and tuna a little at a time, ending with the tuna. Sprinkle on enough olive oil to drizzle down inside. Serve immediately.

Source: Adapted from Nancy Harmon Jenkins, author, *The Essential Mediterranean*

HARISSA

Yield: about 1/3 cup

| Ingredient | Amount |
|--|---------------|
| New Mexico or guajillo chiles, dried stemmed, seeded | 9 ea. (3 oz.) |
| Garlic clove, crushed with ¼ tsp. salt | 1 ea. |
| Coriander seed, ground | ¼ tsp. |
| Caraway seed, ground | ¾ tsp. |
| Cumin, toasted, ground | ¼ tsp. |
| Extra-virgin olive oil | as needed |

Method:

1. Soak chiles in water for 15 minutes. Drain well.
2. Place chiles in food processor or blender with garlic and spices. Puree until smooth while adding olive oil and water if needed.
3. Add enough olive oil to make a thin layer of oil. Cover tightly and keep refrigerated.

Note: If coarse, place in a blender and blend well, then push through a mesh strainer using a rubber spatula.

TUNISIAN BREAD

Yield: 12 Rolls

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Flour, sifted | 3 cups |
| Whole wheat flour | 1 cup |
| Active dry yeast | 2½ tsp. |
| Peanut oil | 4 Tbsp. |
| Sugar | 1½ Tbsp. |
| Egg, beaten | 1 ea. |
| Salt | 1 Tbsp. |
| Warm water (or more if necessary) | ¾-1 cup |

Method

1. In the bowl of the stand-mixer, add the flour, sugar and yeast, and mix well.
2. Dig a well in the center of this mixture and pour in the egg and oil.
3. Start mixing at low speed and gradually stir in water until obtaining a homogeneous, light dough that detaches from the sides of the bowl.
4. Add salt, increase the speed to medium, and knead for 5 minutes.
5. Cover the dough with a cloth and let it rise for 1h30 in a warm place, away from drafts.
6. Once the dough has doubled in volume, place it on a lightly floured work surface and punch it down.
7. Divide the dough into several pieces of about 4 ounce.
8. Shape each piece of dough into a stick to obtain oval buns.
 1. Place them, with enough space between them, on a sheet lined with greased parchment paper.
 2. Cover them with a clean cloth and let them rise again for 20 - 40 minutes.
 3. Heat the frying oil in a deep frying pan and fry, at medium temperature, 3 at a time (not more).
 4. Fry for about 2 to 3 minutes on each side until they are golden brown. Drain on paper towels.

TUNA CONFIT

Yield: 4 servings

| Ingredient | Amounts |
|--|----------------|
| Tuna steak, belly strip or trimmings skin removed | 1 lb. |
| Salt | 2-4 tsp |
| <i>Seasoned Oil</i> | |
| Basil stems, bruised | 4 ea. |
| Thyme sprigs, bruised | 4 ea. |
| Bay leaves, crushed | 4 ea. |
| Garlic cloves, cut in 4 lengthwise | 4 ea. |
| Lemon zest | 1 ea. |
| Black peppercorns | 1/2 tsp. |
| Serrano chili, split lengthwise (optional) | 1 ea. |
| Olive oil, mild | 3 - 3 1/2 cups |

Method:

1. Salt the fish liberally. Set aside and let sit 6 hours to overnight.
2. *For the Seasoned Oil:* Place all the other ingredients into a 2-quart saucepan (approximately) and bring to the barest simmer for 10 minutes to infuse the oil. You do NOT want to brown the garlic or onions.
3. Rinse the fish and pat dry. Gently poach the salted fish in the oil. Watch the fish carefully; it can still be barely pink in the center.
4. Set the cooked fish aside, cool the oil, and once cooled, pour the oil over the fish to store. You may strain out the vegetables and herbs or leave them in. The fish will keep under oil in the refrigerator for several days, but the texture will never be quite as good as if you can manage to eat it without chilling it.

Note: The herbed oil mixture can be used to flavor salads after you have cooked the fish, or kept refrigerated for a week for reuse.

Source: Catherine Brandel