

Harissa

Gourmet Morsels Harissa blend is an authentic spicy blend of high quality ingredients used in Tunesian cuisine. We recommend Harissa be used a rub for fish and chicken. Our blends have no added m.s.g and no artificial colours,flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.



How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.

African Lamb/Beef Stew with Cous Cous

In a large pot add diced lamb, onion, carrots, can of chickpeas, can of chopped tomato, 5 cloves garlic, ¼ cup lentils, 4 cups beef stock and 1 tablespoon Gourmet Morsels Harissa Blend. Cook for 3 hours or until tender. Serve with cous cous.

Grilled Scallops with Harissa and Greens

