

# Beets and Muhammara

*Serves 4*

## Ingredients

*For the beets:*

½ pound baby red beets, scrubbed  
1 tablespoon salt, plus more  
Extra virgin olive oil  
2 tablespoons parsley, chopped

*For the muhammara:*

4 red bell peppers  
1 fresno chile  
1 ½ cups walnut pieces  
1 garlic clove, finely grated  
3 tablespoons red wine vinegar  
2 tablespoons pomegranate molasses  
2 tablespoons Aleppo pepper flakes  
1 tablespoon salt



Preheat oven to 350 degrees.

Place the beets and salt in a sauce-pot that has a fitting lid and cover with water. Bring to a simmer and allow to simmer until beets can be easily pierced with a knife, about 20 minutes.

Use tongs or a slotted spoon to remove the beets from their cooking liquid onto a plate to cool. When cool enough to handle, peel and cut into bite size wedges. Place in a small mixing bowl and dress with enough olive oil to coat and salt to taste. Set aside.

Char each red bell pepper and the fresno chile over an open flame until well charred on each side. Alternatively, you could do this in a cast iron skillet or on a charcoal/gas grill. Allow the peppers to cool in a colander.

Meanwhile, toast the walnut pieces on a sheet tray in the oven for 10-12 minutes, or until fragrant and deep golden brown. Reserve ½ cup toasted walnut pieces and chop finely by hand.

When the peppers are cool enough to handle, remove the stem and seeds and drain any additional liquid. Place the peppers in the bowl of a food processor with 1 cup of the walnut pieces, the vinegar, harissa, and salt. Pulse the pepper mixture until it has become one but not completely pureed.

Turn out the pepper mixture into a mixing bowl and stir in the hand chopped walnuts. Taste the muhammara and adjust seasoning to your liking.

To plate, spoon some muhammara onto your serving dish, top with dressed beets and sprinkle with parsley. Serve immediately.