

# Charmoula

Recipe By *Laura Frankel*



Cooking and Prep:  10  
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Serves:  12

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegetarian, Gluten Free,

Low Carb, Sugar Free

**Source:** Whisk by Ami

Magazine

**Cuisines:** Sephardi,

Moroccan

## Ingredients (10)

### Main ingredients

- 2 teaspoons cumin seeds, toasted
- 1 teaspoon chili flakes
- 1 clove garlic, grated with a microplane

- 1 lemon, juiced
  - 1 lime, juiced
  - 1/2 cup loosely packed fresh flat-leaf parsley leaves
  - 1/2 cup loosely packed fresh cilantro leaves
  - 1/3 cup **Bartenura Extra-Virgin Olive Oil**
  - Haddar Kosher Salt**, to taste
  - freshly ground **Gefen Black Pepper**, to taste
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## Start Cooking

### Prepare the Charmoula

1. Place the cumin, chili flakes, garlic, lemon and lime juices, parsley, cilantro, and olive oil in a food processor. Process until a paste is formed. Season to taste with salt and pepper.

#### Note:

This can be used as a condiment or marinade. You can store charmoula, covered, in the refrigerator for up to three days. If the olive oil becomes solid, allow the charmoula to sit at room temperature for an hour.

Yields 1 cup.