

# TUNISIAN MARKET SANDWICHES

Ingredients	Amounts
<i>Tunisian Carrot Salad</i>	
Carrots, medium size, peeled	5-6 each
Garlic clove, chopped	1 each
Ground caraway seed	1 teaspoon
Sea salt	To taste
Harissa	1 tablespoon
Lemon juice, freshly squeezed	1 tablespoon
Extra virgin olive oil	¼ cup
<i>Harissa</i>	
Dried guajillo chiles	9 each (3 ounces)
Garlic clove, crushed with ¼ teaspoon salt	1 each
Ground coriander seed	¼ teaspoon
Ground cumin	½ teaspoon
Ground caraway seed	¾ teaspoon
Olive oil	As needed
<i>Mechouia</i>	
Sweet red and green peppers, fresh	3-4 each
Green chile peppers, fresh	3-4 each
Tomatoes, firm, ripe, medium-size	3 each
Onions, small to medium	2 each
Flat-leaf parsley	½ cup
Extra virgin olive oil	3 tablespoons
Lemon juice, fresh	1 tablespoon
Sea salt	To taste
Black pepper, freshly ground	To taste
Cilantro, fresh, minced, for garnish	1 tablespoon
Salted capers, rinsed under running water and drained, for garnish	1 tablespoon
Eggs, hard boiled, coarsely chopped, for garnish (optional)	2 each
Tuna, oil-packed, 3½ oz. can, flaked, for garnish (optional)	½ each
Preserved lemon peel, chopped, for garnish (optional)	1 each
Pitted black and green olives, coarsely chopped, for garnish (optional)	½ cup
<i>Sandwiches</i>	
Crusty bread rounds, small	4 ea.
Tunisian Carrot Salad	

Harissa  
Mechouia  
Potatoes, yellow-fleshed, medium,  
boiled, peeled, thinly sliced 2 ea.  
Preserved Lemons, rind only, thinly sliced 1 ea.  
Black and green olives, large, pitted  
Salted capers, rinsed under running water  
and drained  
Flaked canned tuna, preferably canned in olive oil  
Extra virgin olive oil

## Method

For the Carrot Salad:

1. Using the large holes of a grater, grate the carrots into a bowl.
2. In a mortar, pound the garlic to a paste with the caraway and salt. Stir in the lemon juice and harissa, mixing well, then add 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 the flavors.

For the Harissa:

1. Stem, seed and break up the chiles. Toast in a dry sauté pan. Soak in hot water until tender. Drain well, wrap in cheesecloth and press out excess moisture.
2. Grind the chiles in a food processor with the garlic and spices. Add enough olive oil to make a thin layer of oil. Cover tightly and keep refrigerated.

For the Mechouia:

1. Roast the sweet and hot peppers, using a charcoal grill if available. When the peppers are roasted and peeled, slice them lengthwise (the sweet ones in ¼-inch strips, the chiles in slivers). Transfer to a bowl with their juices.
2. Roast the whole tomatoes on the grill until they are blackened on the outside but still quite firm within. Halve the tomatoes, pull away the skins, and squeeze gently to extract the seeds. Cut into strips and add to the peppers.
3. Roast the unpeeled onions until their skins are thoroughly blackened. Strip away the outside skins and slice the onions in strips. Add to the peppers.
4. If you don't have the option of roasting the tomatoes and onions on a charcoal grill, turn on the oven broiler. Arrange the tomatoes and onions on a roasting sheet and brush lightly with olive oil. Roast under the broiler, turning several times, keeping an eye on the vegetables and removing them as their skins blister

and blacken — the tomatoes will be done before the onions. When they're done, prepare the tomatoes and onions as described above.

5. Add the parsley to the vegetables in the bowl and toss to mix well.
6. In a separate bowl, combine the oil and lemon juice with salt and pepper to taste. Beat with a fork, then pour over the vegetables while they're still warm. Toss gently, then taste and adjust seasoning.

For the Sandwiches:

1. Cut a slice off one edge of a bread round (about a third of the whole bread round) and reach into the larger portion to pull out some of the crumb and make room for the other ingredients. Dip the edge you pulled out in a little of the carrot salad to moisten it and set it aside.
2. 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, then cap the sandwich with the edge piece that was dipped in carrot salad to hold everything else in place. Serve immediately.

Yield: 4 sandwiches

Source: *The Essential Mediterranean*, by Nancy Harmon Jenkins (HarperCollins, 2003)