Dukkah Recipe

Dukkah is a spicy mix made with seeds and nuts that is used for dipping, olive oil tastings or for seasoning meats or vegetarian equivalents. This version uses a wide array of nuts and seeds and is delicious. This recipe makes 2 1/4 cups of dukkah.

Ingredients

1/2 cup sesame seeds

1/2 cup sunflower seeds

1/2 cup pumpkin seeds

1/2 cup almonds

1/2 cup hazelnuts

1/4 cup cumin seeds

1/4 cup coriander seeds

1 tbsp paprika (ground)

1 1/2 tsp salt (flakes)

1 1/2 tsp turmeric

Steps

Preheat the oven to a moderate temperature (180oC / 350oF).

Roast the nuts and seeds on the baking trays. Put the seeds on one tray and the nuts on the other.

Keep an eye on the seeds and nuts every few minutes. Remove them from the oven when they have darkened slightly. This will take about 10 minutes. Allow to cool.

Set up the food processor. Grind the nuts and seeds together, along with the salt, turmeric and paprika. Do not over-process - the mixture must have some texture and not be too oily or powdered.

Tips

Process on the "pulse" button.

If you do not have a food processor, use a mortar and pestle or a hand-held spice grinder.

If storing the dukkah, keep in airtight containers. Leave dukkah in a cool place, such as a pantry or even the refrigerator. Keep out of direct light. The flavour will decrease over time and the mixture should be consumed within 2 months.

Serve in bowls for dipping. Cut small slices of baguette or sourdough bread and place different types of olive oil in small bowls. The idea is to use the bread to dip in the olive oil of choice, then dip in the dukkah for additional flavour. This has become a popular choice at wine tasting events where olive oil is also on offer for tasting.

Use to season. Dukkah makes an excellent seasoning for meats or fish fillets - apply to oiled meat prior to roasting, baking or frying or mix with flour for coating fish fillets.