

# Recipes

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## Aleppo Pepper, *Capsicum annuum* 'Aleppo'

### Tips:

- Purchase Aleppo pepper, not Aleppo style pepper, which has a higher heat level.
- Crushed and prepared Aleppo pepper is a rich burgundy color, does not include the seeds and is more mild than crushed red pepper.
- Aleppo pepper enhances, adds complex flavors and layers of flavor to dishes.
- Along with the spice, Aleppo pepper as a sweet, tangy, earthy and fruity flavors to foods.
- Use in spice blends or seasoning rubs or directly on meats, poultry, roasted vegetables, egg dishes, avocado toast.
- Use to rim cocktail glasses.
- Store in a dark, cool and dry place for up to 3 years.

### Creamy Whipped Feta Dip

8 ounces block quality feta, drained  
¾ cup Greek yogurt  
1 lemon zest  
2 tablespoon extra virgin olive oil, more as needed  
1 teaspoon Aleppo pepper (or red pepper flakes) (to your taste)  
2 tablespoons chopped fresh mint  
2 tablespoons chopped fresh parsley  
2-3 tablespoons toasted pine nuts, optional  
1-2 tablespoons crushed pistachios, optional

In the bowl of a large food processor fitted with a blade, combine the feta, Greek yogurt and lemon zest. Blend, and while the processor is running, drizzle olive oil through the top opening, until the feta is whipped to a smooth mixture.

Transfer the whipped feta to a serving plate. With the back of your spoon, smooth the top of the feta, making an indentation in the middle (or a "well"). Pour a bit of olive oil all over the feta, then top with the Aleppo pepper, fresh herbs, and nuts. Can also top with roasted tomatoes or broccoli.

Serve with pita chips, pita wedges or favorite vegetables.

Suzy Karadsheh  
The Mediterranean Dish

<https://www.themediterraneandish.com/creamy-whipped-feta-dip/>

## Muhammara (Roasted Pepper & Walnut Spread)

4 tablespoons olive oil, divided  
 1 ¼ cups raw walnut halves  
 ½ cup fresh bread crumbs  
 1 cup fire-roasted red bell peppers - peeled, seeded, coarsely chopped  
 2 garlic cloves, crushed  
 2 tablespoons lemon juice  
 2 teaspoons pomegranate molasses

1 teaspoon salt, plus more if needed  
 1 teaspoon paprika  
 1 teaspoon Aleppo pepper flakes or other red pepper flakes, plus a pinch or so for garnish  
 ½ teaspoon cumin  
 ½ teaspoon cayenne pepper  
 1 tablespoon chopped Italian parsley for garnish

Heat a skillet over medium heat. Add walnuts and drizzle with 1 tablespoon olive oil. Cook and stir frequently until walnuts smell toasted and are lightly browned, about 5 minutes. Remove from heat and transfer walnuts to a plate to cool. Reserve 2 or 3 to coarsely chop and use for garnish.

Place the skillet over medium heat; add 1 tablespoon olive oil. Sprinkle in bread crumbs; cook and stir frequently until crumbs turn golden brown, 3 or 4 minutes. Remove from heat and sprinkle onto plate with walnuts.

Place peppers in bowl of a food processor. Add walnuts, toasted bread crumbs, garlic, lemon juice, pomegranate molasses, salt, paprika, Aleppo pepper flakes, cumin, and cayenne pepper. Drizzle with remaining 2 tablespoons olive oil.

Pulse on and off, scraping mixture down occasionally, until mixture is fairly fine and smooth. Transfer to a bowl; cover and refrigerate until chilled, about 2 hours.

Transfer to a shallow serving bowl. Use the back of a spoon to swirl indentations on the surface to capture the garnishes. Garnish with reserved chopped walnuts, a drizzle of olive oil, pepper flakes, and chopped parsley.

Chef John  
 Allrecipes.com

## Simple Vegetarian Sweet Potato Stew, Mediterranean Style

1 teaspoon ground coriander  
 1 teaspoon ground cumin  
 ¾ teaspoon Aleppo pepper  
 ½ teaspoon turmeric powder  
 Extra virgin olive oil  
 1 large yellow onion, chopped  
 4 garlic cloves, minced

3 carrots, peeled and chopped  
 3 sweet potatoes (about 1 lb), peeled and cubed  
 Kosher salt and pepper  
 1 15-oz can diced tomatoes with their juices  
 3 cups low-sodium vegetable broth  
 5 oz baby spinach  
 1 cup chopped fresh parsley

In a small bowl, add the spices (coriander, cumin, Aleppo pepper, and turmeric). Mix to combine. Set aside.

In a large Dutch oven or heavy pot, heat 2 tablespoons of extra virgin olive oil over medium heat until shimmering but not smoking. Add onions and garlic and cook for 3 minutes, stirring occasionally and making sure garlic does not burn.

Now, add carrots and sweet potatoes. Season with kosher salt, black pepper, and the spice mixture you prepared earlier. Raise the heat to medium-high, and cook, stirring occasionally, for about 4 to 5 minutes or so.

Add diced tomatoes (and their juices), and broth. Bring to a boil for 10 minutes or so, then turn the heat to low. Cover the pot only part-way, allowing an opening at the top for the stew to "breathe." Cook for about 20 to 25 minutes, or until sweet potatoes are fully cooked and tender.

Finally, stir in the baby spinach and fresh parsley. Remove from heat, and finish with a generous drizzle of extra virgin olive oil. Serve over couscous or with your favorite crusty bread. Enjoy! (See author's website for slow or pressure cooker methods).

Suzy Karadsheh  
The Mediterranean Dish

<https://www.themediterraneandish.com/vegetarian-sweet-potato-stew/>

## Aleppo Pepper Marinade

An aromatic, zesty Mediterranean marinade with Aleppo pepper, balsamic, honey, lemon, and garlic. Delicious on chicken, fish, or vegetables.

¼ cup extra virgin olive oil	1 tablespoon fresh rosemary leaves, roughly chopped
4 large or 6 small cloves garlic, minced or pressed	1 teaspoon fresh thyme leaves
3 tablespoon Aleppo pepper flakes	1 teaspoon lemon juice
1 tablespoon honey or agave nectar (use agave to make vegan)	¼ teaspoon sea salt
1 tablespoon balsamic vinegar	

Place all ingredients into a blender or food processor and puree until well combined and no large chunks of herbs or garlic remain.

Transfer to a bowl, cover, and refrigerate until ready to use, up to one week.

Yield ½ cup of marinade.

### Notes:

The marinade keeps for up to a week in the fridge, and it can be used on chicken, fish, veggies, and non-kosher things like pork and shrimp. It can also be used to make a dip by adding one part marinade to 3 parts sour cream or Greek yogurt. It is great with cut veggies and crackers!

If you want to tweak the sweetness, you can add up to 2 total tablespoons of honey without changing how the marinade performs, so taste it and stir in more as desired once pureed. Don't add too much, or the marinade might burn before your protein or veggies are completely cooked.

Tori Avery  
<https://toriavey.com/aleppo-pepper-marinade/>

**Do you have a recipe using Aleppo pepper to share?  
Please send it to [educator@herbsociety.org](mailto:educator@herbsociety.org)**