



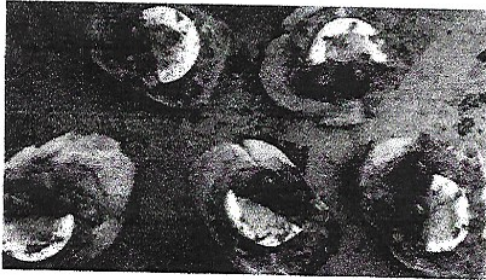
Food



Warning:
a little spicy!



Tunisian Grilled Salad (Slata Mechouia)



Tunisian Grilled Salad is also known as Slata Mechouia featuring stovetop roasted peppers, onions, and tomatoes on baguette slices. [Continue](#)

Yield: 4-6 servings

Course: [Appetizer](#), [Entree](#), [Side Dish](#)

Cuisine: [African](#)

Occasion: [Cookout](#), [July 4th](#), [Party](#), [Picnic](#)

Theme: [Family Friendly](#), [Grilling](#), [Vegetarian](#)

Ingredients

- 2 to 3 medium-large green peppers (I use 3 poblanos, or 2 bell peppers and 1 jalapeno)
- 2 to 3 Roma tomatoes (or any plum or paste tomato)
- 1 medium onion
- 3 cloves garlic
- 1/2 tsp ground caraway (or sub with 2 tsp ground coriander)
- 3 Tbsp olive oil
- 1 tsp salt
- 1/8 tsp black pepper
- **Optional garnishes:**
- 1/4 cup flaked tuna
- 2 hard-boiled eggs
- A dozen olives
- 2 tsp finely chopped fresh parsley

Directions

1. Grill all the vegetables on a medium-hot grill, or in the oven (475 until lightly charred and softened), or directly over a burner. Grill until softened and skins are charred.
2. Remove the vegetables from heat source and place directly in a tightly-lidded pot to make them "sweat" and for easy removal of the skins.
3. Once cool enough to handle, remove all the skins as well as any seeds from tomatoes and peppers, and any charred flesh. (It's ok for there to be the occasional charred bits, this will add flavor).
4. On a chopping board, finely chop everything together until the pieces are smaller than or about the size of peas. (You can also use a food processor to do this, but don't process so far that you get a puree, there should still be small chunks.)
5. Transfer to a bowl and add the ground caraway, salt, black pepper, and olive oil. Taste, and add more seasonings if needed.
6. Top with the optional garnishes if you wish, and serve with a fresh or toasted baguette.

Produced by:



PBS .