

Moroccan Matbucha

Learn to make authentic Moroccan Matbucha - a flavorful roasted tomato and pepper dip. Perfect appetizer with smoky, spicy flavors in 60 minutes.

15 min

PREP

45 min

COOK

1h

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 6 tomato
- 2 bell pepper
- 3 clove garlic
- 3 tbsp olive oil
- 1 tbsp granulated sugar
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp cilantro (coriander)

Instructions

- 1 Roast the Bell Peppers**

Preheat your oven to 230°C (450°F). Place the 6 bell peppers on a baking sheet and roast for 20-25 minutes, turning every 5-7 minutes, until the skin is completely charred and blistered on all sides.
- 2** Transfer the hot roasted peppers to a bowl and cover tightly with plastic wrap. Let them steam for 10 minutes to loosen the charred skin.
- 3** Remove the plastic wrap and peel off the charred skin using your fingers or a knife. Remove stems, seeds, and membranes, then chop the peppers into small pieces.
- 4 Prepare the Base**

Heat 3 tablespoons olive oil in a large saucepan over medium heat. Add the 3 cloves minced garlic and sauté

for 1 minute until fragrant but not browned.

5 Add the 2 finely chopped tomatoes and cook for 5-7 minutes, stirring occasionally, until they begin to break down and release their juices.

6 Add the roasted bell pepper pieces and stir in 1 tablespoon tomato paste, 1 teaspoon paprika, 1 teaspoon cumin, 1 teaspoon salt, and 1 teaspoon sugar.

7 **Simmer the Matbucha**

Reduce heat to low and simmer uncovered for 30-40 minutes, stirring every 10 minutes, until the mixture reaches a thick, jam-like consistency with no excess liquid.

8 Remove from heat and stir in 2 tablespoons chopped fresh cilantro. Taste and adjust salt and sugar as needed. Let cool to room temperature before serving.

Tips

Perfect Pepper Roasting: Char the bell peppers until the skin is completely blackened and blistered. This creates the signature smoky flavor that defines authentic matbucha.

Steam for Easy Peeling: After roasting, immediately place hot peppers in a covered bowl to steam. This loosens the charred skin, making it easy to peel off completely.

Low and Slow Cooking: Maintain gentle heat throughout the simmering process. High heat can cause the mixture to burn or cook unevenly, affecting the final flavor.

Taste and Adjust: Check seasoning during the last 10 minutes of cooking. The flavors concentrate as moisture evaporates, so adjust salt, sugar, and spices accordingly.

Consistency Control: For smoother matbucha, pulse briefly with an immersion blender. For chunkier texture, chop vegetables larger and mash lightly while cooking.

Make-Ahead Magic: Matbucha tastes even better the next day after flavors have melded. Prepare it a day ahead for best results.

Quality Ingredients: Use the ripest tomatoes available and good-quality olive oil. Since there are few ingredients, each one significantly impacts the final taste.

Storage Success: Always cool completely before refrigerating. Store in glass containers to prevent absorption of flavors, and bring to room temperature before serving for optimal taste.