

## Spicy Sausages with Tomato and Harissa Stew

olive oil  
4 medium-size brown onions, sliced  
6 cloves garlic, finely sliced  
1 teaspoon ground cumin  
6 ripe tomatoes, peeled and quartered  
2 tablespoons chopped oregano  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
8 spicy lamb Merguez (or other) sausages  
2 tablespoons **HARISSA**

Preheat oven to 220°C.

Heat oil in a frying pan and fry onion, garlic and cumin over moderate heat for 10 minutes, or until starting to colour. Stir in tomato and cook, covered, for another 15 minutes, or until tomato starts to lose its form. Stir in oregano, **HARISSA** and season with salt and pepper. Grill sausages for 10 minutes or until brown on both sides. Transfer to oven and cook for a further 5 minutes. Serve sausages with Harissa tomato stew spooned over.

Serves 4

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