

Romesco Sauce



Makes:

3 ½ cups; 14 servings, ¼ cup per serving

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

This classic sauce originates from Catalonia and is made throughout Spain. Roasted peppers and tomato make up the base of the rich sauce thickened with nuts, bread and seasoned with varying degrees of heat. Using a few time saving ingredients, this sauce comes together quickly and is perfect as a first course or paired with grilled seafood or a roasted vegetable tray.

2 cloves garlic, shredded, use Cone #1
½ cup
Panko-style bread crumbs
(30
g)
½ cup
hazelnut or almond flour
(60
g)
16 ounces
fire roasted red peppers, packed in water, drained well
(454
g)
1 cup
fire roasted crushed tomatoes
(242
g)
½ - 1 teaspoon
smoked paprika (depending on how spicy you like it)
(1 - 2
g)
1 teaspoon
natural salt
(6
g)
2 tablespoons
red wine vinegar

(30
ml)
fresh ground pepper, to taste
2 tablespoons
fresh parsley leaves
(7
g)
a few sprigs fresh basil, leaves
a pinch or two of crushed red pepper flakes
1 tablespoon
extra-virgin olive oil (optional)
(15
ml)

Directions:

1. Place Panko-style crumbs, hazelnut flour and garlic in skillet. Turn heat to medium and toast mixture for 5 - 7 minutes, stirring during cooking, until mixture is evenly toasted to a light golden brown. Be careful not to burn mixture. Remove toasted mixture from skillet and set aside.
2. In a food processor fitted with an S blade, place drained roasted peppers, tomatoes, smoke paprika, salt, red wine vinegar, fresh ground pepper, parsley and basil. Pulse mixture until coarsely chopped.
3. Add toasted mixture to food processor and blend until well combined.
4. Taste sauce and adjust seasonings as desired.
5. Serve sauce at room temperature.

Tips:

- Serve sauce as an appetizer with grilled bread or vegetables.
- Serve with fish or roasted chicken.
- Substitute nut flour for toasted whole nuts and grind in food processor or high power blender.

Nutritional Information per

▼ Serving

Calories: 54

Total Fat: 3g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 205mg

Total 6g

Carbs:

Dietary Fiber: 1g

Sugar: 1g

Protein: 2g

Analysis calculated using almond flour and includes optional ingredients