

El Manar

Harissa

du Cap Bon

هريسة
الوطن القبلي

100%

Recette
Tunisienne
Tunisian
Recipe

Extrait Sec
Dry Extract
الخلاصة الجافة
14% minimum
على الأقل



Cap Bon Harissa ; Spicy, Hot, and Natural.

Harissa, a spicy and hot sauce made from vibrant red peppers, is the quintessential Tunisian terroir product. This essential ingredient in Tunisian cuisine releases all its aroma when mixed with olive oil. Harissa has very ancient origins in Tunisia. However, it was from the 17th century, when pepper cultivation began in the coastal region of Cap Bon, that Harissa became a recipe passed down from generation to generation in every Tunisian household.

From the first half of the 20th century, family-owned industrial units started producing Harissa while remaining faithful to the traditional recipe with five ingredients: hot peppers, garlic, salt, caraway, and coriander.

Today, Harissa, with its rich cultural heritage and gastronomic importance, has gained worldwide recognition by being listed as intangible cultural heritage by UNESCO. This distinction attests to its iconic status as an essential element of Tunisian cuisine and its contribution to global culinary diversity."



Tunisian Harissa, a Natural Delight

- > A recipe based on 5 ingredients: Peppers, Garlic, Caraway, Coriander, and Salt
- > More than 85% of fresh red peppers in each preparation
- > A plant-based product

Ingredients

Mixture of hot red peppers 89,4%,
Garlic 3,5%, Coriander 3,5%, Caraway
1,8%, Salt 1,6%, PH Corrector: Citric Acid.

Conservation

Before opening, store away from
heat and moisture. After opening,
refrigerate at 4°C and 6°C and
best consume within 5 days.
Best before the end of the date
indicated at the bottom of the
case.

Nutritional information

Average nutritional values 100 g

Energy	96 kcal / 402 kJ
Fat	2 g
of Which Saturated fatty acids	0,3 g
Carbohydrate	16 g
of Which sugars	12 g
Fibers	3,1 g
Proteins	2 g
Salt	2,4 g

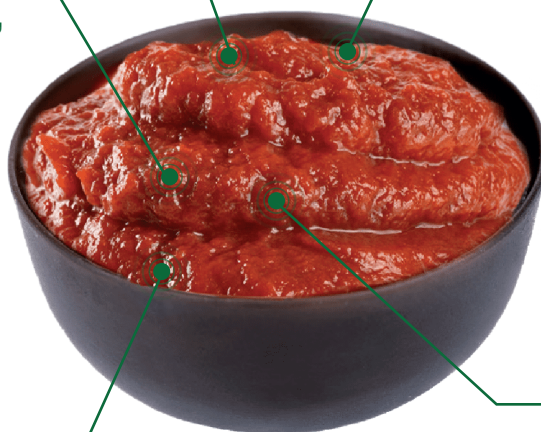
Recycling



BOÎTE &
COUVERCLE



TUBE
+
BOUCHON



Availability

70 g - 135g - 140g - 380g -
760g - 2kg



Canned concentrated spicy pepper puree

Harissa in 140g Tube



About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 140 g

Display: 18 Tubes x 140 g (2,52kg)

Ean 13:



Canned concentrated spicy pepper puree

Harissa in 70g Tube



About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 70 g

Display: 12 Tubes x 70 g (0,840 kg)

Ean 13:





Canned concentrated spicy pepper puree



Harissa can 135g

About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 135 g

Box: 24 can x 135 g (3,24 kg)

Ean 13:



Canned concentrated spicy pepper puree



Harissa can 380g

About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 380 g

Box: 24 can x 380 g (9,12 kg)

Ean 13:





Canned concentrated spicy pepper puree



Harissa can 760g

About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 135 g

Box: 12 can x 760 g (9,12 kg)

Ean 13:



BOÎTE & COUVERCLE



Canned concentrated spicy pepper puree



Harissa can 2 Kg

About product:

- ✓ No Artificial Flavours
- ✓ No Coloring
- ✓ 100% Tunisian recipe
- ✓ Dry extract 14% at least

Expiration date: 3 years

Net weight: 135 g

Box: 6 can x 2 kg (12 kg)

Ean 13:



BOÎTE & COUVERCLE





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