Ingredients

* 12 TBS extra virgin olive oil
* 4 diced red onion
* 4 TSP salt
* 12 garlic cloves, minced
* 6 TSP cumin seeds
* 2 TSP paprika
* 1 TSP black pepper
* 2 TSP cayenne pepper
* 4 lemon
* 8 TBS water
* 4 cups chopped cilantro
* 4 cups chopped flat leaf parsley

Procedure

1. Toast cumin seeds in a non-stick pan till they smoke. Grind cumin seeds into powder in a mortar and pestle.
2. Warm oil in a pan over medium-low heat, add the finely diced onion and salt and cook for 5 minutes
3. Add garlic, cumin, paprika, pepper, and cayenne and cook for 3 minutes.
4. Remove from heat and put the cooked onion/spice mix in a metal bowl. Let cool for 5 minutes.
5. Add lemon juice and water to the bowl. Stir in chopped cilantro and parsley. Taste, season with salt and pepper.