



Shakshuka Classic to Modern

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Poaching eggs in aromatic sauces for breakfast, lunch or dinner

Shakshuka is a funny name for tender poached eggs in a whole world of different sauces.

Shopping List

Produce

1.5 lb ripe tomatoes
1 bulb garlic
1 red onion
1 white onion
4 small cucumbers (1 large)
1 large bunch parsley
1 bunch mint
1 bunch cilantro
1 large bunch spinach leaves
1 medium leek
3 lemons
2 green chili peppers

Staples

Olive oil
Cayenne pepper
Sweet paprika
Cumin powder
All purpose flour
Instant yeast
Dry white wine
Sugar

Dairy

Heavy cream
Feta cheese (preferably sheep's milk)
6 eggs

In the kitchen

1 large mixing bowl	Spatula
1 medium mixing bowl	Chopping board
Mixer- optional	Chef knife
2-3 skillets	Serving bowl
Large spoon for mixing	Sharing plates



Pan flatbread Pita

Ingredients

2.5 cups all purpose flour
1 tablespoon instant yeast
1/2 teaspoon salt
1 tablespoon olive oil
1 cup lukewarm water
1 tablespoon sugar
Extra olive oil for pan frying

Method

Mix 3/4 cup of the water with all the rest of ingredients until well incorporated (by hand or mixer with hook)

If the dough is too dry or does not come together, add up to 1/4 cup more of water, just so the dough is soft and pliable.

Cover and allow to double in bulk (approximately an hour and a half).

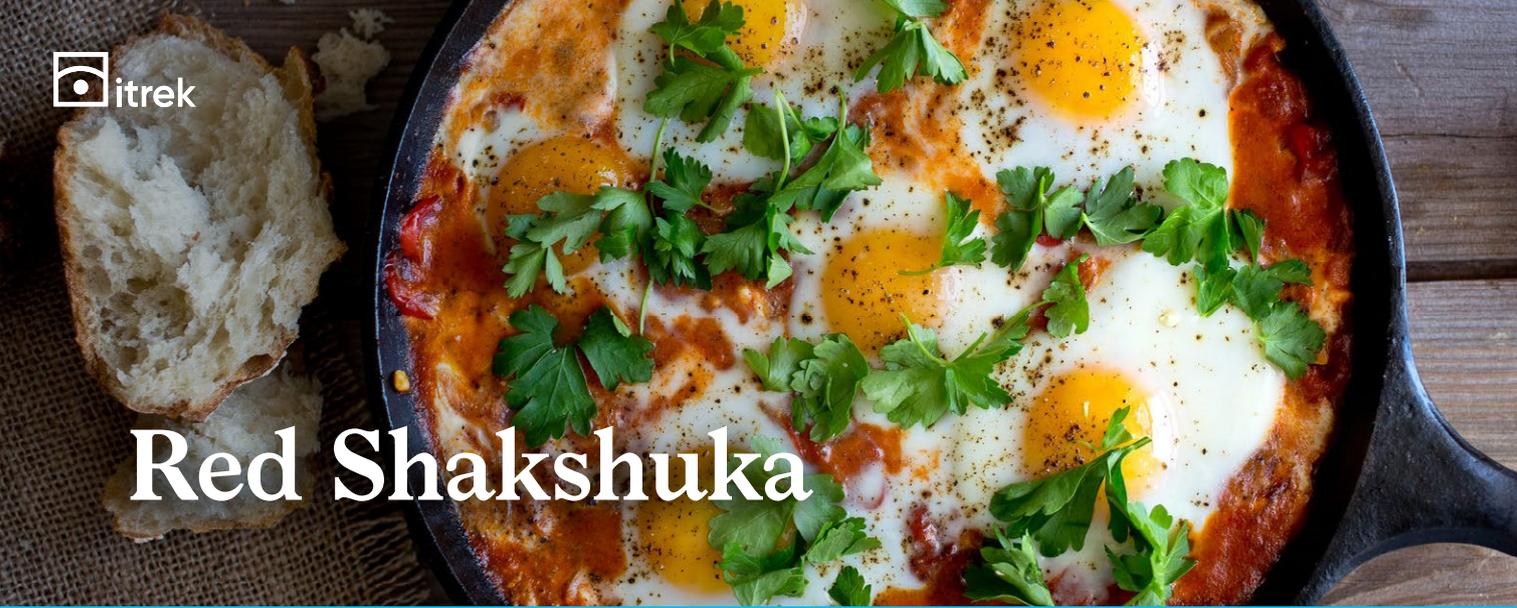
Degas the dough by kneading (by hand or mixer) cover and allow to rise again, until doubled in bulk.

Divide into 4 equal sized balls, lay in a lightly floured tray, cover and allow to rise once more.

Gently flatten the dough to approximately 1/4-inch thickness.

Heat one large tablespoon of olive oil in a good nonstick pan, gently fry each pita for 2 minutes on each side, adding some olive oil between each fry.

Keep the ready flatbreads warm and covered on a plate, until serving.



Red Shakshuka

Ingredients

1 lb/450 grams ripe tomatoes - coarsely chopped

4 tablespoons olive oil

1 small onion- halved and sliced

2 cloves garlic- finely chopped

1/2 teaspoon cayenne pepper

1/2 teaspoon sweet paprika

1/4 teaspoon cumin powder

Salt

Small bunch cilantro leaves

3 eggs

Method

Lightly sauté the onion in olive oil for a few minutes, until translucent and soft.

Add the garlic spices and sauté for 1 minute more.

Add the tomatoes and sauté on high heat for 3 more minutes, add 1/2 cup hot water and a pinch of salt, stir well and cover. Cook for 5 minutes, occasionally breaking the tomatoes with a wooden spoon.

Add salt to taste, gently break in the eggs, taking care not to tear the yolks or whites.

Cover and allow the eggs to lightly poach and steam for approximately 3 minutes.

Lightly drizzle with olive oil, garnish with fresh cilantro leaves.

Serve hot, in the pan, with a fresh pita.



Israeli Salad

Ingredients

- 4 tomatoes (preferably of different kinds)
 - 4 small cucumbers (1 large)
 - 1/2 red onion
 - Small bunch parsley leaves
 - Small bunch mint leaves
 - 5 tablespoons olive oil
 - Juice of half a lemon
 - Salt to taste
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Method

- Chop the tomatoes and cucumber into rough cubes.
- Slice the onion into thin slices.
- Mix the vegetables with salt and lemon juice, allow to marinate for 3 minutes.
- Add the olive oil, mix and top with herb leaves.



Green Shakshuka

Ingredients

3 garlic cloves, peeled and sliced

1/2 green chili pepper, roughly chopped

1 medium sized leek- thinly sliced

1/4 cup dry white wine

1/5 cups large spinach leaves,
roughly chopped

1/4 cup parsley leaves

5 tablespoons olive oil

3/4 cup heavy cream

1 lemon for zesting

2 tablespoons Feta cheese (preferably sheep's
milk) or other salted cheese - crumbled

Salt

3 eggs

Method

Thinly slice the chard stems.

In a large saucepan, lightly sauté the garlic, chili peppers and leeks in the olive oil until tender, approximately 4 minutes.

Add the white wine and simmer until almost dry.

Add the spinach stir and cook till just wilted.

Add the cream, lightly salt and stir. Bring to a light simmer.

When the sauce begins to thicken (approximately 3 minutes) gently break in the eggs (important that the yolks and whites remain intact).

Cover and allow the eggs to poach and steam in the sauce for 3 minutes.

Add the zest of one lemon and the crumbled cheese, drizzle with olive oil.

Add the fresh parsley leaves and serve in the pan with fresh Challah.

BETE'AVON!