

Shakshuka

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, peeled and minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon sweet paprika
- 2 red capsicums, de-seeded and diced
- 2 cans chopped tomatoes
- 2 tablespoons tomato paste
- 6 sprigs of thyme, leaves picked
- 8 eggs
- 1 large handful parsley, chopped
- Salt/pepper, to taste

Equipment:

- Metric measuring spoons
- Tea towel
- Chopping board
- Cook's knife
- Deep frying pan with lid
- Wooden spoon
- Small bowl

Method:

1. Prepare all ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the deep frying pan over medium heat.
3. Cook the onions in oil until golden. Add the garlic and spices and cook for 2 minutes or until aromatic.
4. Add the capsicum and continue to cook, stirring often, until capsicum softens.
5. Add the tomatoes, tomato paste and thyme. Bring to the boil then reduce the heat and simmer for 20 minutes or until the sauce becomes rich and thick. Remember to stir occasionally.
6. Stir in half the quantity of chopped parsley (reserve the rest for garnish).
7. Season with salt and pepper to taste.
8. Make 8 small wells randomly in the surface of the sauce, using the back of a wooden spoon.
9. Crack an egg into the small bowl and then pour into the well. Repeat with the remaining eggs.
10. Reduce the heat to low and place the lid on the frying pan. Cook for about 10 minutes until the egg whites are set but the yolks are still runny.
11. Sprinkle the shakshuka with the reserved chopped parsley before serving.
12. Serve with Israeli salad, pita and hummus.