

Kosher like me

FRESH FLAVORS ROOTED IN TRADITION

Shakshuka

Serving:

8-10

Type:

breakfast, lunch or dinner. Dairy free

Author:

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Notes:

Shakshuka is a one pan simmered egg dish with roots in North Africa. It has become very popular in Israel and can be easily made at home with add in's of your choice. We used spinach here but feel free to substitute or add beet greens or kale, mozzarella or feta, cilantro or jalapeno peppers. Be sure to have your favorite bread close by so you can sop up all of the delicious sauce.

Ingredients:

3 Tb. olive oil

1 onion, chopped
3 cloves garlic, chopped
1 can (28 oz.) crushed tomatoes
2 tsp. tomato paste
½ tsp. cumin
½ tsp. paprika
salt and pepper to taste
1 c. fresh spinach
8 eggs
parsley for garnish

Directions:

In a heavy, deep sided pan (cast iron is great here), heat oil and saute onions for 8-10 minutes until they are well cooked but not brown.

Add garlic and cook for 3-4 minutes.

Add crushed tomatoes, tomato paste and all seasoning. Simmer on low for 10 minutes.

Crack eggs into individual cups, making sure to leave yolks intact.

With the back of a tablespoon, make a shallow well in the sauce for each egg and slide the egg gently into the sauce. Repeat until all eggs are in the pan.

Gently tuck spinach around the eggs and allow all to simmer 5-7 minutes. Cook until whites have firmed up but yolks are still runny.

Garnish with chopped fresh parsley and serve directly from pan with a large spoon.

Tips:

If you have leftovers and have cooked in a cast iron pan, be sure to store in a glass container. Tomato sauce has lots of acid and will stain your cast iron pan if it's stored there. Don't store in any metal, anyway!