

Shakshouka

April 15th, 2017

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:30

Shakshouka (sometimes called Saksouka) is a staple of Tunisian, Libyan, Algerian, Moroccan, and Egyptian cuisines. It is also a common breakfast and dinner food in Israel and often eaten with bread to soak up the sauces. The word "Shakshouka" comes from Arabic and means "to mix or shake"

Ingredients:

1/2 Red Onion - cubed
1 Green Bell Pepper - cubed
1 Red Bell Pepper - cubed
1 Yellow and/or Orange Bell Pepper - cubed
1 Zucchini Squash - cubed
1 Crookneck Squash - cubed
5 cloves garlic - minced
5 oven Roasted Tomatillos - mashed or blended
4 fresh Roma Tomatoes (cubed)

1 can Fire Roasted Tomatoes
1 can Pato Sauce (to taste)

1 Tablespoon Paprika Blend
Smoked Hungarian Paprika
Hot Hungarian Paprika
Sweet Hungarian Paprika
1 Teaspoon Cumin Powder

1 or 2 large Eggs per person

Shredded Cheese

Optional ingredients can include:

4 oz Fresh Fennel Root - diced
Diced cooked potato
Quartered Artichokes Hearts
Sweet Corn or Hominy
Diced Okra
Diced roasted Eggplant
Diced Jalapeno or other peppers (to taste)
Diced roasted Jerusalem Artichoke
1/2 can Black Beans
1/2 roast Jicama

Directions:

In a large oven-safe pot:

Sweat the Onion

Sweat any optional ingredients (Jicama, Jerusalem Artichoke, Fennel Root, etc.)

Add the Paprika

Add the Zucchini and stir slowly for a few minutes

Add the garlic and continue to mix

Add the Bell Peppers

Add the Roasted Tomatoes, Pato sauce

Add the Cumin powder

Mix in any other optional ingredients

Lower the heat, cover, and simmer

Set the oven to 400° F.

When the oven is fully heated, use a large spoon to create indentations in the mixture.

Add a single raw egg to each indentation. Do not stir.

Bake the entire mixture for 10-15 minutes. The whites should be cooked while the yolks remain liquid.

Remove from the oven and sprinkle with shredded cheese. Allow to cool for a few minutes.