

SHAKSHUKA

Can shakshuka be listed as an ultimate breakfast item? Alongside pancakes or manoushe? I'm going to say yes! Its roots are North African, but the dish has marched its way across the globe. We start our shakshuka with red bell peppers, paprika, tomato paste and chili flakes. This gives you an instant picture of red and an anticipation of rich flavors. Because we're using ripe tomatoes, paprika and tomato paste, we're going to hit on some sweet notes as well. When the tomato sauce is boiling like a red inferno, we'll drop in a couple of eggs to soak up all the taste notes.

DESCRIPTION

A brunch dish with a prep time of 15 minutes and a cook time of 30 minutes.

INGREDIENTS

- 4 tablespoons olive oil
- 1 large onion, diced
- 1 tablespoon salt
- 14 cracks of black pepper
- 1 red bell pepper, diced
- 1 teaspoon paprika
- 1 teaspoon chili flakes
- 3 tablespoons tomato paste
- 2 large tomatoes, cut into 8 each
- 4 large very red tomatoes, grated
- 4 eggs
- Garnish with feta cheese fresh mint/parsley



METHOD

Step 1: Base

Place a deep skillet on the stovetop, set the heat to medium high and add the olive oil. When the oil is hot, add the onions, salt and 10 cracks of black pepper and cook until lightly translucent, around 3 minutes. Add the bell pepper, paprika and chili flakes and cook for 1 minute. Add the chopped tomatoes and 1 tablespoon of tomato paste and stir/cook for 1 minute.

Step 2: Tomato Sauce

Add 2 tablespoons of tomato paste to the grated tomatoes and mix until dissolved. Add the tomato mixture to the base and reduce the heat to medium low. Simmer for 20 minutes while stirring occasionally. We're looking to reduce the sauce by half and end up with a thick consistency. Taste check if you would like to add more salt, pepper or chili flakes.

Step 3: Eggs

After 20 minutes, with the back of the spatula, make a small well in the tomato sauce where the egg can lay in. Crack an egg into the well and repeat for all the eggs. Add a sprinkle of salt and 1 crack of black pepper to each egg. Cover the skillet and wait until your eggs cook through to your desired consistency. (Well done or runny)

Serve the shakshouka right out of the skillet. Garnish with parsley, mint and feta cheese and serve with toasted bread.