

Summer Shakshouka

Season: Summer/Autumn

Makes: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: bay leaves, capsicums, chilli, coriander, eggs, garlic, onions, parsley, thyme, tomatoes

This tomato-based baked eggs dish is a staple in many Middle Eastern and North African countries and the word 'shakshouka' loosely translates as 'all mixed up' in Arabic.

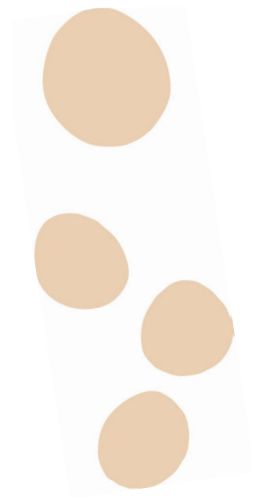
Note: Any summer vegetable, such as zucchini and eggplants, can be added to this dish. Simply chop and add them at the same time as the capsicums.

Equipment:

metric measuring spoons
tea towel
chopping board
cook's knife
deep frying pan with lid
wooden spoon
small bowl

Ingredients:

4 tbsp olive oil
2 onions, finely chopped
2 cloves garlic, peeled and finely chopped
4 red capsicums, de-seeded and thinly sliced
1 long red chilli, finely chopped
1 tsp ground cumin
1 tsp smoked paprika
8 tomatoes, chopped
6 sprigs of thyme, leaves picked
2 bay leaves
1 handful of parsley, chopped
1 handful of coriander, chopped
salt
freshly ground pepper
6 eggs



What to do:

1. Prepare all the 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 and garlic in the oil until golden.
4. Add the capsicum and continue to cook, stirring often, until the capsicums soften.
5. Add the chilli, cumin and smoked paprika and cook for 2 minutes or until aromatic.
6. Add the tomatoes, thyme and bay leaves. Cook, stirring occasionally, for about 10 minutes or until the sauce becomes rich and thick.

7. Stir in half the quantities of the chopped parsley and coriander (reserve the rest for garnish)
8. Season with salt and pepper to taste.
9. Make six small wells randomly in the surface of the sauce, using the back of the wooden spoon.
10. Crack an egg into the small bowl and pour into a well. Repeat with the remaining eggs.
11. 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.
12. Sprinkle the shakshouka with the reserved chopped herbs before serving.

