

Shakshuka -

The easiest, most delicious egg dish used for breakfast, lunch, dinner or whenever you want.



Shakshuka is a dish that originated in Northern Africa. There are variations of this dish, especially the spices that are used, depending on geographic location. While learning about this dish, I noticed comments from people in Tunisia stating that they always use harissa. [Harissa](#) is a spicy, smoky, peppery red chili paste originally from Tunisia, and it is common in Middle Eastern and North African cooking. Its heat depends on the peppers used. You can purchase harissa in a jar, or you can make your own. See the [recipe](#) below.

Shakshuka is a simple, one pan recipe, that can be adapted to your taste and what you have in your kitchen. The basic ingredients are onions, garlic, tomato, spices, and eggs.

Cook time: 35- 40 minutes

Serving: 3-4

Ingredients

1/8 C. Organic extra virgin olive oil

8 eggs (this recipe - 2-3 eggs per serving)

5 large ripe tomatoes -chopped into 1" cubes (overly ripe tomatoes are perfect)

Or

1 large can of whole peeled tomatoes (hold onto 1C of liquid)

1 medium yellow onion - diced

3-5 cloves garlic - roughly chopped, minced, or diced - your preference

1 tsp smoked Spanish paprika

1 ¼ tsp harissa (very "hot", use sparingly to spice tolerance)

Sant & Pepper to taste

1 handful kalamata olives or olives of your choice (pitted and roughly chopped)

2 oz feta cheese crumbled – to taste

1 handful fresh cilantro/coriander-roughly chopped. (Substitute parsley, dill, mint or tarragon)

Directions:

1. Heat a large cast iron skillet on medium heat
2. Add olive oil to the pan
3. Add onions and garlic to the oil, season with a pinch of salt and sauté for 10 – 15 minutes until translucent and soft – stirring occasionally to avoid burning
4. Sprinkle in smoked paprika and coat the onions and garlic. Toast for 1-2 minutes, stirring constantly to prevent burning.
5. Add the tomatoes and season with another pinch of salt and freshly cracked black pepper.
6. Toss the tomatoes with the onions and garlic. Lower the heat to medium-low and cover the pan with a lid to trap the steam. Continue to cook the tomatoes for 10-15 minutes, stirring occasionally to prevent the bottom of the pan from burning.
7. When the tomatoes reach the desired “chunkiness”, remove the lid, and begin to crack the eggs directly into the tomato sauce. TIP #1: Crack the eggs (one at a time, each, into a custard cup before you pour the egg into the skillet. This will help to keep yolk whole TIP#2: Use your wooden spoon or spatula, create a small hole in the sauce and place the egg into the hole you’ve created. This will help the egg to cook into the sauce, rather than over the top of it.
8. Cover with a lid and cool until the whites have hardened, but the yolks are still runny – approximately 6-8 minutes
9. Remove pan from heat and garnish with your olives, feta cheese and fresh herbs.

10. Serve with crusty bread and enjoy!

This recipe is an adaptation of several recipes on YouTube.