



Classic Shakshuka

The ultimate breakfast dish of seared tomatoes and eggs, Shakshuka has variations ranging from Morocco to Yemen. It seems that Israel widely adopted the version that was brought by Jewish immigrants from Tunis and Libya, including nothing but garlic, hot pepper and ripe tomatoes.

From the market:

¼ cup olive oil
5 garlic cloves
1-2 spicy Anaheim peppers
1 tablespoon spicy (or sweet) paprika
2.2 lb (1 kg) fresh red ripe tomatoes
6 organic eggs
Sea salt

In the kitchen:

Heat the oil in a wide skillet. Thinly slice the peppers and add them to the oil. When slightly golden, slice and add the garlic. Stir for 1 minute, then add the paprika and stir until a red paste is formed.

Peel the tomatoes (or keep the skin on) and cut them into ¼ inch cubes. Add to the skillet and mix with the paprika, garlic and hot peppers. Season with salt, cover and simmer over a low heat for 15-20 minutes, stirring occasionally to make sure the tomatoes don't stick to the skillet.

Create six depressions in the mixture. Crack the eggs one at a time and place one egg in each of the depressions. Cook the mixture uncovered over a low flame for 3-4 minutes, until the whites are almost firm and the edges of the yolks turn a little brighter in color. Remove the skillet from the stove and bring it to the table. Enjoy with pita or freshly baked bread.

BETE'AVON!

Shakshuka with Meat, Chickpeas and Spinach

This skillet contains all the major food groups and makes for a very nutritious lunch. On first look, you may think the ingredients don't go well together, but as soon as you add the spinach and the eggs, it all comes together wonderfully. Enjoy with some fresh, thick pita to sop up all the goodness in the skillet.

From the market:

1 large onion

¼ cup olive oil

3 garlic cloves

1.1 lb (500 grams) ground beef or lamb

1 ½ cups cooked chickpeas (frozen is ok)

4-5 cups spinach leaves, separated and rinsed

Juice of ½ a lemon

6 organic eggs

Sea salt

Coarsely ground black pepper

In the kitchen:

Peel and slice the onion very thin. Heat oil in a wide, heavy skillet, add onion and fry until golden, while stirring. Chop garlic and add to the skillet. Stir for 1-2 minutes, until there is an aroma of garlic in the air, then add the meat, crumble it with a wooden spoon and stir to mix with the onion. Continue frying until the meat changes color, first to gray and then to a seared brown.

Add the chickpeas and continue stirring. Place the spinach leaves on top and squeeze lemon juice on them. Lower the flame and wait a couple of minutes until the spinach leaves soften a bit. Then stir the spinach leaves into the mixture and let them lose their volume. Season with salt and pepper.

Create six depressions in the mixture. Crack the eggs one at a time, as you would do when separating the white from the yolk, and let some of the white drip into a bowl. Transfer each egg (yolk plus a little white) to each of the depressions, repeating the process until you've used up all the eggs.

Cook the mixture over a low flame for 3-4 minutes, until the edges of the yolks turn a little brighter in color. Remove the skillet from the stove and bring it to the table. Enjoy with pita and a cup of yogurt.

BETE'AVON!



White Shakshuka



This version of Shakshuka is based on our farm produce: white tangy Labeneh cheese made from our goats' milk, Hyssop leaves that we pick in the nearby hills, and eggs from our fresh free-range organic chickens. It is so simple to make and makes a fantastic breakfast or light lunch.

From the market:

¼ cup olive oil

1 medium onion

Leaves from 6–8 hyssop or oregano stalks

1.1 lb (500 grams) thick Labeneh cheese

4 organic eggs

Sea salt

Coarsely ground pepper

In the kitchen:

Heat the oil in a wide skillet. Thinly chop the onion and add to the skillet. Simmer until golden and then add the Hyssop or fresh oregano leaves.

Add the Labeneh cheese and flatten in on top of the onion. Let it get warmer until it starts bubbling a little. Lower the heat and create four depressions in the mixture. Crack the eggs one at a time, discarding the egg whites, and transfer only the yolks to each of the depressions, repeating the process until you've used up all the eggs. Cook the mixture uncovered over a low flame for 3–4 minutes until the edges of the yolks turn a little brighter in color. Remove the skillet from the stove and bring it to the table. Enjoy with a warm pita.

BETE'AVON!



Pan Baked Pita

This is the easiest way to make perfect pitas in your home kitchen. Flour, salt, yeast, sugar and water is all you need to get a fresh, warm, comforting pocket from heaven.

From the market:

1 tablespoon salt

2.2 lb (1 kg) white flour

1.5 tablespoon dry yeast

2 tablespoon sugar

2.5 cups lukewarm water

In the kitchen:

Mix all the ingredients together in a mixer bowl for 10 minutes until well kneaded. The dough should be flexible and moist but not sticky. If necessary, add some water or flour. Knead by hand for 2-3 minutes more and let rise in a covered bowl for 1 hour, until the dough has doubled in volume.

After the dough has risen, make a short cylinder from it on a floured surface and cut into 8 pieces. Create a smooth ball from each piece and then flatten it using a rolling pin into an $\frac{1}{4}$ inch round pita. Place the pitas on a floured tablecloth and cover with another cloth for 30 minutes.

Heat a nonstick skillet on medium heat for 5 minutes. Place a pita on the skillet, bottom side first, and wait until small bubbles appear. Flip it over and wait for 20 seconds. Flip it back and wait until it starts expanding like a balloon. When it starts, push the pita a little with a ladle to evenly divide the air inside.

Turn it over to brown on the other side and remove from the skillet to a wooden board. Repeat with each pita. Enjoy!

BETE'AVON!