



COOKING CLASSES
AT SUR LA TABLE

**VEGETARIAN SPOTLIGHT:
SHAKSHUKA**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- 1 large yellow onion
- 1 red bell pepper
- 1 yellow bell pepper
- 1 sprig fresh thyme
- 1 small bunch parsley
- 1 small bunch cilantro
- 3 ripe tomatoes
- 1 garlic clove

Dairy

- 4 eggs

Other

- Small loaf of favorite rustic bread (such as baguette or sourdough)

Pantry Items

- Cumin seeds
- Olive oil or vegetable oil
- Muscovado sugar (substitute dark brown sugar)
- 1 bay leaf
- Saffron threads
- Cayenne pepper
- Kosher or sea salt
- Black peppercorns, in a grinder or freshly ground

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Serrated or bread knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Wooden spoon
- Serving spoon
- Silicone or natural pastry brush
- Prep bowls (various sizes)

Cookware

- Large sauté pan with lid (or something that can be used as a lid)
- Grill pan or skillet for toasting bread

Tabletop

- Serving dishes

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Shakshuka

1. Wash all produce.

SHAKSHUKA (BAKED EGGS IN SPICY TOMATO SAUCE)

Yield: 4 servings

Shakshuka is a North African dish with many variations. The Tomato-Pepper Sauce can be made ahead, and the eggs cooked once your guests are ready to eat. Serve with crusty white bread and good unsalted butter. Light brown or raw sugar can be substituted for the muscovado sugar.

1/2 teaspoon cumin seeds
2/3 cup olive oil or vegetable oil, plus more for bread
1 large yellow onion, sliced
1 red bell pepper cut into 3/4-inch strips
1 yellow bell pepper cut into 3/4-inch strips
2 teaspoons muscovado sugar (unrefined sugar)
1 bay leaf
3 thyme sprigs, leaves picked and chopped
1 tablespoon chopped parsley
1 tablespoon chopped cilantro, plus extra to garnish
3 ripe tomatoes, roughly chopped
1/4 teaspoon saffron threads
Pinch of cayenne pepper
Kosher salt and freshly ground black pepper
Up to 3/4 cup water
4 large eggs

1/2 baguette or any rustic loaf, cut into 1/2-inch thick slices
1 garlic clove, halved

1. In a large sauté pan set over medium heat, add cumin seeds and dry roast until fragrant, about 2 minutes. Add the oil and onions and sauté for 5 minutes. Increase the heat pan to medium-high and add peppers, sugar and herbs; continue cooking on high heat for 5 to 10 minutes, until the vegetables are a deep golden-brown.
2. Add the tomatoes, saffron, cayenne and salt and pepper. Reduce the heat to low and cook for 15 minutes. During the cooking, keep adding water to maintain a pasta-sauce consistency. Taste and adjust the seasoning. It should be potent and flavorful.
3. Remove the bay leaf and make four hollows in the pepper mixture. Carefully break an egg into each hollow. Sprinkle with salt and cover the pan with a lid. Cook on a very gentle heat for 10 to 12 minutes, or until the eggs are just set. Sprinkle with cilantro and serve immediately.

4. **For the grilled bread:** Preheat a grill pan over medium-high heat. Rub sliced bread with halved garlic and brush lightly with olive oil. Grill bread until grill marked and slightly charred around the edges, flip and grill on second side.

Recipe adapted from Plenty by Yotam Ottolenghi, copyright 2010 Yotam Ottolenghi. Used by permission of Chronicle Books LLC

Recipe variations:

- Dark brown sugar is the easiest substitute for muscovado sugar.
- Add more fiber to the dish by adding 2 to 3 cups of thinly sliced kale or swiss chard to the peppers when sautéing.
- The sauce base for this dish can be made a few days in advance. Reheat in pan and follow directions beginning with step 3.