



Middle Eastern Shakshuka Poached Eggs

By Erin Fletter

Prep Time 15 / **Cook Time** 20 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

poach: to gently cook a food, like fish or an egg (without its shell), submerged in simmering (not boiling) liquid.

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

- ☐ Skillet + matching lid
- ☐ Small mixing bowls (2)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Wooden spoon

Ingredients

Middle Eastern Shakshuka Poached Eggs

- ☐ 1/2 bunch green onions
- ☐ 1 green or red bell pepper
- ☐ 4 large tomatoes
- ☐ 2 garlic cloves

- ☐ 4 T olive oil
- ☐ 2 tsp sweet paprika
- ☐ 1/2 tsp cumin
- ☐ 1 T tomato paste
- ☐ 2 tsp sugar or honey
- ☐ 1 tsp salt + more to taste
- ☐ 1 pinch ground black pepper
- ☐ 1 T lemon juice or vinegar
- ☐ 6 eggs **** (for EGG ALLERGY sub 1 15-oz can chickpeas (garbanzo beans) if no legume allergy)****
- ☐ small bunch fresh parsley, optional
- ☐ 1/2 C feta cheese, optional **** (Omit for DAIRY ALLERGY)****

Food Allergen Substitutions

Middle Eastern Shakshuka Poached Eggs

Egg: For 6 eggs, substitute 1 15-oz can chickpeas (garbanzo beans) if no legume allergy.

Dairy: Omit optional feta cheese.

Instructions

Middle Eastern Shakshuka Poached Eggs

chop + sauté

Have your kids chop **1/2 bunch green onions, 1 green or red bell pepper, 4 large tomatoes**, and **2 garlic cloves**, and put each in their own bowl. Heat **4 tablespoons of olive oil** in a skillet on your stovetop over medium heat. Add the **chopped garlic and green onions**, along with **2 teaspoons paprika** and **1/2 teaspoon cumin** and stir until the onion has softened in the oil, about 3 minutes.

sauté + simmer

Next, add the **chopped bell pepper** and sauté for about 3 minutes, or until soft, followed by the **chopped tomatoes, 1 tablespoon tomato paste, 2 teaspoons sugar, 1 teaspoon salt, 1 pinch of black pepper**, and **1 tablespoon of lemon juice**. Stir well and simmer for about 10 minutes until the sauce becomes thick.

crack + cover + poach

One by one, crack **6 eggs** into a small bowl, gently slipping each one into the tomato sauce in the skillet before cracking the next egg. Cover the skillet with a lid and poach the eggs until the whites are firm and the yolks have thickened but are not too hard, about 5 minutes.

crumble + sprinkle

Crumble **1/2 cup of feta cheese** (if using) and sprinkle some parsley leaves (if using) on top. If the tomato sauce has become too dry, add a few tablespoons of water.

taste + serve

Taste the sauce. Does it need more salt? Serve with **Pronto Pita Bread!**

Featured Ingredient: Tomato!

Hi! I'm Tomato!

"I'm a beautiful, juicy red Tomato. Do you pronounce my name: "tuh-may-tow" or "tuh-mah-tow?" Either way you slice it (or say it), we tomatoes are wonderfully adaptable. You'll find us fresh or cooked on sandwiches, in salads, tacos, soups, stews, sauces, and much more."

History & Etymology

The tomatoes we have now descended from the pea-size fruit of wild plants that grew in western South America. Mesoamericans were the first to domesticate the tomato plant sometime before 500 BCE. Hernán Cortés, a Spanish conquistador, may have brought tomatoes back to Europe in the 16th century after conquering the Aztec city, Tenochtitlan (now Mexico City).

Tomatoes cultivated in North American colonies in the early 1700s may have been introduced from the Caribbean. Thomas Jefferson also brought tomato seeds back from France. Before tomatoes were used in cooking, the plants were used ornamentally due to some people's beliefs that they were poisonous. One reason for this error was that tomatoes come from the nightshade family, including the belladonna plant (or deadly nightshade), which has highly toxic leaves and berries. Another reason may be that the pewter plates they used back then adversely reacted to the acid in tomato juice.

China is by far the largest producer of tomatoes in the world. In the United States, California and Florida produce the most tomatoes.

The American and British pronunciations of "tomato" were made famous by an Ira and George Gershwin song from 1937 called "Let's Call the Whole Thing Off." Americans pronounce the word "tuh-may-tow," and the British say "tuh-mah-tow."

The word "tomato" comes from the Spanish, French, or Portuguese "tomate," from the Nahuatl "tomatl."

Anatomy

The tomato is a berry from the tomato plant (*Solanum Lycopersicum*), a perennial vine. It is part of the Solanaceae family, like the potato, pepper, eggplant, and petunia. Since it is a berry, it is a fruit, although mainly used as a vegetable.

A tomato's color is usually red but can also be yellow, orange, green, or purple. Tomatoes can be spherical, oval, or pear-shaped. Their flesh is pulpy with cavities, called locules, that hold the seeds.

There are more than 10,000 tomato varieties. Some are hybrids, and some are heirlooms. An heirloom tomato is a variety that has been grown for generations on a family farm rather than commercially.

Unfortunately, in the past 40 years, many heirloom varieties have been lost, along with the smaller family farms that grew them. However, hundreds of heirloom tomato varieties are still available.

How to Pick, Buy, & Eat

If you are growing your own tomatoes, pick them from the vine while still firm, with a slight give, and before their ripe color (usually red) deepens too much. While holding the fruit, twist it off the stem until it snaps off. The leaf on top of the tomato (the calyx) and part of the stem will come with it. You can also snip it off using garden scissors.

When you choose tomatoes at the store, pick fruit that has smooth, brightly colored skin with no cracks or bruises, is firm but gives with slight pressure, is heavy for its size, and has a pleasant, aromatic smell.

Avoid tomatoes with pale or dark spots.

Store tomatoes at room temperature, as their flavor will decrease in a refrigerator's cold temperature. Wait to wash them until you are ready to use them.

If you plan to make a tomato sauce or soup using fresh, raw tomatoes, you will want to peel them first. This can be difficult without some preparation: First, put a pot of water on the stove to boil and fill a large bowl with cold or icy water. Next, after washing the tomatoes, use your knife to cut a shallow 'X' through the skin at the top or bottom of each one. Then use a slotted spoon to place the tomatoes into the boiling water until the skin begins to loosen and peel back at the incision, about 30 to 60 seconds. Finally, immediately dunk them into the ice water. The skin should peel easily now. You can also remove the seeds by cutting the peeled tomatoes in half and scooping the seeds out with a spoon.

Tomatoes are versatile vegetables for cooking. Ripe tomatoes can be prepared fresh, stuffed, baked, boiled, or stewed, and they are the base for many sauces. You can also pickle green, unripe tomatoes, add them to salsa or bread and fry them.

Nutrition

Tomatoes are a moderate source of vitamin C, and cooked tomatoes are high in lycopene, an antioxidant, which may help protect your body's cells from damage, strengthen your immune system, and prevent some diseases.

