SHAKSHUKA INGREDIENTS

From Chef Bertil Jean-Chronberg

Shakshuka is a simple and delicious dish. Although some say that the popular version may be from Tunisian cuisine, it is of North African origin from Morocco. Today I will cook the classic Israeli one.

- 1 tbsp. Olive Oil
  Good quality olive oil for cooking, if possible.
- 1 Small Onion, chopped (3/4 cup)
  A yellow onion will be best.
- 1 Medium Red Pepper, chopped (1 cup) Regular bell pepper
  I prefer the large elongated Red pepper Known as Big Bertha
- 6 garlic cloves, crushed
  Choose good garlic at the store. Pass over any bulbs that look shriveled or soft or have brown spots. Find fat bulbs with dry skin.
- 3 Tablespoons Tomato Paste (50 grams / 2 oz)
- 2 tbsp. of Harissa paste from the store (in tube paste)
- 5 medium Tomatoes, chopped (800 grams / 28 oz)
  Depending on the season: Medium Heirloom Dark red and green Tomatoes. Or large Plum tomatoes, Or Quality whole peeled tomatoes 28oz San Marzano
- 2 tablespoons Smoked Paprika
  the best is from Curios Spice in Cambridge
- Pinch ground Cumin (1/8 teaspoon)
  I love to Grind my own Toasted Cumin seed ( more flavor)
- 1 Teaspoon Salt
  Kosher or ½ teaspoon Sea Salt
- 1/2 Cup Water
- 4 eggs LARGE
  Free-Range, Organic Pasture
- Chopped fresh parsley
  Italian or French
- 120 gr / ½ Cup of fresh Labneh
  From the store or Homemade
- Hearty Bread for serving (toasted)
  I like a healthy and robust Organic fresh Sourdough Bread with that.