

# 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 1/2 teaspoon Sea Salt*
- **1/2 Cup Water**
- **4 eggs LARGE**  
*Free-Range, Organic Pasture*
- **Chopped fresh parsley**  
*Italian or French*
- **120 gr / 1/2 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.*