

# Shakshuka

**Yield:** 4 serves | **Cook:** 30 min | **Source:** thestranger.online

This is a great start to the day as breakfast, although many enjoy this exclusively for brunch.

Shakshouka (also spelled shakshuka or chakchouka) is a Maghrebi dish of eggs poached in a sauce of tomatoes, olive oil, peppers, onion and garlic, commonly spiced with cumin, paprika and cayenne pepper. Its origins are founded in the Ottoman Empire, North Africa in the mid-16th century after tomatoes were introduced to the region by Hernan Cortés as part of the Columbian exchange.

## Ingredients

- 1 tbsp Olive oil
- 2 onions (chopped)
- 2 merguez sausages (pulled into pieces)
- 2 red peppers (thinly sliced)
- 2 green peppers (thinly sliced)
- 4 salad tomatoes (cut into strips)
- 1 tbsp tomato purée
- 1 tbsp harissa paste
- ½ tsp cayenne pepper
- ½ tsp smoked paprika
- 4 garlic cloves (crushed)
- 4 eggs
- Salt and pepper to taste

## Notes

The combination of the individual ingredients that provide the freshness, umami, sweetness, smoothness and kick is a thing to behold.



## Instructions

1. Heat a non-stick sauté pan or deep skillet over a medium heat, add 1 tbsp of olive oil and fry the onions and pieces of merguez. Once the onions have become translucent cook for another 1 or 2 minutes until golden brown, add the peppers and tomatoes.
2. Stir in the tomato purée, harissa and crushed garlic. Pour in 230 ml hot water. Season with salt and pepper as required.
3. Cover the pan and leave to cook for about 12 minutes, if necessary, add an extra 115 ml water.
4. Once the sauce thickens, make 4 indentations in the mixture with the back of a ladle and crack an egg into each.
5. Cover the pan and cook for 2 minutes or until the eggs are done to your desire.