

Magical Middle Eastern Shakshuka Poached Eggs + Pronto Pita Bread + Pineapple Orange Spritzers



shakshuka poached eggs

chop+soften

Have your kids chop up **½ 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 T olive oil** in a skillet on your stovetop over medium heat and add the chopped garlic and green onions, along with **2 tsp paprika** and **½ tsp cumin**, stirring until the onion has softened in the oil, about 3 minutes.

add+simmer

Next add in the chopped bell pepper and cook for about 3 minutes, or until soft, followed by the chopped tomatoes, **1 T tomato paste**, **2 tsp sugar/honey**, **1 tsp salt**, and **a pinch of black pepper**. Stir well and simmer for about 10 minutes, until the sauce becomes thick.

crack+slip+poach

One by one, crack **6 eggs** into a small bowl, slipping each 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 **½ C 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. Serve with the flat bread and spritzers!

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Family Fun Recipes

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pronto pita bread

measure+mix

Measure and combine **1¼ C flour**, **1 tsp dry active or instant yeast**, **½ tsp sugar**, and **½ tsp salt** in a mixing bowl. Carefully add in **½ C warm water** and **2 tsp olive oil**. Mix by hand, kneading about 50 turns.

cover+rest

Place the dough (it will be sticky) on a floured surface and cover. Let the dough rest for 10 minutes and up to 2 hours.

preheat+divide+shape

Preheat a skillet on your stovetop over medium-high heat. Divide your dough into about 8-12 pieces, depending how large you'd like your pita bread. Have your kids shape each piece of dough into a ball and then flatten each ball into a circle.

cook+flip

Cook the dough on your hot skillet, about 1 minute per side, flipping to cook each side.

pineapple orange spritzers

peel+pour

Peel **1-2 oranges** and place in a blender or a pitcher, for use with an immersion blender. Pour in **1 C pineapple juice**.

blend+stir+enjoy!

Blend the oranges and pineapple juice together until smooth. Pour **2 C sparkling water** over the top and mix well with a spoon. Add **2 C ice**, serve, and enjoy!

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shopping list

Shakshuka Poached Eggs

- | | |
|---|---|
| <input type="checkbox"/> 4 T olive oil | <input type="checkbox"/> 2 tsp sugar/honey |
| <input type="checkbox"/> ½ bunch green onions | <input type="checkbox"/> 1 tsp salt |
| <input type="checkbox"/> 1 green or red bell pepper | <input type="checkbox"/> pinch of black pepper |
| <input type="checkbox"/> 4 large tomatoes | <input type="checkbox"/> 1 T lemon juice or vinegar |
| <input type="checkbox"/> 2 garlic cloves | <input type="checkbox"/> 6 eggs (or sub 15 oz can garbanzo beans) |
| <input type="checkbox"/> 2 tsp sweet paprika | <input type="checkbox"/> small bunch fresh parsley, optional |
| <input type="checkbox"/> ½ tsp cumin | <input type="checkbox"/> ½ C feta cheese, optional |
| <input type="checkbox"/> 1 T tomato paste | |

Pronto Pita Bread

- 1¼ C flour
- 1 tsp dry active or instant yeast
- ½ tsp salt
- ½ tsp sugar
- ½ C warm water
- 2 tsp olive oil

Pineapple Orange Spritzers

- 1-2 oranges
- 1 C pineapple juice
- 2 C sparkling water
- 2 C ice cubes

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The History of Shakshuka

The name **shakshuka essentially means “all mixed up”** and it is said to be an onomatopoeia, which is a word from a sound associated with what it is named. Shakshuka is a staple of Libyan, Egyptian, Tunisian, Algerian, and Moroccan cuisines, traditionally served in a cast iron skillet with bread to mop up the sauce. Popular in North Africa and the Middle East, the dish consists of eggs cooked in a thick spicy sauce of tomatoes, peppers, onions, garlic, and seasonings. Because eggs are one of the the main ingredients, it is often found on breakfast menus, but in Israel it is also a popular evening meal.

Shakshuka as we know it today was born in North Africa (Egypt), though its origins go back to the Ottoman Empire, when a vegetable and meat stew called shakshuka was popular throughout the Arabic-speaking world. Over time, ingredients from the west - such as tomatoes and peppers were introduced to the stew. Shakshuka got a Jewish twist when North African Jews eliminated the meat to make the dish kosher and eggs became an important, protein-contributing component. Across North Africa, different regional variations flourished. Some varieties were more spicy than others, some included a wider range of vegetables, and some were served over bread. Part of its appeal was its affordability, for struggling immigrants in a fledgling country, a meal of eggs, tomatoes, vegetables and bread was an easy option.

The Surprise Ingredient Of The Week Is: The Tomato!

- ★ **The tomato is in the same family as the potato, pepper, eggplant, and petunia.** It's scientific name (*Lycopersicon esculentum*) means “wolf peach”. The name referred to the tomato's round shape, reminiscent of a peach, while the wolf part derived from the Germanic folk belief that werewolves could be called up using other members of the tomato family such as nightshades and wolfsbane.
- ★ **There are thousands of different tomato varieties - an heirloom is generally considered to be a variety that has been passed down through several generations of a family because of its valued characteristics.** In the past 40 years, many heirloom varieties of tomatoes have been lost, along with the many smaller family farms that supported heirlooms. However, today there are still over 600 recognized varieties of heirloom tomatoes.
- ★ **Tomatoes are a good source of vitamins A and C and fiber.** Scientists have also identified two cancer fighting substances in the tomato: P-coumaric and chlorogenic acids.
- ★ **Don't store ripe tomatoes in the fridge.** Cold temperatures lessen the flavor in tomatoes.

Time for a laugh!

How do you fix a broken tomato? Tomato paste!
Why did the tomato blush and turn red? Because he saw the salad dressing!

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