CHEFS' TABLE

CRACKING EGG-CELLENCE

SHAKSHOUKA

This dish is popular in North Africa and the Middle East and dates back to the Ottoman Empire. It is an affordable, healthy and delicious meal which can be eaten at any time of the day. The sauce can accommodate 4 to 6 eggs depending on how many you like to eat!

1 large skillet

45 minutes

INGREDIENTS

- 1 tsp Ground Cumin
- 1 tsp Smoked Paprika
- 1/2 tsp Cayenne
- 1/4 tsp Fennel Seed

- 2 Tbsp Olive Oil
- 1 cup Yellow Onion, chopped
- 1 cup Red Pepper, chopped
- 1 cup Tomato, chopped

- 1 can Crushed Tomato (398 ml)
- 1/4 cup Chicken Stock (or Veg Stock)
- 1 Tbsp Roasted Garlic
- 1/4 tsp Salt
- 1/4 tsp Pepper

- 4 Large Eggs

- ¼ cup Fresh Parsley, chopped
- ½ cup Crumbled Feta
- 4 slices Toasted Sourdough

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large, dry skillet on medium heat, toast the cumin, paprika, cayenne and fennel seed for 2 to 3 minutes, until aromatic. Be sure to shake pan and stir frequently to prevent spices from burning.
3. Add olive oil and onion and sauté for about 5 minutes until onion is tender. Add peppers and tomato and continue cooking, stirring occasionally, for 5 to 6 minutes until peppers soften.

MEET CHEF DUSTIN COOKNELL

Dustin Cooknell was born and raised on the west coast of Canada. He started his culinary adventure at the age of thirteen in Wetaskiwin, and is now back in Alberta to raise his family where his adventure started. As Executive Chef at Three Vikings Food+Drink in Edmonton, Dustin's dishes focus on Danish and English fare, with the comfort of a classic pub and local ingredients.

THREE VIKINGS
FOOD • DRINK

SHAKSHOUKA

DIRECTIONS (CONTINUED)

4. Stir in crushed tomato, chicken stock, roasted garlic, salt and pepper. Bring to a boil and reduce heat to low.
5. Crack eggs into tomato sauce evenly around the skillet and allow eggs to partially set (the whites will start to become opaque). This should take around 4 minutes.
6. Place skillet in oven. Check egg doneness after 8 or 9 minutes. This will give you soft eggs but keep in mind that the eggs will continue to cook in the hot sauce. Keep eggs in the oven a little longer if you prefer a firmer yolk.
7. After the skillet is removed from the oven and you are happy with the egg doneness, sprinkle parsley and feta over top and serve with toasted sourdough bread.