

A Shakshuka Brunch **Cooking Class Prep List**

Wednesday, May 20, 2020

Bonus Prep-Time: 10:00am PST (1pm EST)

Class Officially Begins: 10:30pm PST (1:30pm EST)

This is your prep document to get all of your fixings ready for our cooking class.
Use this as your cooking class check off list.

MENU

- Shakshuka
- Roasted Cauliflower with Za'atar & Tahini Dressing
- Watermelon, Feta and Mint Salad

Ingredients you will need from your refrigerator or pantry:

- 1 Cauliflower, broken up into small florets
- 1 Watermelon, small, seedless (about 4 cups)
- 1 White onion, large
- 1 Red onion
- 7 Garlic cloves
- 1 can of diced tomatoes, 24oz or 6 fresh tomatoes, peeled & diced
- 1 can of tomato sauce, 8oz
- 1 Red Bell Pepper
- 1 Green Bell Pepper
- 1 bunch of parsley, Italian or curly is fine
- 1 bunch of fresh mint
- 2 lemons
- **SPICE + LEAF Authentic Za'atar**
 - **Available on Amazon**
- **SPICE + LEAF Sumac**
 - **Available on Amazon**
- Sweet Paprika
- Ground Cumin

See Next Page for more details...

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- Ground Coriander
- Tahini
- 6 Eggs
- 7 oz Feta cheese
- Olive Oil
- Salt
- Water

Optional Items:

- Pita Bread (for Shakshuka)
- Pomegranate seeds (for Cauliflower)
- Israeli Pickles (condiments but also great with Cauliflower)
- Israeli Olives (condiments)
- Hummus, Labne
- Dried Fruit & Nuts

Kitchen items you will need:

- 1 Cutting Board
- 1 – 2 knives
- 1 Large pan with lid 10 – 12 inches. (for Shakshuka)
- 2 Baking Sheet or Aluminum Tin (Cauliflower & Pita chips)
- Measuring cups
- Measuring spoons
- 1 Wooden spoon
- 1 Spatula
- 1 large bowl (watermelon)
- 2 - 3 Medium size bowl
 - If you have a food processor this works best for making Tahini.
- 3 Forks
- 2 Spoons
- Parchment Paper
- Dish

Here are a few key terms we will be using that can be helpful with your prep:

- MINCE: Cut into really, really small pieces
- DICE: Cut into about 1/4 inch to 1/2 inch pieces
- CHOP: Cut into about 1/2 inch to 3/4 inch pieces
- SLICE: Cut into 1/8 - 1/4 inch thickness

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Shakshuka

By Debbie Kornberg



Shakshuka is a dish of poached eggs in a sauce of tomatoes, onions, garlic and peppers often spiced with cumin. It is believed to have a Tunisian origin. *Shakshuka* means "a mixture" in Tunisian Arabic. It is likely that it was first known as *chakchouka*, a Berber word meaning a vegetable ragout, although "shakshek" means "to shake", in Tunisian Arabic, Berber and Hebrew, giving a possible origin to the name of the dish.

Yields 3 - 6 servings

Ingredients:

3 Tbsp. olive oil
1 large onion, diced small
1/2 red onion, diced small
3 garlic cloves, chopped
6 tomatoes peeled & diced or 1 – 24oz can diced tomatoes
1 - 8oz can tomatoes sauce
1 red bell pepper seeded, diced small
1/2 green bell pepper, diced small
1 tsp. Sweet Paprika
1 tsp. SPICE + LEAF Sumac – Order on Amazon – Click Here
1/2 tsp. Ground Coriander
1/2 tsp. Ground Cumin
1/8 cup + 1 Tbsp. Parsley, minced
Salt and pepper
6 eggs

Optional: Feta cheese to sprinkle on top

Instructions:

1. Heat oil in a large deep pan. Sauté onions, add garlic until translucent.
2. Then add bell peppers and cook until everything is soft.
3. Add diced tomatoes and tomato sauce.
4. Add spices with 1/8 cup parsley and salt and pepper. Mix well. Cook uncovered until the sauce is thickened for about 10-15 min. Stir occasionally.
5. Create 6 small wells and gently crack each egg into each well. Cover pan and cook until the eggs are set. (About 10-15 minutes) Tap fork gently on top of egg yolk. If egg is still soft to touch, eggs will be runny. If egg is firm, egg yolk will be cooked.
6. Sprinkle with chopped parsley and serve.

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Roasted Cauliflower with Za'atar & Tahini Dressing

By Debbie Kornberg



(Serves 4-6)

This easy to prepare dish is always a hit! The earthy and tangy flavor of the Za'atar pairs beautifully with the cauliflower and the Tahini dressing is perfect to finish it off!

Ingredients:

1 Cauliflower, broken up into small florets
4 Garlic cloves, minced (Save one garlic clove for tahini dressing.)
2-3 Tbsp. Olive oil

2 heaping tsp. Spice + Leaf Za'atar, Order on Amazon – Click Here

(Save a little for the end to dust the top of the dish.)

Pinch of salt

1/2 cup Tahini

Juice of 1/2 lemon

Pinch of Sweet Paprika

Water - 1/4 cup to 1/2 cup depending on desired consistency

Optional: Pomegranate seeds, save for the end

Instructions:

Step 1 Preheat oven to 425 degrees.

Step 2 In a bowl, combine cauliflower, garlic, olive oil, za'atar and salt. Mix well. Cauliflower should be nicely coated with both olive oil and za'atar.

Step 3 Using a baking dish or pan, cover with parchment paper and place seasoned cauliflower on it. Make sure florets are spread out evenly and not on top of each other.

Step 4 Bake for about 15 – 20 minutes until cauliflower is crispy brown on top. (I like mine extra crispy!)

Step 5 Using a food processor, minced garlic, add tahini paste, lemon juice, paprika and 1/4 cup water. Add more water as you go until the desired consistency is reached. The more water you add, the thinner the tahini dressing. (Makes for a great salad dressing too!)

Step 6 Place Cauliflower on serving dish, drizzle tahini over cauliflower and dust the top with a little extra za'atar.

Optional: Sprinkle some pomegranate seeds on top for a splash of color and a tart crunch. Enjoy!

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Watermelon, Feta & Mint Salad

By Debbie Kornberg

(Serves 4-6)

This is a simple dish that takes very little time to prepare and makes for a wonderful side dish or even dessert. The fresh watermelon with Feta and Mint is lovely and refreshing.

Ingredients:

4 cups Watermelon, 1 inch cubes
2 Tbsp. Olive oil
1/2 cup Feta, crumbled
2 – 3 Tbsp. Fresh Mint, chopped
1/2 tsp. [**SPICE + LEAF Sumac – Order on Amazon – Click Here**](#)

Instructions:

1. Cut watermelon into 1 inch cubes and place into a bowl with a paper towel to collect excess juice of fruit.
2. Remove paper towel and discard.
3. Add olive oil and mix with watermelon.
4. Add feta, fresh mint & Sumac. Mix gently and serve.

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