

Seasonal Cooking Demonstrations

The 2nd Sunday of each month at the Main Street Farmers Market

FRESH TOMATO SHAKSHUKA (ADAPTED)

I onion, julienne

I bell pepper (any color), seeded, julienne

3 garlic cloves, minced

I tsp cumin

I tsp sweet paprika

Cayenne, to taste, or 1/8 teaspoon

I bay leaf

28 oz tomatoes (fresh or whole canned), rough

chopped, with juices

6 large eggs

Salt and pepper to taste

Cilantro or parsley, chopped, for garnish

Optional:

I jalapeno, seeded, minced or hot sauce

Feta or goat cheese, crumbled, for garnish

Sautéed spinach or chard, seasoned w/ salt and pepper

Tomato paste, 1/4 cup, added I tablespoon at a time

6 Entrée Servings Serve with: Grilled or toasted bread or pita

PREPARATION

Heat oven to 375 degrees

Pre-heat a large skillet, add oil, onion, and bell pepper. Cook gently until soft, about 20 minutes. Add garlic and cook until tender, about 1 to 2 minutes. Stir in cumin, paprika, and cayenne. Cook 1 minute. Add tomatoes and juices, season with salt and pepper, and simmer 10 to 20 minutes, until thickened.

Gently crack eggs into skillet over tomatoes, season the eggs with salt and pepper. Transfer skillet to oven until the eggs are just set, 6 to 10 minutes. Garnish with cilantro or parsley.

Optional ingredients. Add jalapenos during step 2 for a spicier version. Add sautéed spinach or chard for a heartier meal. Add feta or goat cheese for a richer flavor.

NOTE: Tomatoes vary widely in flavor depending on whether you're using fresh or canned tomatoes, and also depending on the season and source of the tomatoes. If you're using, say, store-bought fresh tomatoes during winter, consider adding tomato paste, I tablespoon at a time to either thicken or punch up the flavor of your shakshuka. If it is the middle of winter, chef recommends using whole canned tomatoes, San Marzano, if available.



TOMATO VINAIGRETTE

8 ounces very ripe tomatoes 1/4 cup of your favorite vinegar: red wine, balsamic, or sherry vinegar 1 tablespoon honey 1/2 teaspoon Dijon mustard I clove garlic, chopped I/4 cup good olive oil Salt, to taste Optional: Your favorite herbs

Directions: Throw everything in a blender and go crazy.

SHOPPING LIST - MAIN STREET FARMERS MARKET VENDORS

36 ounces very ripe tomatoes — Vang Farm
Garlic – Vang Farm
I onion – Vang Farm
Bell pepper (any color) – Vang Farm
Spinach or chard – Anna's Farm or Vang Farm
I bay leaf – Anna's Farm
Cilantro or parsley – Anna's Farm
Honey – Honey Pacifica / Energy Bee Farm
Olive oil – Buon Gusto
Herbs – Maggies Farm
6 large eggs – Lily's Eggs
Jalapeno – Sunrise Ranch or Smith Family Farms
Feta or goat cheese - Drake Family Farms

Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse and promotes preservation and prosperity of California farmers and small food businesses.

