

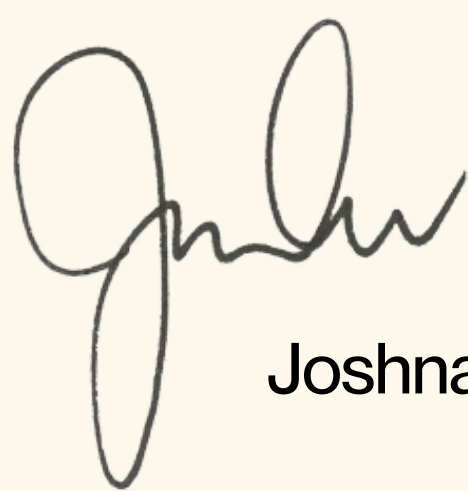
Lakehead Cook Along Kitchen Notes



Hi Everyone!!

Welcome to our cook along session for Lakehead students! We've done a few of these now, and they're lots of fun, with the added bonus of having a delicious thing to eat afterwards. Our session is on **Friday April 2, from 6:30-8:00pm**.

See you on the call!



Joshna

We're going to make a **Green Shakshuka** together. This is traditionally a breakfast dish in North Africa and parts of the Middle East, but it's so delicious and satisfying that I eat it for lunch and dinner too. This version is going to have a little Mexican flavour twist, and you can eat it with corn tortillas, or a baguette, your call.

Shakshuka is originally a dish made with fresh tomatoes, but until those are in season, we'll celebrate the arrival of spring with this green version. You don't need to get any prep done beforehand, just have all of your ingredients and equipment out and ready to go, and read through the recipe.

What You'll Need

Ingredients

Produce:

yellow cooking onion x 1
garlic x 1 head
jalapeno x 1
swiss chard x 1 large bunch
(or two small bunches)
avocado x 1 ripe
cilantro x 1 bunch
lime x 1

Pantry:

extra virgin olive oil
salt and pepper
hot sauce
corn tortillas or baguette

Dairy:

half & half cream or
coconut milk x 1/3 cup
eggs x 8
feta cheese x 3oz

Equipment

cutting board
sharp chef's knife
large skillet (preferably cast
iron), with lid or foil
measuring cups and spoons
medium mixing bowl
wooden spoon

Something I'm hoping to do here is help you grow your intuition as a cook, so you can eventually be inspired by ingredients and create dishes based on what you've got instead of being tied to the requests of a recipe. This week we'll learn some knife skills and about braising on a stovetop, and these are skills that you'll be able to apply to other dishes and ingredients quite easily.

Green Shakshuka

Serves 4

This is a simple, one-pot dish that is a popular breakfast in the Middle East & North Africa. Truthfully, it's perfect for any meal of the day. Experiment with different kinds of greens as they're in season.

Ingredients

3 tablespoons olive oil
1 yellow onion, peeled and thinly sliced
2 garlic cloves, thinly sliced
1 small jalapeño, thinly sliced
1 large bunch/1 1/2 pounds Swiss chard, stems and leaves separated and chopped (about 9 cups)
1/2 teaspoon salt, plus more as needed
1/3 cup half-and-half or coconut milk
8 large eggs (or 1 pkg soft tofu cut into 8 pieces)
1/4 teaspoon black pepper, plus more as needed
3 oz feta cheese, crumbled (about 3/4 cup)
1 ripe avocado, sliced, for serving
Chopped cilantro, for serving
Hot sauce, for serving
Corn tortillas, toasted, for serving
1 lime, cut into wedges, for serving

Method

1. Heat oil in a large cast-iron skillet over medium-low heat. Add onion and cook until softening, 5 minutes. Add the garlic and jalapeno and cook until fragrant, 5 minutes more.
2. Raise the heat to medium-high, add the chard stems, and cook to release some liquid, 5 minutes. Add the chard leaves, in batches, adding more as they wilt, and continue cooking, stirring occasionally, until completely wilted, 3 to 5 minutes more. Season with 1/2 teaspoon salt, pour in the half-and-half or coconut milk and stir loosely together.
3. Make eight small hollows in the cooked chard with the back of a spoon. Gently crack an egg into each hollow, or lay down one piece of tofu and season with salt and pepper. Cover with a lid or foil and cook on medium-low until the eggs are just set, but still soft, about 7 to 9 minutes. Remove the lid, sprinkle with salt, pepper, feta, avocado, and cilantro. Serve with hot sauce, toasted tortillas and lime wedges.

