



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tom Wolf has found easy to make and delicious. We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tom's favourite recipes.

ONE-POT CHICKPEA SHAKSHUKA - serves 6

INGREDIENTS

- 1 tbsp olive or avocado oil
- 1/2 cup diced white onion or shallot
- 1/2 medium red bell pepper (chopped)
- 3 cloves garlic, minced (about 1½ tbsp)
- 1 800gm can crushed tomatoes
- 1-3 tbsp tomato paste
- Sea salt to taste
- 2 tsp smoked or sweet paprika
- 1 tsp ground cumin
- 1½ 425gm cans cooked chickpeas (rinsed and drained)

Optional Ingredients:

- 2-3 tsp coconut sugar or maple syrup (or omit if avoiding sugar)
- 2 tsp chili powder or 1 pinch cayenne pepper
- 1/4 tsp ground cinnamon
- 1 pinch each cardamom and coriander
- 4-5 whole kalamata or green olives (pitted and halved)



METHOD

1. Heat a large rimmed metal or cast iron skillet over medium heat. Once hot, add olive oil, onion, bell pepper and garlic. Sauté for 4-5 minutes, stirring frequently, until soft and fragrant.
2. Add tomato puree or diced tomatoes, tomato paste, coconut sugar, sea salt, paprika, cumin, chili powder (optional), cinnamon (optional), cayenne pepper (optional), cardamom, and coriander (optional). Stir to combine.
3. Bring to a simmer over medium heat and cook for 2-3 minutes, stirring frequently.
4. Add chickpeas and olives (optional). Stir to combine. Then reduce heat to medium-low and simmer for 15-20 minutes to allow the flavours to develop and marry with the beans.
5. Taste and adjust seasonings as needed, adding more cumin or paprika for smokiness, cayenne for heat, coconut sugar for sweetness, cardamom and coriander for earthiness (or slight curry flavour), chili powder for smoke/heat, or olives for saltiness and to balance the tomato flavour. Cook longer, as needed, to develop flavours.
6. Serve as is or with bread, pasta, or rice. Garnish with fresh lemon juice, additional olives, and cilantro or parsley for extra flavour (optional).
7. Store leftovers covered in the refrigerator up to 4 days or in the freezer up to 1 month. Re-heat on the stovetop until completely warmed through.

Bon Appétit!

If you have a favourite recipe that you have actually made and would want to share with your mates, why don't you send it to us.