

vegetarian breakfast meze



shakshukotash *
pita bread and/or English muffins
jajik
orange blossom marmalade
Jerusalem salad
olives
Strawberries

* This shakshuka recipe makes 4 eggs, so multiply as necessary. With a large spread like this, estimate 1 egg per person for a medium breakfast, 2 eggs per person for a filling breakfast. If you're making this menu for 4 people, just make a single batch of everything, and expect to have some leftovers of everything but the shakshuka. If you're multiplying for a larger party of 6 to 8, make one batch of everything, but multiply the shakshuka by 3, and be sure to buy enough bread, olives, and strawberries.



the grocery list

pantry

salt and olive oil

pita bread and/or English muffins*

orange marmalade

[orange blossom water](#)

14.5 ounce can diced tomatoes (buy 2 cans if you're doubling the shakshuka, 3 for tripling)

produce

olives (castelvetranos from the olive bar are always a crowd pleaser)*

strawberries, or your favorite fruit*

1 head garlic

1 bunch dill

5 Persian cucumbers

1 small yellow or orange bell pepper

5 roma tomatoes

1 small red onion

1 lemon

1 bunch parsley

dairy

1 stick butter

eggs (1 or 2 eggs per person)

8 ounces cream cheese

16 ounces small curd cottage cheese

frozen

1 lb bag frozen corn

1 lb bag frozen lima beans (or another shell bean, like soy or fava)

* Make sure you buy enough bread, olives, and strawberries for the number of guests.

the schedule

The night before (25 minutes)

- Make jajik and plate it.
- Stir 1 tablespoon of orange blossom water into a jar of orange marmalade.
- Plate the olives.
- Wash the strawberries and place them in a bowl.
- Make the shakshukotash's tomato sauce in a non-reactive (e.g., stainless steel) pot. Multiply the recipe as needed.
- Refrigerate everything overnight.
- Set the table.

The morning of (30 minutes)

- Cover the bread in foil and place in a 200°F oven for about 15 minutes, just to warm.
- Make the Jerusalem salad (If you don't have time to wait around, don't worry about letting it sit with the salt. Just use less salt, about 1/4 teaspoon).
- Get all the food on the table before you start cooking the eggs.
- Add 1 or 2 tablespoons of water to the shakshukotash sauce, bring it up to a simmer, and poach the eggs in it. If you're doubling the recipe, divide the sauce between 2 skillets to poach the eggs (if you're tripling, use 3 skillets, or just 2 really wide ones).

the recipes

jajik

- 8 ounces cream cheese
 - 2 tablespoons unsalted butter
 - 16 ounces small curd cottage cheese
 - packed 1/4 cup chopped dill + 2 tablespoons for sprinkling on top
 - Salt to taste (I use 1/4 teaspoon)
 - Optional: olive oil for drizzling
1. Let the cream cheese and butter come to room temperature. Once softened, combine the two until they are very well blended.
 2. Combine the cottage cheese with the butter/cream cheese mixture and salt to taste.
 3. Gently fold the 1/4 cup chopped dill into the mixture. Do not add the dill before this point or the whole thing will turn green.
 4. Garnish the jajik with the remaining 2 tablespoons chopped dill.

jerusalem salad

- 5 Persian cucumbers
 - 1 yellow or orange bell pepper (can substitute red or green)
 - 5 roma tomatoes
 - 1/2 teaspoon fine sea salt
 - 1/4 cup minced red onions (from about 1/4 of a medium onion)
 - 3 tablespoons extra virgin olive oil
 - The juice of 1 lemon
 - 3 tablespoons finely minced parsley, divided into 2 tablespoons and 1 tablespoon
 - More salt to taste (optional)
1. Small dice the cucumbers, bell pepper, and tomatoes, and combine in a big serving bowl.
 2. Toss together with the sea salt and refrigerate for an hour.
 3. After an hour has gone by, strain the salad through a fine mesh colander, discarding the liquid. Do not press the salad against the colander, but gently shake the colander a few times to drain away the excess liquid. *
 4. Place the salad back in the bowl, add the red onion, extra virgin olive oil, lemon juice, 2 tablespoons minced parsley, and more salt to taste (optional), and toss to coat.
 5. Garnish with the 1 tablespoon minced parsley.

shakshukotash

Recipe can be doubled to serve more guests:

- 2 tablespoons butter or olive oil
 - 1 cup corn (from about 1 ear)
 - 1 cup shell beans (any combination of frozen lima beans, soy beans, or fava beans)
 - salt, to taste (about 1/4 teaspoon)
 - 2 cloves garlic, crushed through a press or finely minced
 - 14.5 ounce can diced tomatoes
 - 4 eggs
 - optional: chopped cilantro or parsley to garnish
1. Place a skillet over medium-high heat and add the butter (or olive oil). Once it melts, add the corn, beans, and salt to taste. Cook, stirring occasionally, for 3 to 5 minutes until everything lightly browns.
 2. Reduce the heat to medium and add the garlic. Stir together for about 30 seconds, and then add the diced tomatoes.
 3. Stir and cook everything for 3 minutes, just until the tomato sauce thickens slightly.
 4. Use the back of your wooden spoon to make four little indentations for the eggs. Crack 1 egg into each indentation. Season with some salt, to taste. Immediately cover, and cook for about 4 minutes for runny egg yolks, or 5 minutes for soft-set, custardy, slightly runny egg yolks.
 5. Check the eggs by poking the white near the yolk with a knife and gently poking the yolk with your finger. If the whites do not ooze and the yolk still feels jiggly, they should be perfect. Once they are done, serve immediately. If the whites are not set, continue cooking them covered, checking every 45 seconds to see if they are done.
 6. Garnish with some chopped cilantro or parsley and serve with bread on the side