

Clean Cooking with Induction

The Perfect Shakshuka

by Reem Assil

ebce



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Yield 3 to 4 servings

Time 45 minutes

INGREDIENTS

Shakshuka

- 2 ½ cups onion, medium diced
(about 1 medium onion)
- 1 tablespoon garlic, finely minced
- 1 ½ - 2 pounds red bell peppers (about 4-6)
- 2 pounds tomatoes
(about 8 medium sized tomatoes)
- 2 tablespoons olive oil, divided
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 1 teaspoon paprika
- 1 teaspoon salt (about 4 cloves)
- ½ teaspoon black pepper
- 1 teaspoon Aleppo pepper or red chili flakes
- 1 teaspoon honey
- 3 - 4 eggs (your preference)

Garnish

- ¼ cup crumbled feta (optional)
- 2 tablespoons freshly chopped parsley (optional)
- Olive oil for drizzling



INSTRUCTIONS

Step 1

Heat a cast iron or magnetic stainless steel saute pan on an induction burner at a medium-high setting until it starts to smoke.

Step 2

Coat peppers in olive oil and char in the pan on all sides.

Step 3

Halve the tomatoes lengthwise, coat in oil, place cut-side down, and keep rotating them on the pan until you get nice chars and the tomato starts to soften. Remove.

Step 4

Once peppers are collapsed, charred, and bubbling, transfer to a bowl and cover. Once cool, peel away the skin and pull out the seeds and veins.

Step 5

In the same pan or a shallow sauce pan, over a medium-high setting, sauté the onion until translucent, add the garlic, cook a minute more.

Add the spices, salt and pepper, and cook another minute. Transfer the tomatoes with skins and any pan juices along with the peppers, into the pan, and lower the heat to a simmer for about 20 minutes stirring frequently. Add up to half a cup of water as needed to keep the sauce from burning.

Step 6

Transfer to a food processor and mix to smooth, or blend with an immersion blender. Add honey. The sauce should be thick.

Step 7

Make wells with a spoon and crack an egg into each well. Sprinkle with salt, cover, and simmer over a medium heat setting for 5 to 10 minutes until the whites are firm and the eggs are to your liking.

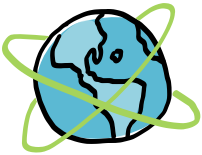
Step 8

Top with garnish and serve with pita for scooping.



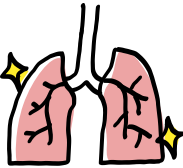
WATCH THE VIDEO AT ebce.org/induction

Cook clean and fast with induction



Cook with clean power

In the East Bay, induction stoves run on clean electricity with a low carbon footprint. Gas stoves burn fossil fuels and emit greenhouse gases that contribute to global warming. As an EBCE customer, it's easy to make your kitchen fully carbon neutral with an induction cooktop and 100% renewable energy.



A safer, healthier home

Induction cooktops eliminate a major source of indoor air pollution—the carbon monoxide and other toxic gases emitted by gas stoves, which can cause serious respiratory problems. Induction cooktops are also safer because they don't have open flames or exposed heating elements. That's important because cooking is the leading cause of home fires in the US.¹

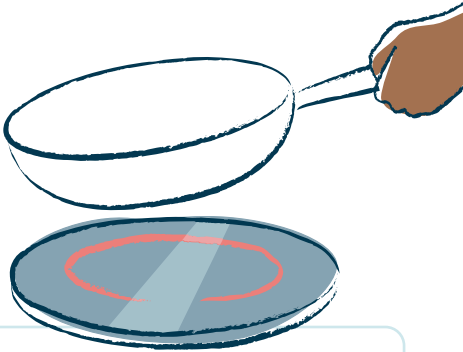
¹ Home Structure Fires, National Fire Protection Association, 2019


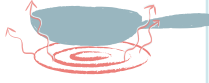


Cook faster with more control

Induction lets you boil water in half the time² it takes on a gas or coil cooktop. It heats the pan instantly with magnetism and delivers twice the thermal efficiency^{2,3} of gas cooktops, which helps keep your kitchen cooler. Professional and home chefs appreciate the precise, steady control, wider temperature range, and quick response time they get with induction cooktops.

² Residential Cooktop Performance and Energy Comparison Study, Frontier Energy, 2019
³ Induction Cooking Technology Design and Assessment, 2014



<p>Induction hobs heat cookware directly with a magnetic field</p>	
<p>Gas cooktops burn fossil fuel and create air pollution</p> 	<p>Electric coils and burners radiate heat indirectly</p> 

THINGS TO CONSIDER

Selecting cookware

Induction works through magnetism, so be sure to use cookware made from magnetic stainless steel, cast iron, or multiple layers of metal.

Cost

Built-in cooktops start around \$500 and induction ranges start around \$1000. Portable induction burners range from \$50 to \$500.

Installation

Built-in cooktops and ranges with four to six burners typically require a dedicated 240v circuit installed by an electrician.

Get up to \$300 for an induction cooktop or range when you replace an existing gas appliance.

[Learn more and apply](#)

