



Spouses Club Private Cooking Class
Tuesday, January 19, 2021
At 10am

- Brunch Menu –
Shakshuka with Poached Eggs
Puff Pastry Cinnamon Rolls

www.cookingthymewithstacie.com

Shopping List

Dairy/Freezer

- 6 eggs (divided)
- Feta cheese (enough to garnish the eggs)
- 1 sheet Pepperidge Farm puff pastry sheet
- 1 TB milk

Pantry

- Salt and pepper
- 2 TB olive oil
- 1 TB tomato paste
- 1, 28-ounce can crushed fire roasted tomatoes
- 2 ½ TB granulated sugar
- All-purpose flour for dusting
- ½ cup powdered sugar
- ¼ TSP vanilla extract

Produce

- 1 red bell pepper
- 3 cloves fresh garlic
- Cilantro or arugula for garnishing the eggs

Spices

- 1 TSP smoked paprika
- 1 TSP cumin
- Dash of cayenne pepper
- 1 TSP ground cinnamon

Equipment

Baking

- One large baking sheet
- Parchment paper

Pans

- Large skillet with tight fitting lid

Utensils

- Can opener
- Chef's knife
- Cutting board
- Large spoon
- Measuring spoons and cups
- Pastry brush
- 2 small bowls
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Thaw puff pastry sheet
- Chop vegetables for shakshuka

Shakshuka

2 TB olive oil
¾ cup chopped yellow onion
1 red bell pepper, seeded and chopped
3 garlic cloves, minced
1 TSP smoked paprika
1 TSP cumin
1 TB tomato paste
1 (28 Ounce) can crushed fire-roasted tomatoes (I use Muir Glen brand – substitute plain crushed tomatoes if necessary)
Dash of cayenne
Salt and pepper to taste
5 eggs, medium size
Cilantro for garnish (you can also add arugula if desired)
Feta cheese for garnish

In a large skillet, heat the olive oil over medium-low heat then add the onions. Season them with a dash of salt and pepper. Cook about 5 minutes then add the red bell pepper and continue to cook for an additional 5 minutes until the vegetables are softened.

Next add the garlic, smoked paprika, cumin and 1 TB tomato paste. Cook about one minute until the spices are fragrant. Pour in the crushed tomatoes and bring the heat up to medium until the tomatoes are bubbling. Reduce the heat to a simmer and cook for 10 minutes until the tomatoes are reduced and a bit thickened.

Remove the skillet from the heat. With a large spoon make 5 indentations in the sauce. Crack each egg individually in a small bowl then add it to the sauce in each indentation. Then carefully spoon some sauce from the edges of the pan on top of each egg. Place the pan back over the heat and bring it up to a simmer so it is bubbly all over.

Cover the pan with a lid, cook over low heat about 5 minutes. Remove the lid and cook an extra 1-2 minutes until the eggs are set but the yolks are still runny.

Garnish with cilantro (or arugula) and feta cheese. Spoon each egg onto a plate with additional sauce. Serve with wedges of pita bread or toast.

Recipe by CTWS

Puff Pastry Cinnamon Rolls

Makes 8 rolls (you can easily double this recipe!)

Rolls

1 sheet Pepperidge Farm puff pastry sheet
2 ½ TB granulated sugar
1 TSP ground cinnamon
1 egg
1 TSP water
All-purpose flour for dusting

Frosting

1/2 cup powdered sugar
1 TB milk
¼ TSP vanilla extract

Preheat the oven to 400° F.

Thaw one sheet of puff pastry. To make an egg wash, whisk together 1 egg and 1 TSP water in a small bowl. Set aside.

In a small bowl stir together the granulated sugar and ground cinnamon. Set aside.

On a lightly floured surface unroll the pastry sheet, removing the paper dividers. Brush the entire surface with the egg wash. Evenly sprinkle the sugar mixture over the entire surface of the pastry sheet.

Starting on the longer side, tightly roll the pastry into a tube, ending with the seam side down. Cut the roll into 8 equal pieces. Place the cut side down on a parchment lined baking sheet. Take the tail end and fold under the roll about ½". This prevents the roll from “unraveling” while baking. Brush all the tops with the egg wash.

Bake 18 – 20 minutes until lightly browned. Remove from the oven and cool slightly. While cooling, mix together the frosting, whisk together the powdered sugar, milk and vanilla until smooth. Drizzle the frosting over the rolls.

Recipe by CTWS