LOBSTER SHAKSHUKA

SHAKSHUKA OR "THE MIXTURE" IS A TRADITIONAL TUNISIAN DISH. THIS MAINE TWIST INCORPORATES ROOT VEGETABLES, LOBSTER, AND DANDELION GREENS. DANDELIONS WERE TRADITIONALLY UTILIZED FULLY BY THE WABANAKI PEOPLES, FROM THE FLOWER TO THE LEAVES. SHAKSHUKA IS BEST EATEN WITH FRESH SOURDOUGH. IN PLACE OF SILVERWARE, SCOOP UP THE SAUCE AND EGG MIXTURE WITH THE BREAD AND ENJOY.

SERVES 4-5

INGREDIENTS

1 TABLESPOON OLIVE OIL
1 ONION, SLICED
3 CLOVES OF GARLIC, SLICED
1 BEET, HALVED
1 CARROT, HALVED
1 PARSNIP, HALVED
1 RUSSET POTATO, PEELED AND HALVED
1 TABLESPOON TOMATO PASTE
1 TABLESPOON CUMIN
2 TEASPOON PAPRIKA
2 CUPS VEGETABLE BROTH
2 MAINE LOBSTERS
5 SPRIGS OF THYME
1⁄4 CUP BUTTER
SALT AND PEPPER TO TASTE
1 CUP DANDELION GREENS, FINELY SLICED 5 EGGS
NOTE: WHOLE LOBSTERS CAN BE SUBSTITUTED FOR HALF-POUND LOBSTER MEAT. ROUGHLY CHOP LOBSTER MEAT AND INCORPORATE IT WITH THE DANDELION GREENS.

INSTRUCTIONS

IN A RONDEAU OR CAST IRON SKILLET HEAT OIL AND ADD ONION AND GARLIC, COOK UNTIL ONION IS TRANSLUCENT, OCCASIONALLY STIRRING, ABOUT 2 MINUTES. ADD IN ROOT VEGETABLES, TOMATO PASTE, AND SPICES. COOK UNTIL THE TOMATO PASTE IS AROMATIC, AND STICKS SLIGHTLY TO THE BOTTOM OF THE PAN. DEGLAZE THE PAN WITH THE VEGETABLE BROTH, THEN ADD THE LOBSTERS AND THYME. COVER AND STEAM UNTIL LOBSTERS ARE BRIGHT RED AND MOSTLY COOKED THROUGH. REMOVE LOBSTERS AND CONTINUE COOKING UNTIL VEGETABLES ARE TENDER.
WHILE THE VEGETABLES ARE COOKING REMOVE THE LOBSTER MEAT FROM ITS SHELL, CHOP FINELY, AND SET ASIDE.

ONCE THE VEGETABLES ARE COOKED BLEND THEM INTO A PUREE, AND RETURN THEM TO THE POT. ADD IN THE BUTTER, AND DANDELION GREENS AND COOK UNTIL THE GREENS ARE WILTED AND THE BUTTER IS MELTED. ADD IN THE CHOPPED LOBSTER AND THEN TASTE FOR SEASONING. ADD SALT AND PEPPER AS NEEDED. BRING THE MIXTURE UP TO A SIMMER AND CRACK IN THE EGGS. COVER THE PAN AND LET IT STEAM FOR THREE MINUTES, OR UNTIL THE EGG WHITES ARE COOKED AND THE YOLK IS STILL RUNNY.
SERVE WARM, WITH SLICED SOURDOUGH, AND ENJOY!

CREATED BY JOHANNA PIEKART, USM UNDERGRADUATE STUDENT