



JERNEJ KITCHEN

SATARAS (BALKAN VEGETABLE STEW)

Sataras is a simple Balkan Vegetable Stew made with peppers, tomatoes, and scrambled eggs. It's very similar to Shakshuka. Serve for breakfast or lunch.

SERVES	2	PEOPLE
PREPARATION:	5	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	25	MINUTES

SATARAS

2 tbsp olive oil

1 onion

3 bell peppers (yellow or green)

2 large tomatoes

1 clove of garlic

1/2 tsp dried oregano

60 ml (1/4 cup) water

3 eggs

1 tsp finely chopped parsley (to serve)

TOOLS AND EQUIPEMENT

skillet

grater

bowl

COOK THE VEGETABLES

Place a skillet over medium-high heat. Add the olive oil, diced onion, and diced peppers. Cook for 5 - 8 minutes, stirring occasionally.

COOK THE SATARAS

Grate one tomato and finely chop the other one. Add to the peppers in the skillet along with diced garlic and dried oregano. Stir and cook for about 5 minutes. Pour in the water, continue to cook for 5 minutes or until the vegetable cook. Most of the water will evaporate, and the stew will become creamy and delicious—season to taste with salt and pepper.

TIP

Optionally, peel the tomatoes. Using a sharp knife, cut a cross on top of each tomato. Dip into hot water for 20 - 30 seconds, then quickly cool under cold running water. Peel the tomatoes.

ADD THE EGGS

In a bowl, whisk the eggs with a fork. Reduce the heat to the minimum. Add the scrambled eggs. Shake the pan, and leave for about 30 seconds, then, while stirring, cook the eggs on low heat for about 1 - 2 minutes, or until scrambled and cooked.

SERVE

Remove the Sataras from the heat. Sprinkle with chopped parsley and serve immediately with your favorite flatbread.