



# From the kitchen of Chef Frank Turner

## Mediterranean Shakshuka & Micro Green Magic

### Ingredients:

3 Tbsp. good quality olive oil  
1 small red onion, julienned  
1 small white onion, diced  
½ cup sweet bell pepper, diced  
½ cup poblano pepper, diced  
1 jar (25 oz.) Eden Foods organic crushed tomatoes with onion, garlic and basil  
4 Tbsp. garlic, chopped  
1 can (6 oz.) tomato paste  
2 Tbsp. brown sugar  
1 Tbsp. red wine vinegar  
2 tsp. La Chinata sweet smoked paprika  
Kosher salt, to taste  
2 tsp. Burlap & Barrel cured sumac  
2 tsp. ground cumin  
1 Tbsp. Aleppo chili pepper flakes  
2 tsp. ground coriander  
1 tsp. ground caraway  
1 Tbsp. black pepper  
4 eggs  
Sheep milk feta cheese, as needed  
3 avocados, diced  
Microgreens from Citizen Provisions – kohlrabi, cilantro, radish or your favorites

### Process:

Warm olive oil over medium heat in a thick gauge saucepan. Add onions and simmer until soft, about 5 minutes. Add all of the peppers and simmer until peppers start to soften.

Add crushed tomatoes with the juice, garlic, tomato paste, brown sugar, red wine vinegar and spices. Bring to a boil for 2 minutes then simmer for 20 minutes.

Crack farm fresh eggs directly into the tomato mixture and simmer for 6-8 minutes.

Serve each poached egg over 4-6 oz. of tomato mixture. Top with sheep milk feta, avocados and your favorite microgreens.

Note: Leftover sauce can be frozen in small sandwich bags for next time.



# Chef Frank Turner

Chef Frank Turner is an innovative chef dedicated to creating a wonderful dining experience. He started his career with the Matt Prentice Restaurant Group (MPRG) where he was the assistant corporate chef. While at MPRG, he also served as an executive chef and managing partner in various four-star restaurants for 14 years.

Turner has served as a past instructor for Share our Strength “Operation Front Line,” past director for the Detroit chapter of Slow Foods USA and chef-adviser for the Michigan Department of Agriculture’s Select Michigan Program. He speaks regularly about wellness properties in good foods. He is listed in *Best Chefs of America* in 2013, 2014 and 2015.

Turner works with local farmers and Michigan food suppliers to provide ultra-fresh and, when possible, certified organic products for all his guests. He believes the fresher the food, the better the flavor and nutritional value, which in turn improves the health of the entire community. He is committed to cooking from his local food shed and regularly does so as a founding member of the Chefs Collaborative “Chefs in-Law”.

His latest venture is Citizen Provisions, a premier microgreen and specialty garden grower.

