

Menemen (Turkish Eggs with Tomato and Peppers)

Turkish · Breakfast · Easy · 22 min total · Serves 2

Menemen is a Turkish breakfast of softly scrambled eggs folded into a sauce of ripe tomatoes and green peppers, seasoned with pul biber. Cooked in one skillet, it is eaten straight from the pan with bread.

Ingredients

- 4 large eggs (room temperature)
- 2 medium ripe tomatoes (diced small; peeling is optional)
- 2 small Turkish green peppers (sivri biber) (seeded and diced; Anaheim or banana peppers are close swaps)
- 0.5 small onion (finely diced; optional, since many cooks skip it)
- 1 tbsp butter
- 1 tbsp olive oil
- 1 tsp tomato paste (optional, for a deeper red)
- 1 tsp pul biber (Aleppo pepper) (or 1/2 tsp red pepper flakes)
- 0.5 tsp salt
- 1 pinch black pepper
- 2 sprigs parsley (chopped, for garnish)
- 2 slices crusty bread (for dipping)

Method

1. Dice the tomatoes, peppers and onion into pieces about 1/3 inch (1 cm) so they cook down evenly, and crack the eggs into a small bowl.
2. Heat the butter and olive oil in a 10-inch nonstick skillet over medium heat for about 1 minute, until the butter melts and foams.
3. Add the onion, if using, and the peppers and cook for 4 to 5 minutes, stirring, until they are soft and bright green without browning.
4. Add the tomatoes, tomato paste, salt and black pepper and cook over medium heat for 6 to 8 minutes, stirring occasionally, until the tomatoes collapse into a thick, jammy sauce with little free liquid left.
5. Stir in the pul biber and lower the heat to medium-low.
6. Pour the eggs over the tomatoes and stir gently with a spatula in slow, wide strokes for 2 to 4 minutes, until the eggs form soft, glossy curds (about 160°F / 71°C inside) and still look slightly wet.
7. Scatter the parsley over the top, take the pan off the heat right away because the eggs keep cooking, and serve straight from the skillet with bread for dipping.