

Mo's Eggs (Syria/Calais)



Mo created his recipe for Jungle Eggs in the 'Jungle' refugee camp in Calais in 2016. He cooked his signature dish for all his friends in the camp - refugees and volunteers from all over the world. Equipped only with a small gas stove and a large pan, he conjured up feasts with the ingredients donated by charities. Making and sharing food, eating from one pan together, was his way of giving back the love he was shown during these difficult times.

Mo's cooking is inspired by his upbringing in the mountains of Ain al-Fijah close to Damascus, Syria, where fresh vegetables, fruit and herbs grew on his doorstep among the animals and chickens his family kept. People would regularly come together to cook, share and enjoy food. Mo's love for good food comes from his mother, '*The best chef in the world*' he says.

Since arriving in the UK, Mo has been wowing his British friends and customers with explosions of flavours and colours at London's first Syrian monthly brunch pop up @mos_eggs. During Refugee Week he'll be cooking up some tasty Syrian flavours @ombrabar.restaurant as part of the Refugee Food Festival.

Join in this #RefugeeWeek2019 and #shareadish - get cooking and feasting together and discover some new recipes and stories.



#RefugeeFoodFestival #RFFLondon #RefugeeWeek #WorldRefugeeDay #London
#LondonFood #FoodLondon #Food #FoodSweetFood #WithRefugees #RefugeesWelcome
#AvecLesRéfugiés #generations #worldrefugeeday #cooking #simpleacts #listentoastory

@refugeeweekuk @refugeefoodfestival

FULL RECIPE

Ingredients:

1 can of tomatoes

1 onion

1 garlic clove

10 eggs

Olive oil

Salt

Pepper

Mo's special spices (only available at his pop-up brunch!). Otherwise use ground cumin or smoked paprika

Method:

Fry the onions, garlic, salt, pepper and spice in a pan with olive oil on a low heat. Add the can of tomatoes once the onions are soft. Crack eggs open into the mix and cover. Leave to cook for 10-15 minutes. Served piping hot and best enjoyed eaten straight from the pan with fresh khubz (Arabic flatbread) and friends.