



# Israeli cooking recipe book

Dear participant,

Welcome to Israel! You have chosen to come on long term program to Israel and as part of your experience you will cook & taste Israeli dishes.

We have gathered for you some Israeli cooking recipes that will be easy for you to cook in your accommodation.

We will appreciate your feedback to us and add your own dishes after your experience here!

Good luck!

**Israel Experience Team**



## Chalot

### **Ingredients:**

1 Kilo flower (it can be white or whole or a mixture of both to the preferred percentage you like) - only once you try you know!!  
6 table spoons sugar  
Table spoon salt  
1/2 cup oil  
2 eggs  
2 cups of hot but not boiling water  
In one of the cups melt 50 grams yeast with a teaspoon of water  
1 egg+ sesame seeds



### **Optional additions:**

Herbs and spices: pizza flavoring, Zaatar, garlic, thyme, basil, pesto, olives, dried tomatoes, dried fruits.  
Oatmeal, nuts of any kind you like, sesame seeds.

### **Preparation:**

Mix all ingredients together and let dough leaven while covered with a towel.  
Makes shapes and place on a baking pan, brush or use finger to spread bitten egg, cover with sesame/poppy seeds or nuts or all together.



## **Kubbeh- semolina dumplings in orange soup with pumpkin**

Kubbeh is a dish reminding of family, comforting and indulging.

Order of preparation:

First prepare the soup, then the kubbeh stuffing.

Once the soup is ready and the stuffing is ready and cold- prepare the batsek (kubbeh dough) and immediately fill the dough with the stuffing and put them in the soup for cooking.

### **Ingredients: (soup)**

Table soon of oil

1 large onion- shopped

1 celery root- chopped

1 parsley root- chopped

5 celery sticks- chopped

2 Persian lemons

2 garlic cloves

4 chopped tomatoes

2 carrots chopped into chunks

A bunch of celery leaves- chopped

Table spoon of salt

Table spoon of black pepper

Table spoon of paprika

1 leveled tea spoon hot paprika

1 leveled tea spoon turmeric

6 cups boiling water

1 large piece of pumpkin, pealed, cut to big chunks (the pumpkin will enter the soup together with the kubbeh since its cooking time is short).



### **Kubbeh stuffing:**

1 large chopped onion

1 leek (the white part) washed and chopped

3 table spoons olive oil

A basket of champion mushrooms- chopped



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A bunch of parsley leaves- chopped  
A bunch of celery leaves- chopped  
1 tea spoon tarragon  
1 tea spoon salt  
1/2 tea spoon black pepper

**Kubbeh dough: (to prepare only after the stuffing is ready, the stuffing should wait for the dough and chill and not the opposite)**

1/2 kilo semolina  
2 table spoons oil  
Tea spoon salt  
Tea spoon turmeric  
1/2 tea spoon white pepper  
1/2 tea spoon paprika  
1/2 cup soup liquid  
1/2 cup water



**Preparation:**

1. **Soup:** fry the onion in oil, add the celery root, parsley root and the celery sticks and continue frying. Add the broken Persian lemon, carrots, and tomatoes and continue cooking for an hour.
2. **Kubbeh stuffing:** fry the onion and leek in olive oil till brown (about 5 minutes), add the mushrooms, and continue frying for 5 minutes. Add the tarragon and the spices and turn off the fire.
3. Put the filling in a bowl; add the parsley and celery leaves and mix. Leave to chill while preparing the dough.
4. **Kubbeh dough:** put the semolina in a bowl, add the oil and spices. Add the soup liquid and water and mix with a spoon or hand till flexible dough, if the dough is too dry add water.
5. Wet your hand and take balls from the dough, flatten on your palms, put a little filling and close with your fingertips.
6. Put the filled kubbeh on a plate or tray and when all are ready put them in the soup with the pumpkin chunks, while putting the kubbeh in the soup make sure to mix the soup so that the dough doesn't stick to the bottom of the pot.
7. Cook for 20 minutes.



## Sahleb

Servings: 3-4

### **Ingredients:**

4 cups milk  
1/2 cup cornstarch  
1 teaspoon vanilla  
(or use instead of the above sahleb powder)  
Sugar (to taste)

### **Optional toppings:**

Ground cinnamon (to taste)  
Raisins  
Unsweetened dried shredded coconut (to taste)  
Chopped pistachios or any other kind of nut (to taste)  
Honey  
Chocolate spread  
Banana



### **Preparations:**

1. Combine cornstarch and water in a small cup and stir well.
2. Add milk to a soup pan or Dutch oven pot.
3. Stir cornstarch mixture in milk before it gets warm.
4. Add vanilla and sugar.
5. Must stir constantly until it comes to a boil.
6. Let boil for 2 minutes, meanwhile still stirring.
7. Serve in dessert bowls.
8. Top with cinnamon and coconut or just chopped pistachios.
9. It's traditionally eaten hot, but I like it cold too, once it cooled off and firmed up.
10. Enjoy!





## Shakshuka

### Ingredients:

1 table spoon olive oil  
1 onion- chopped  
2, 3 or 4 garlic cloves- minced  
2 red or green bell peppers- chopped  
8 tomatoes- seeded and copped  
2 cans diced tomatoes- strained or 1 28- ounce can  
1-1/2 tea spoon paprika  
1-1/2 tea spoon turmeric  
Salt and freshly ground pepper to taste  
1 tea spoon sugar  
4-6 eggs  
\*za'atar mix



### How to make it:

Place large frying pan over medium heat, add oil and heat. Add onion and sauté until lightly browned.

Add garlic and bell peppers, sauté for a couple of minutes more. Add fresh and canned tomatoes, reduce heat to low and simmer for 5 minutes. Add paprika, turmeric, salt, pepper and sugar. Stir for 1 minute.

Gently crack eggs into pan, taking care not to break yolks.

Simmer until whites solidify but yolks remain slightly runny, about 8 minutes, or as per personal preference.

Sprinkle with za'atar to taste and serve with warm pita bread or large chunks of bread.





## Za'atar mix

### Ingredients:

2 cups roasted ground sesame seeds.  
1/2 cup dried ground thyme  
2 tablespoons dried leaf oregano  
2 table spoons dried leaf marjoram  
2 table spoons dried leaf savory  
1 table spoon salt, or to taste (optional)



### Preparations:

Mix all the ingredients together except the salt- you may not want the salt for some za'atar uses. Taste and add the salt if desired.  
Keep the za'atar mix in slightly sealed jar (the same seeds will last 5-6 months maximum).  
It will stay fresher in the refrigerator or freezer than in a cupboard.  
Makes about 4 cups.





## **Yemista me amygthalopsiha: stuffed vegetables with rice & crushed almonds**

This recipe for stuffed vegetables (*yemista*) uses crushed roasted almonds in the filling. Which give a wonderful flavor to the vegetables- and a wonderful aroma while cooking!

**Total time:** 1 hour, 15 minutes

### **Ingredients:**

- 2 large green bell peppers
- 5 medium zucchini + 1 small zucchini
- 3 medium eggplants
- 1 large potato
- 5 large ripe tomatoes
- Grape leaves (that when stuffed will make you *dolmades* as called in Ladino)
- 1 medium onion
- 3/4 cup fresh parsley- finely chopped
- 3/4 cup fresh dill- finely chopped
- 1 cup + 2 table spoons of crushed roasted salt free almonds
- 2 cups + 1 table spoons of long grain rice
- 1 tea spoon of salt
- 1/2 tea spoon of pepper
- 1 cup of olive oil
- 1/2 cup of water



### **Preparation:**

Wash all vegetables well, and peel the potato.

#### **Trim & scoop out vegetables:**

Use a large bowl to hold the vegetable pulp.

- ❖ Tomatoes- cut a cap off the top of the tomatoes. Using a tea spoon, scoop out tomato pulp and put in a bowl. Set tomatoes and caps aside.
- ❖ Bell peppers- cut a cap off the top of the peppers, scoop out seeds and rinse well. Set peppers and caps aside.
- ❖ Potato- cut a thick slice off the potato lengthwise. Scoop out interior of the potato and put in a bowl with the other vegetables, leaving a 1/8 of an inch shell. Set potato and top aside.



- ❖ Eggplants- cut off the top with stem. Using a spoon, scoop out the eggplant pulp and add to bowl with other vegetables. Set eggplants and tops aside.
- ❖ Zucchini- trim tops of the 5 large zucchini, and using a spoon handle, scoop out zucchini pulp and add to bowl. Set zucchini and tops aside. Cut the small zucchini into 8 slices and set aside.

### **Make the stuffing**

Using a vegetable grater (or the large grate on a cheese grater), grate all the pulp that was scooped out from the vegetables, as well as the tops of the zucchini and eggplant, and place in a large bowl. Wash the rice, and add to the bowl. Add grated onion, parsley, salt, pepper, 1 cup of chopped almonds, and all but 2 table spoons of olive oil. Mix well. The stuffing mix will be soupy.

### **Stuff the vegetables**

Using a tea spoon, fill the vegetables to within 1/2 an inch from the top. The rice will expand when cooked so take care not to overfill. Place caps on top, using the extra zucchini slices for the eggplant and zucchini.



### **Cooking**

Place the vegetables in a 14x11 inch (or equivalent) baking or roasting pan. The tomatoes should be placed upright, and the other vegetables should be placed on their sides. They should fit snugly in the pan. Sprinkle with the remaining 2 table spoons of chopped almonds. There will be a little oil left in the bottom of the bowl. Add 1/2 cup of water and pour the mixture into the pan with the vegetables. Drizzle the vegetables with the remaining olive oil (2 table spoons). Place vegetables in a cold oven and heat to 480F (250C). When the liquid comes to a full boil (about 5-10 minutes), reduce heat to 355F (180C) and cook for one hour.

Note- if the tops of the tomatoes brown too quickly, cover with a piece of foil.

Allow the vegetables to sit for 20 minutes before serving. Stuffed vegetables are served warm or at room temperature and are excellent the second day.



## **Tabouleh- wheat and herb salad**

Tabouleh is a salad like no other. Made with fresh veggies, olive oil and spices, it can be eaten in pita bread, scooped onto pita bread or eaten traditionally with a fork. In the Middle East, fresh grape leaves are used as a scoop. Tabouleh can be made with a variety of veggies according to taste. You can add carrots, cucumbers and red or green onions. I always suggest tasting as you go along in preparation. You can also add romaine lettuce for a fuller salad.

**Prep time:** 2 hours, 10 minutes.

### **Ingredients:**

- 2 bunches of fresh parsley
- 2 table spoons of fresh mint- chopped
- 1 medium onion- finely chopped
- 6 medium tomatoes- diced
- 1 table spoon salt
- 1/2 tea spoon black pepper
- 1 cup bulghar (burgul in Hebrew), medium grade- optional alternative: couscous, quinoa.
- 6 table spoons lemon juice
- 6 table spoons extra virgin olive oil
- Romaine lettuce or grape leaves on line serving bowl (optional)



### **Preparation:**

- Soak bulghur in cold water for 1 1/2 to 2 hours until soft.
- Squeeze out excess water from bulghur using hands or paper towel.
- Combine all ingredients, except for salt, pepper, lemon juice and olive oil.
- Line serving bowl with grape leaves or Romaine lettuce, and add salad.
- Sprinkle olive oil, lemon juice, salt and pepper on top. Serve immediately or chill in refrigerator for 2 hours before serving.

## **Baba Ghanoush- eggplant and tahini dip**

### **Ingredients:**

2 medium or large eggplants  
1 small garlic clove- finely minced  
1/2 cup tahini  
1/2 cup water  
Juice of 1 lemon  
Salt, to taste  
1/4 tea spoon ground cumin (optional)  
Parsley- coarsely chopped (optional)  
Olive oil



### **Notes:**

For the best texture, use a plain old fork instead of fancy food processors or blenders to mash the eggplants and mix the ingredients together.

### **Preparation:**

Prepare a grill or preheat a boiler. Prick the eggplant skin with a fork or skewer to allow steam to escape while cooking.

Grill or boil the eggplants for about 15 to 30 minutes, turning frequently until the eggplants are charred and slightly wrinkled. Let the eggplants cool briefly.

If it didn't already explode while cooking, split the eggplants and scoop out the flesh. Discard the skin. Using a fork, squeeze out excess moisture from the eggplants and drain the bitter liquid.

Mash the eggplants with a fork until creamy.

Prepare the tahini: in a bowl mix tahini with water (add the water slowly and stir strongly- an interesting reaction will happen, the tahini will turn thick and once you continue adding the water and stirring- don't give up- it will turn into a white and smooth paste), season the tahini with the lemon juice, salt, spices and garlic. Taste and adjust the seasoning as necessary.

Mix the tahini and the eggplant to one paste.