



Israel Recipes

Schug

Ingredients:

10 jalapeño peppers
2 cups roughly chopped cilantro
2 cups roughly chopped parsley
8 medium to large garlic cloves
1 tsp. salt
6 cardamom pods
½ tsp. caraway seeds (optional)
¼ tsp. cumin
Pinch of black pepper
2 Tbsp. extra virgin olive oil



Directions:

Carefully stem and seed the jalapeño peppers. Discard the seeds. Remove the seeds from the cardamom pods and discard the green pods.

Place the jalapeños, chopped cilantro, parsley, garlic, salt, cardamom seeds, caraway seeds, cumin, pepper and olive oil into a food processor. Pulse the mixture, scraping the sides periodically, until the whole thing begins to resemble a puree. Add more salt to taste if needed. Keep it in a sealed jar in the refrigerator for 7-10 days. Serve with pita bread.

Israeli Chopped Salad

Ingredients:

1/2 red onion
1/2 red, green, orange, and yellow bell peppers
1 Persian cucumber
1 pint small cherry tomatoes, halved
4 oz. feta cheese
4 - 6 Tbsp. extra virgin olive oil
Juice of 1 lemon
1/2 tsp. dried thyme
1/2 tsp. dried oregano
Salt and fresh cracked pepper to taste
Parsley, mint, or thyme (optional)



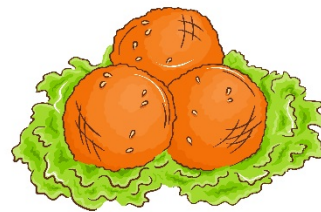
Directions:

Cut all the ingredients except the tomatoes in a small, even dice.
Toss with the oil, lemon juice, and herbs. Add the salt and pepper to taste.
Taste to adjust the seasonings, and then refrigerate until needed.
Garnish with a few fresh herbs like parsley, mint, or thyme just before serving.

Falafel

Ingredients:

2 cups dried chickpeas, soaked in cold water overnight
Canola oil for deep frying
1 medium yellow onion, coarsely chopped
3 garlic cloves, coarsely chopped
1 tablespoon coriander seeds
1 cup pitted Kalamata olives
1 1/2 teaspoons kosher salt
1/2 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper



Direction:

Drain the chickpeas into a colander. Heat a medium pot filled with enough oil for deep frying.

Combine the onion and garlic in a food processor. Pulse until the mixture is finely ground. Crush the coriander seeds with the back of a metal spoon. Add them and the chickpeas to the food processor and pulse just until the chickpeas are broken into smaller chunks.

Add the olives, salt, cumin, and pepper. Process until the mixture is finely chopped but not pureed, scraping down the sides of the container as needed.

Shape the mixture into 2-inch balls and set aside.

When the oil in the pot reaches 375°F, cook 3 to 4 falafel balls at a time until golden brown, about 3 minutes. Make sure to work in small batches to keep your oil nice and hot, which keeps your falafel tender and crispy.

Shakshuka

Ingredients:

3 Tbsp. olive oil

28 oz. canned crushed tomatoes

9-10 garlic cloves, chopped small

1 ½ tablespoons Pilpelchuma, store bought or recipe below

1 Tbsp. sweet paprika

½ tsp. salt

¼ tsp. cumin

¼ cup cilantro, roughly chopped

4-6 eggs

¼ cup feta cheese

4-6 warm pitas or grilled crusty bread



Pilpelchuma:

1 ½ Tbsp. olive oil

1 Tbsp. sweet paprika

½ tsp. hot paprika

½ tsp cayenne

1 pinch cumin

1 pinch salt

Mix ingredients together to form a paste.

Directions:

Heat the oil in a large skillet or pan with lid over low heat.

Add the chopped garlic, paprika, cumin, & pilpelchuma to the pan and sauté for 2-3 minutes until fragrant.

Mix in the canned tomatoes & salt. Cover with lid and simmer for 15 minutes.

Add and mix in the cilantro, leaving a bit out of the pan to garnish with later.

Make pockets in the sauce with a wooden spoon or spatula and very carefully crack the eggs into them. Make sure to space the eggs out. There should be sauce in between each egg for them to cook properly.

Immediately cover the pan, turn the heat up a bit to medium and cook without lifting the lid for 5-8 minutes. (5 minutes for runny yolks and 8 minutes for cooked.)

Labneh

Ingredients:

12 oz. Greek yogurt

A pinch of salt

¼ teaspoon fresh lemon juice

3 tablespoons olive oil

1 tablespoon za'atar (available at Middle Eastern markets)



Directions:

Line a fine strainer with a few layers of cheesecloth and set over a bowl.

In another bowl, combine yogurt, salt, and lemon juice. Stir to incorporate. Spoon yogurt mixture into the cheesecloth-lined strainer and fold layers of cheesecloth over the yogurt to cover completely.

Transfer yogurt (and strainer and bowl) to the refrigerator for 24 hours. After 24 hours, it will have thickened into extra-stiff labneh.

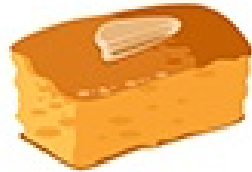
Remove strained labneh from the fridge, unfold cheesecloth, and transfer labneh to a serving bowl. Use the back of a spoon to make a swirly pattern in the top of the labneh. Drizzle the oil over the labneh and sprinkle with za'atar. Serve cold, with sliced vegetables and/or warm pita

Basbousa

Ingredients:

For the cake:

$\frac{3}{4}$ cup semolina
 $\frac{1}{2}$ cup all-purpose flour
1 tsp. baking powder
1 egg
4 Tbsp. softened butter
 $\frac{1}{2}$ cup yogurt
2 Tbsp. sugar
Almonds to garnish



For the syrup:

$\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup sugar
2 limes
1 Tbsp. freshly grated citrus zest
1 teaspoon rosewater

Directions:

Mix together the semolina, flour and the baking powder; stir well.

Combine the egg, butter, yogurt and sugar; mix well, but do not overbeat.

Grease a glass casserole dish and pour in the mixture.

Place the almonds about 2 inches apart, to ensure a placement that is right in the center, when cut into squares.

Cover with the cling wrap and microwave for 4-5 minutes on high.

While this is cooking, place the water and the sugar on the stovetop; heat till the sugar is dissolved and the mixture comes to a boil.

Reduce the heat and simmer for 10 minutes.

Cut the limes, squeeze in the juice, and stir in the zest.

Add in the rosewater.

Cut the semolina mixture into 2 inch squares.

Pour over the syrup, this will first seem like a lot, but eventually it gets absorbed.

Let it soak for at least 30 minutes and serve warm.