



The Yarzin Sella

PASSOVER 2021  
COOKBOOK



**YARZIN SELLA**  
High-End Food Services

# ITAY COHEN

CELERY SALAD



## INGREDIENTS —

### FOR THE SALAD

2 packs american celery  
2 red chilis  
100 grams roasted cashews  
60 grams sugar-free cranberries  
1 orange, peeled and cut into a fillets (remove the seeds).

### FOR THE SAUCE

80 ml olive oil  
2 tbsp date honey  
1 tbsp apple cider vinegar  
1 tbsp mustard  
1.5 tbsp soy  
1 crushed garlic clove  
Salt, to taste  
Black pepper, to taste

## DIRECTIONS —

### FOR THE SALAD:

**1.** Cut the celery into 1 cm wide rings and chop half the amount of the celery leaves.

**2.** Cut the red chili into thin rings. Cut the orange fillets into 2 cm wide pieces.  
Mix all the salad ingredients together.

### FOR THE SAUCE:

**3.** In a mixing bowl, mix all the ingredients except the oil.

**4.** Pour the oil in a thin stream while stirring. Whisk manually blending the oil with the other sauce ingredients.

**5.** Mix the sauce with the salad and serve in a deep serving bowl.



### PREP TIME

20 Minutes



### CULINARY FACT

Higher nutritional value eggs come from smaller flocks.



### SERVINGS

4

CHEF

# BARAK SABAG

GREEN SALAD IN SUMAC VINAIGRETTE SAUCE



## INGREDIENTS —

### FOR THE VINAIGRETTE

½ a garlic clove  
40 ml lemon juice  
80 ml olive oil  
4 tbsp fresh mint, chopped  
1 tsp salt  
½ tsp ground black pepper  
2½ tsp sumac

### FOR THE SALAD

4 tbsp cranberries  
2 granny smith apples cut in half  
50 grams roasted pecans  
3 Roman lettuce torn to chunks  
200 grams baby spinach leaves  
50 grams rocket leaves  
120 grams red oak lettuce leaves  
1 fennel thinly sliced into strips

## DIRECTIONS —

1. Put all the sauce ingredients in a jar, close tightly and shake well. Then taste and balance flavors.
2. Put all the salad ingredients in a large mixing bowl except the pecans and cranberries.
3. Pour the sauce gently over the entire salad and mix carefully.
4. Finally, sprinkle the cranberries and pecans.



### PREP TIME

4 Minutes



### CULINARY FACT

Sumac is also used to make lemonade or tea, and is also used as part of the hyssop mixture.



### SERVINGS

4

# ELAD HONIG

GRAPEFRUIT AND LETTUCE SALAD WITH  
SUNFLOWER SEEDS IN CITRUS VINAIGRETTE



## INGREDIENTS —

### FOR THE SALAD

For the Salad  
1 whole lettuce heart  
1 medium red grapefruit  
1 medium white grapefruit  
50 grams roasted sunflower seeds

### FOR THE VINAIGRETTE

300 ml olive oil  
100 ml lemon juice  
100 ml grapefruit juice  
2 flat tsp mustard  
20 grams salt  
2 flat tbsp honey

## DIRECTIONS —

### FOR THE SALAD

- 1.** Rinse the lettuce well, dry and place in a bowl
- 2.** Peel the grapefruit, and carefully remove the contents. Try to leave it as whole as possible.
- 3.** Place a pan on low heat and add the sunflower seeds. Stir constantly so the seeds don't burn. Continue for about 3 minutes.
- 4.** Transfer the seeds to a separate plate to cool.
- 5.** Place in a bowl the mustard, honey and salt
- 6.** Whisk mix at high speed until it becomes a light cream, about 2 minutes. While whisking gently, drizzle the olive oil in a slow stream to form an emulsion.
- 7.** Once the olive oil and cream are combined add the citrus juice and mix well

### FOR SERVING

Add the sauce to the bowl with the vegetables and mix with the your hands gently so not to break the lettuce that should remain crispy.

For finishing & decoration add the roasted sunflower seeds.



PREP TIME

20 Minutes



SERVINGS

4

CHEF

# YOSSI TARGANO

BEET AND APPLE SALAD



## INGREDIENTS —

### FOR THE SALAD

2 packs american celery  
2 red chilis  
100 grams roasted cashews  
60 grams sugar-free cranberries  
1 orange, peeled and cut into a  
fillets (remove the seeds).

### FOR THE SAUCE

80 ml olive oil  
2 tbsp date honey  
1 tbsp apple cider vinegar  
1 tbsp mustard  
1.5 tbsp soy  
1 crushed garlic clove  
Salt, to taste  
Black pepper, to taste

## DIRECTIONS —

### FOR THE SALAD:

1. Cut the celery into 1 cm wide rings and chop half the amount of the celery leaves.

2. Cut the red chili into thin rings. Cut the orange fillets into 2 cm wide pieces. Mix all the salad ingredients together.

### FOR THE SAUCE:

3. In a mixing bowl, mix all the ingredients except the oil.

4. Pour the oil in a thin stream while stirring. Whisk manually blending the oil with the other sauce ingredients.

5. Mix the sauce with the salad and serve in a deep serving bowl.

### CULINARY FACT

Roquefort is the name of a type of semi-hard blue cheese, made from sheep's milk.

Because Roquefort is one of the most famous blue cheeses, until recently its name was a nickname for all blue cheeses. But today, only blue cheeses ripened in Roquefort-sur-Soulzon may be called Roquefort.



PREP TIME

25 Minutes



SERVINGS

4

# YARON BAR OR

QUINOA AND POMEGRANATE SALAD



## INGREDIENTS —

- 125 grams red quinoa
- 125 grams white quinoa
- 110 grams pomegranate seeds
- 150 grams arugula
- 200 grams mandarin oranges
- 100 grams tofu
- 80 grams walnuts
- 30 grams parsley leaves
- 30 grams mint leaves
- 110 ml olive oil
- 30 ml balsamic vinegar
- 10 grams salt



## CULINARY FACT

Pomegranate contains many antioxidants, especially those that fight free radicals that cause skin aging. Pomegranate contains high levels of calcium and iron. Pomegranate oil may help soothe redness of the skin and inflammation.

## DIRECTIONS —

- 1.** Soak the quinoa in cold water for 20 minutes. Strain and put in a pot with fresh cold water.
- 2.** Add 1/2 tbsp of salt and cook 10-12 minutes, the quinoa should be crispy.
- 3.** Separate seeds from the pomegranate.
- 4.** Roughly chop the arugula.
- 5.** Peel mandarin orange to slices and fillet them.
- 6.** Cut tofu to cubes.
- 7.** Separate the mint and parsley leaves from the stalk.
- 8.** Place all ingredients in a bowl.
- 9.** Season with balsamic vinegar, salt and olive oil.
- 10.** Sprinkle the extra pomegranate and feta on top and serve.



**PREP TIME**

45 Minutes



**SERVINGS**

6

# ELAD HONIG

CAULIFLOWER AND ROOT SOUP



## INGREDIENTS —

2 medium white onions cut into 4 cm cubes  
 1 large cauliflower cut into 4 cm florets  
 5 garlic cloves, crushed  
 8 jerusalem artichokes, peeled and cut into 4 cm cubes  
 10 grams table salt  
 250 ml olive oil  
 700 ml hot water  
 For garnish, finely chopped chives

## DIRECTIONS —

- 1.** Cut each vegetable separately and keep in separate small bowls.
- 2.** Heat a 5-6 liter pot with olive oil [125 ml] until the oil is really boiling.
- 3.** Place the onion and potato in the pot and mix well so that everything is well caramelized. After about 4 minutes add the rest of the vegetables and continue to caramelize well for about 5 minutes, constantly stirring.
- 4.** Add the water and cook with the lid closed until boiling, when boiled lower the heat to medium and cook for about 45 minutes.
- 5.** Using a hand blender, mix everything with half the amount of the olive oil [125 ml], pouring it in slowly while blending. Stop when the soup comes to a smooth and even cream. If necessary add a little water.
- 6.** Taste the soup, if necessary, season with salt. For serving, finely chop the chives and sprinkle on top.



PREP TIME

20 Hour



SERVINGS

4

CHEF  
**ITAY COHEN**

POTATO AND LEEK SOUP



INGREDIENTS —

1 leek  
½ a celery root  
½ a pack american celery  
1 medium potato  
½ cup parsley leaves  
3 tomatoes  
2 garlic cloves  
1 lemon  
Salt, to taste  
Black pepper, to taste  
3 tbsp olive oil  
2 liters water



**CULINARY FACT**

One hundred grams of steamed potato only has 100 calories, no fat, no sodium, no cholesterol and no gluten.

DIRECTIONS —

1. Cut the leek lengthwise and finely chop.
2. Peel and chop the celery root.
3. Cut the American celery into rings, finely chop the leaves.
4. Peel potatoes and cut into 2 cm cubes
5. Grate the tomatoes with a fine grater.
6. Crush the garlic cloves.
7. Squeeze the juice of one lemon.
8. In a medium saucepan over medium heat pour 3 tbsp of olive oil. When hot fry the leek, celery root and American celery for 2 minutes. Add the potatoes and fry for another minute.
9. Add the grated tomatoes, cook for another minute, season with salt and pepper, pour 2 liters of water and bring to a boil. Once boiled lower the flame, skim off the foam thoroughly and cook while the pot is half covered for 30 minutes.
10. Make sure the potatoes are soft. Mix ½ a cup of vegetables with a little liquid from the soup. Season to taste and add the remaining soup to give it texture. Correct the seasoning and add lemon juice and crushed garlic and cook another 7 minutes. Garnish with chopped parsley and serve.



**PREP TIME**

1 Hour



**SERVINGS**

4

# YUVAL BARUCH

LENTIL AND VEGETABLE SOUP



## INGREDIENTS —

2½ tbsp olive oil  
 1 chopped onion  
 2 carrots peeled and chopped  
 ½ cup chopped celery  
 2 tbsp salt  
 1 cup green lentils  
 1 bunch chopped parsley  
 1 bunch chopped coriander  
 2 tbsp ground cumin  
 2 tsp ground coriander seeds  
 1 tbsp ground black peppercorns  
 Lemon juice for taste

## DIRECTIONS —

- 1.** Place the olive oil in a large pot and set over medium heat. Once hot, add the onion, sweat for 7 minutes or until translucent.
- 2.** Add the carrot, celery and salt, cook for another 6-7 minutes.
- 3.** Add the lentils and spices, sweat for 2-3 minutes or until you can smell the spices.
- 4.** Add the coriander and parsley, cover with water, increase the heat to high and bring to a boil.
- 5.** Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 - 40 minutes.



### CULINARY FACT

Lentils are made up of over 25% protein, which makes them an excellent meat alternative. They're also a great source of iron, a mineral that is sometimes lacking in vegetarian diets.



**PREP TIME**

1.5 Hours



**SERVINGS**

4

# YUVAL BARUCH

CHICKEN SOUP WITH MATZO BALLS



## INGREDIENTS —

### FOR THE VINAIGRETTE

- 6 chicken wings
- 6 chicken drumsticks
- 4 carrots, peeled and cut to 5cm chunks
- 3 white onions, peeled and cut into quarters
- 4 zucchini, cut to 5 cm chunks
- 1 celery root, peeled and cut in half
- 2 parsley roots, peeled and cut in half
- 1 bunch parsley
- 1 bunch dill
- 3 tbsp salt
- 1 tsp ground black peppercorn

### FOR THE MATZO BALLS

- 1½ cups matzo flour
- 1 tsp Salt
- ½ tbsp ground black pepper
- 1½ cups warm water
- 2 eggs
- 1 tbsp canola oil

## DIRECTIONS —

**1.** In a large pot combine the chicken, fill with water and bring to boil over high heat, skimming off as much foam as you can. Bring down to a simmer.

**2.** Once your water is clear, and without foam, add the vegetables to the pot. Make sure you bring it back to a boil and then lower to simmer.

**3.** Cover the pot and let the soup simmer for 2 hours.

**4.** Make sure the vegetables are soft enough.

**5.** Season with salt, and taste to adjust.

### For the Matzo Balls

**6.** In a bowl place matzo flour, salt and pepper.

**7.** Using a spoon mix it and add the water, mixing it well.

**8.** Add the eggs one at a time and add the oil.

**9.** Mix well until fully combined, if it is too thick add some water or alternatively add matzo flour if it's too liquid.

\*the batter will set more as it rests, cover the bowl and refrigerator for 1-2 hours.

**10.** Place a pot with water (or some of the chicken soup even better) and bring to a boil.

**11.** Using wet hands start making small balls from the batter (between a ping-pong and a tennis ball) and place in the pot. cook for about 10 minutes and remove from the pot.



### PREP TIME

2 Hours



### SERVINGS

4

CHEF

# YARON BAR OR

VEGETABLE MILLET SOUP



## INGREDIENTS —

300 grams millet  
100 grams chickpeas  
110 grams celery  
250 grams carrots  
400 grams onions  
250 grams zucchini  
1 parsley root  
250 grams pumpkin  
15 grams turmeric  
20 grams salt  
5 grams black pepper  
125 grams olive oil  
2.4 liters water

## DIRECTIONS —

### FOR THE SOUP

1. Soak chickpeas in cold water for 24 hours and soak the millet in cold water for 20 minutes.
2. Wash vegetables carefully and dice onions and carrots.
3. Peel parsley root and dice pumpkin 8x8 cm.
4. Add olive oil to a big pot, saute the onions for 2 minutes and add the carrots. Keep mixing for additional 2 minutes.
5. Add other vegetables and mix. Season with turmeric, salt and black pepper.

### FOR THE MILLET

6. Drain millet and put in a pot. Season millet with salt and olive oil use your hands to mix and add the flavour into the millet.
7. Strain only boiled soup to millet x3 . Close pot carefully and cook for 15 minutes.
8. Keep closed for another 10 minutes.
9. Fluff up the millet using a fork.



PREP TIME

1.5 Hours



SERVINGS

4

CHEF

# DANIEL ALONI

YELLOWTAIL SASHIMI WITH ROASTED BEETS AND HORSERADISH CREAM



## INGREDIENTS —

400 grams fresh yellowtail fillet or other fish  
1 kg colorful baby beets  
1 cup labneh  
150 grams horseradish  
1 box micro greens or edible flowers for garnish  
2 tbsp olive oil  
A pinch of salt  
A pinch of sugar  
 $\frac{1}{4}$  cup lemon juice  
3 stems of thyme

## DIRECTIONS —

1. Wash the beets with water to remove any dirt.
2. Place the beets in a deep oven tray, add water 1 cm high, sugar, salt and thyme. Cover well with foil. Bake in a 200 degrees pre heated oven for 30-40 minutes until the beets are soft.
3. Remove from the oven and cool to room temperature, save the liquid for later.
4. Peel the beets, and cut into bite size quarters.

## FOR THE HORSERADISH CREAM

6. Grate the horseradish finely, mix with labneh and add salt.
7. Slice the fish into even diagonally 1/2 cm thick pieces, like sashimi.

## FOR PLATING

8. With a spoon spread the horseradish cream free handed on the plate.
9. Arrange the colorful beet wedges randomly on the cream.
10. Put the sliced sashimi pieces on the cream and on the beets. Season every piece of fish with a sprinkle of salt and lemon juice. Drip the liquid saved from the oven gently on the plate. Garnish with micro greens.



PREP TIME  
1 Hour



SERVINGS  
4

# DANIEL ALONI

GEFILTE FISH



## INGREDIENTS —

500 grams ground carp with the bones (put aside head and tail for the stock)  
 1 white onion  
 2 tbsp matzo flour  
 1 egg  
 ½ tbsp salt  
 ½ tbsp ground black Pepper  
 ½ tsp sugar  
 water as required  
 2 white onions  
 2 carrots  
 1 tbsp salt  
 1 tbsp ground black pepper  
 1 tsp sugar



## CULINARY FACT

There is a great difference between Ashkenazi and Sephardic gefilte fish. The Ashkenazi recipe is salty and grayer while the Sephardic recipe is red and much sweeter, as they use paprika and more sugar.



PREP TIME

5 Hour



SERVINGS

4

## DIRECTIONS —

- 1.** Grate the onion using a grater and squeeze all the liquid, place the onion in a bowl.
- 2.** Add the ground carp, matzo flour, egg, salt, pepper and sugar to the bowl.
- 3.** Mix well until the mixture is homogeneous, cover and let it rest in the refrigerator for 2-3 hours.
- 4.** Peel and slice the onion and carrot 1-2 cm thick and place in a wide pot (round).
- 5.** Add the fish head and tail to the pot (make sure you wash them well). Add water to a 1/3 of the pot. Add salt, pepper and sugar.
- 6.** After the mixture rested make an oval patty of around 100 grams with a 5 cm height.
- 7.** Add the patties to the pot so they will be 2/3 submerged in the liquid and turn on high heat and cover.
- 8.** When boiling, turn down to a med-low heat and skim off the foam.
- 9.** After about 1.5 hours take out the patties and carrot and chill until fully cooled.
- 10.** Strain the liquid and bring the liquid back on high heat uncovered and let is reduce by half.
- 11.** Chill the liquid until it becomes jelly

# ITAMAR LEWENSOHN

OVEN BAKED SEA FISH WITH FENNEL AND ORANGE



## INGREDIENTS —

3 medium fennel bulbs  
2 tbsp olive oil  
1 tsp sea salt / salt  
 $\frac{1}{2}$  tsp ground black pepper  
 $\frac{1}{4}$  cup fresh orange juice  
1 tsp grated orange zest  
 $\frac{1}{2}$  tsp fennel seeds  
1 tsp dried mint (optional)  
10 - 16 Round thin orange slices, not peeled  
6 - 8 white sea fish fillets (grey mullet, sea bass, sea-bream etc)  
20 Fresh mint leaves

## DIRECTIONS —

- 1.** Heat the oven to 220°.
- 2.** Cut off the tops of the fennel bulbs and chop the leafy fronds. Cut each bulb into 8 wedges. In a large roasting pan, toss the fennel wedges with the olive oil and 1/4 tsp each of salt and pepper.
- 3.** Sweat the fennel for about 30 minutes.
- 4.** In a glass or stainless-steel bowl, combine the orange juice, orange zest, fennel seeds, dried mint and the remaining 3/4 tsp salt and 1/4 tsp pepper.
- 5.** Add the fish and marinate while the fennel roasts.
- 6.** Spread the fennel in an even layer in a baking tray or other ovenproof dish.
- 7.** Cover the fennel with the fish and its marinade.
- 8.** Place 1-3 orange slices on each fillet.
- 9.** Roast until the fish is just done, about 10-15 minutes.



**PREP TIME**

1 Hour



**SERVINGS**

4

CHEF

# YOSSI MELES

LAMB SHOULDER WITH PISTACHIO CRUST



## INGREDIENTS —

3 kg lamb shoulder with bone  
500 grams white onions cut into large cubes  
500 grams carrots cut into large cubes  
1 celery cut into large cubes  
5 garlic cloves  
1 bunch thyme  
2 liters beef stock  
400 grams pistachios, grated and roasted  
50 grams honey  
10 grams salt  
10 grams blackpepper

## DIRECTIONS —

1. Preheat oven to high heat (250 degrees).
2. Season the Lamb with salt and pepper and sear (roast) in the oven for 15 minutes.
3. Remove from the oven and add the vegetables (onion, carrot, celery, garlic and thyme) half fill the pan with water or stock. Cover well (baking paper and foil) and place in a preheated oven at 160 degrees for 2.5 to 3 hours.
4. Mix the pistachio and honey to a uniform mass, after removing the meat from the oven, arrange the root vegetables on a serving plate and gently transfer the shoulder to the root vegetables.
5. Gently spread the crust over the shoulder and serve.



### PREP TIME

3 Hours



### CULINARY FACT

Pistachios contain an impressive amount of copper which aids the absorption process of iron in the body.



### SERVINGS

4

CHEF

# DANIEL ALONI

CHICKEN LIVER PATE



## INGREDIENTS —

500 grams clean chicken livers  
1 white onion  
2 carrots  
1 cup sweet cream 38%  
300 grams butter  
15 garlic cloves finely chopped  
10 oregano leaves  
1½ tsp salt  
½ tsp black pepper  
A pinch of nutmeg  
1 cup port wine

## DIRECTIONS —

1. Fry the chicken livers in a pan with soy oil for 2 minutes then remove. (the liver won't be fully cooked). In the same pan fry the onion, carrot, oregano, nutmeg, salt & pepper for 2 minutes.
2. Add the port wine and condense it until completely evaporated. Put the livers back in the pan and immediately add the sweet cream. Leave on the heat for 1 minute and remove.
3. Place the mixture in a blender with the butter and blend until it reaches a smooth texture.
4. Place the mixture in an English cake tin and wrap with aluminum foil like a candy. Bake in the oven at 165 degrees for 30 minutes.
5. Remove from the oven and place in the fridge overnight.



### PREP TIME

1 Hour



### CULINARY FACT

Pistachios contain an impressive amount of copper which aids the absorption process of iron in the body.



### SERVINGS

4

# AMIR MEERSOHN

CHICKEN AND CHESTNUT STEW



## INGREDIENTS —

8 chicken thighs/legs  
1 cup canola oil  
2 packs champignon mushrooms  
2 red onions  
3 packs peeled chestnuts (ready to eat)  
¼ cup red wine  
2 tbsp date honey  
1 tsp dark brown sugar  
1 tsp salt  
½ cup water

## DIRECTIONS —

- 1.** Sprinkle salt and black pepper over the chicken and set aside.
- 2.** Clean the mushrooms with a damp towel (do not wash), cut the large mushrooms into 2 pieces. Place on a plate.
- 3.** Cut the onion in half and cut each half into thin slices.
- 4.** Heat a large, wide pot over a high heat and pour 3 tbsp of oil.
- 5.** Carefully place the chicken pieces and fry for 1-2 minutes on each side (you can cover with a lid and move the pot out off the heat when turning so that the oil does not splash).
- 6.** Remove the chicken and set aside. transfer to a plate.
- 7.** Pour out the liquid that have accumulated in the pan and pour 2 tbsp of fresh oil.
- 8.** Fry the mushrooms for 2 minutes until slightly golden and remove to the same plate.
- 9.** Add another tbsp of oil and fry the onions for 2 minutes until softened.
- 10.** Add the wine, water, date honey, salt and sugar and mix.
- 11.** Bring to a boil (about 5 minutes).
- 12.** Add the chicken and lower the heat almost completely, cook for an hour.
- 13.** Add the mushrooms and chestnuts and continue to cook for another 10-15 minutes. You can reduce the sauce to make it thicker if you remove the lid and continue to cook for a few more minutes.



PREP TIME

1.5 Hours



SERVINGS

4

# RAMI PINCU

RICE QUIBBE



## INGREDIENTS —

2 cups rice  
500 grams minced chicken breast  
2 eggs  
1 cup celery  
2 medium white onions  
2 tbsp baharat  
1½ tbsp paprika  
2 tbsp turmeric  
3 liters water  
3 tbsp salt  
½ tbsp black peppercorns  
½ cup vegetable oil

## DIRECTIONS —

- 1.** Soak the rice in water overnight in the refrigerator.
- 2.** Rinse the rice from the water residue, add a third of the amount of ground chicken and two beaten eggs. Mix well until a sticky mass is obtained. Set aside.
- 3.** In a separate bowl, mix the rest of the ground chicken together with one chopped onion, chopped celery leaves, baharat, paprika, black pepper and a tbsp and a half of salt.
- 4.** Work with one wet hand. Place a tablespoon of rice in the center of the wet hand, flatten well and take a tablespoon of the filling and place in the center of the rice, tighten the rice well around the filling, if necessary add more rice until the filling is completely closed. The quibble at this stage should be about 4 cm in diameter, and you should have between 10-12 quibble. Refrigerate until we prepare the vegetable stock for cooking.

- 5.** To make the stock use a wide pot and add the water. Cut the onions into eighths and the celery stalks into 2 cm long sticks. You can also add one carrot sliced into rings and 2 bay leaves. Bring to a boil and add the turmeric and salt. Put about 5-6 quibble in the stock, it is important that the quibble do not touch each other because they will spread during cooking and may stick to each other. Lower the heat and cook for about 20-25 minutes until the quibble are floating. Remove from the stock and continue to cook the rest of the quibble in the same way.

- 6.** When cooked, let them cool slightly. Meanwhile heat some oil in a wide pan, fry the quibble until the outer layer of rice gets a nice brown color.



PREP TIME

1.5 Hours



SERVINGS

4

CHEF

# OMER ALKALAY

BEEF SHOULDER WITH DATE HONEY GLAZE



## INGREDIENTS —

1 k beef shoulder  
2 onions  
2 carrots  
2 celery sticks  
4 tbsp date honey  
2 tbsp pomegranate molasses  
2 tbsp dried cranberries  
4 quince  
2 tbsp roasted walnuts  
5 cups vegetable stock  
2 tbsp vegetable oil

## DIRECTIONS —

### FOR THE SALAD:

1. Place a pot or casserole on a high heat and add 1 tablespoon of oil.
2. Sear the shoulder and season with salt and pepper on all sides.
3. Add vegetable stock and deglaze the bottom of the pan.
4. Cover with a lid and place in a 160c preheated oven and cook for 2 hours.
5. Add the pomegranate molasses and adjust seasoning, preheat the oven to 200c and cook for additional 10 minutes.
6. For serving, pour the sauce on the bottom of the serving dish and place the beef and vegetables.
7. Sprinkle the roasted walnuts on the top



PREP TIME

2.5 Hours



SERVINGS

4

# DANIEL ALONI

STUFFED VEGETABLES WITH MATZAH AND HERBS



## INGREDIENTS —

- 2 beetroots
- 2 turnips
- 2 kohlrabi
- 2 potatoes
- 5 matzah
- 1 onion
- 6 garlic cloves
- 1 bunch dill
- 1 bunch parsley
- 1 lemon
- 2 cans tomato paste
- Olive oil for frying
- Salt for seasoning

## DIRECTIONS —

- 1.** Wash and peel all the root vegetables (beet, turnip, potato and kohlrabi).
- 2.** Cut the upper part of the vegetables - they will be used as cover later and the lower part will be our base so the vegetables could stand straight.
- 3.** Using a parisienne spoon empty the inside of the vegetables to create a cup shape 1 cm thick, keep the inner parts.
- FOR THE STUFFING**
- 4.** Chop the onion and fry in a medium pot with olive oil until golden brown.
- 5.** Mince the garlic and chop the inner parts of the vegetables (except the beets) and add them all to the pot and cook all until soft.
- 6.** Break the matzah using your hands and add to the pot, season with salt and cook for 5 minutes.
- 7.** Chop all the green herbs and add to the pot, stir well and remove from heat.
- 8.** Fill the vegetables with the stuffing, arrange all the vegetables in a deep oven pan and add the tomato paste and 1 cup of water, surrounding the stuffed vegetables.
- 9.** Season with salt and olive oil, cover with parchment paper and foil.
- 10.** Bake in a 200 C preheated oven for 45 - 60 min until the vegetables are completely soft.



**PREP TIME**  
45 Minutes



**SERVINGS**  
6

# DANIEL ALONI

VEGAN CAULIFLOWER SANIYA WITH BEETROOT TAHINI



## INGREDIENTS —

1 large cauliflower, cut into florets  
 ¼ cup olive oil  
 3 za'atar stems  
 ½ hot red chilli pepper  
 5 tomatoes  
 ½ cup black lentils  
 1 large beetroot  
 Lemon juice from 1/2 a lemon  
 ½ cup raw tahini  
 A pinch of salt  
 A pinch of pepper  
 1 bunch parsley, finely chopped

## DIRECTIONS —

- 1.** Heat oven to 200 degrees, wrap the beets in aluminium foil and bake until completely soft.
- 2.** Cook the lentils in a pot until soft but not falling apart.
- 3.** Spread the tomato slices on a tray with baking paper and butter, season with salt and pepper and half of the olive oil amount. Bake until they are dark brown
- 4.** Mix the cauliflower with the chili, za'atar, salt, pepper and olive oil.
- 5.** Bake until the cauliflower is golden brown but not too soft.
- 6.** Blend the baked beetroot (peeled) with whole tahini, lemon juice, a little salt and half a cup of water until completely smooth.
- 7.** Arrange the tomatoes on a tray, and place the cauliflower on top.
- 8.** Spread the lentils and finish off with the tahini on top.
- 9.** Bake at 180 degrees until the tahini is a bit dry and the edges start cracking.
- 10.** Garnish with finely chopped parsley.



## CULINARY FACT

Tahini is considered a healthy food and has the good kind of fat. It has a lot of protein, calcium and other minerals. Also, it is very low in carbs.



**PREP TIME**

2 Hours



**SERVINGS**

6

# NISIM MAHLUF

MOROCCAN MAKUDA



## INGREDIENTS —

1 k beef shoulder  
2 onions  
2 carrots  
2 celery sticks  
4 tbsp date honey  
2 tbsp pomegranate molasses  
2 tbsp dried cranberries  
4 quince  
2 tbsp roasted walnuts  
5 cups vegetable stock  
2 tbsp vegetable oil

## DIRECTIONS —

### FOR THE SALAD:

- 1.** Cook the potatoes and carrots and cut into cubes of an inch. At the same time cook the dried peas in a pot with plenty of water. Bring to a boil, cover and cook for about 20 minutes, or until the peas soften but do not crumble. Filter and cool.
- 2.** Preheat oven to 180 degrees.
- 3.** Transfer the cooked peas to a large bowl and add the rest of the pie ingredients, not including the oil.
- 4.** Pour the oil into a 26 cm diameter pot that can fit in the oven (or a pan with a non-detachable bottom). When the oil is hot, pour in the mass and let it fry for about 5 minutes, and cook in the oven for 35 minutes or until the surface is golden and the pie has set in.
- 5.** Add the pomegranate molasses and adjust seasoning, preheat the oven to 200c and cook for additional 10 minutes.

Serve at room temperature.



**PREP TIME**

2.5 Hours



**SERVINGS**

4

CHEF

# ROEY EILUZ

LEEK PATTIES



## INGREDIENTS —

2 leeks  
2 potatoes  
1 squash  
1 carrot  
4 bunches swiss chard  
3 eggs  
1½ cups almond flour  
1 bag baking powder  
2 tbsp kosher salt  
½ tbsp black peppercorn  
Canola oil for fraying

## DIRECTIONS —

1. Thinly slice the leek, possible in a food processor, chop the leek and steam in a pan until completely softened, place in a strainer to remove the liquid.
2. Grate potatoes, zucchini, carrots (in a food processor if possible) place in a strainer to drain the liquid.
3. Combine all the vegetables together, add the rest of the ingredients and mix to a uniform mixture.
4. Heat oil in a pan, take by hand from the mixture to make flat round patties and fry in a pan until golden on both sides.



### CULINARY FACT

Following a bloody battle that took place in 1620, in which Welsh soldiers placed leeks in their berets to differentiate themselves from the enemy, leeks became a mascot. Walsh's hallmark. (Welsh)



PREP TIME

1.5 Hours



SERVINGS

4

# RANI GOLAN

POTATO SLICES WITH OLIVE OIL AND ROSEMARY



## INGREDIENTS

15-20 potatoes (not peeled)  
4-5 tbsp olive oil  
1 tbsp salt, thin or coarse  
1-2 rosemary stems

## DIRECTIONS

- 1.** Preheat oven to 200 degrees (normal mode and turbo mode possible).
- 2.** Rinse the potatoes well and make sure to remove eyes and green parts.
- 3.** Put the potatoes in a pot, cover with water and bring to a boil.
- 4.** Cook for 30-40 minutes until the potatoes are completely soft (cooking time depends on the size of the potatoes) insert a knife into the center of the potato, it should go in and out easily but the potatoes should not fall apart.
- 5.** Strain and let the potatoes cool slightly.
- 6.** Place baking paper on an oven tray and grease.
- 7.** Place the potatoes on the pan at 2-3 cm intervals, mash them to a thickness of about 1 cm.
- 8.** Drizzle olive oil over each mashed potato generously and season with salt.
- 9.** If you chose to use herbs, now sprinkle them over the potatoes.
- 10.** Bake for 18-30 minutes or until golden - baking times may vary from oven to oven, so it is important to watch out and take out when the potatoes are beautiful and golden.

Serve immediately! Because as they cool down, they lose their crispness.



PREP TIME

1.5 Hours



SERVINGS

4

# RANI GOLAN

GREEN PERSIAN RICE (SABZI POLO)



## INGREDIENTS

500 grams persian or basmati rice  
15 grams salt  
½ tbsp turmeric  
2 potatoes, peeled and cut into 1½ cm thick slices  
½ a bunch of parsley, only leaves, finely chopped  
1 cup oil  
½ a bunch of coriander, only the leaves, finely chopped  
½ a bunch of mint, finely chopped  
4 stalks tarragon, only the leaves, finely chopped  
1 bunch of dill finely chopped  
400 grams peas "Petit pois"  
3 garlic cloves, chopped  
7-8 green onions, finely chopped

## DIRECTIONS

- 1.** In a bowl, soak the rice in water for 30 minutes. Filter and rinse the rice every 10 minutes, until the water flowing from the strainer is completely clear.
- 2.** In a large pot, bring water and 1 tablespoon of salt to a boil over a high heat. Add the rice and cook for 7 minutes, until half cooked. Strain and place in a bowl.
- 3.** In a saucepan where the rice was cooked, heat the oil over a low heat. When the oil is hot add the turmeric and heat it for about 5 minute Until a bright orange liquid is obtained. Remove 2 tbsp oil and set aside.
- 4.** Line the bottom of the pot with potato slices in a dense layer.
- 5.** Add parsley, coriander, mint, tarragon, dill, peas, garlic and green onions to the rice bowl. Season with salt and mix well.
- 6.** Add the rice mixture to the pot without touching it with your hands and without tightening it.
- 7.** Using a wooden spoon handle, pierce the rice to the potato layer, to release the steam. Cover the pot with a towel and the lid on top and cook over high heat for 8-6 minutes.



PREP TIME

50 Minutes



SERVINGS

4

# YONI LITEVER

PUMPKIN AND SWISS CHARD RICE PAPER BOUREKAS



## INGREDIENTS —

- 4 rice papers
- 3 sticks swiss chard
- 250 grams pumpkin, cut into cubes
- 1 potato
- 2 white onions
- 80 grams walnuts
- 8 garlic cloves
- 4 tbsp canola oil
- ½ tbsp black pepper
- 1 tsp salt
- Nutmeg to taste
- ½ tsp sesame seeds

## DIRECTIONS —

- 1.** Preheat oven on 220c.
- 2.** Roast the pumpkin for 10 minutes with some oil and black pepper.
- 3.** Cook the potato in water, until it is soft and mashable.
- 4.** Stir fry the onion, until golden, add the swiss chard and the sliced garlic, combine all the ingredients, and smash it together.
- 5.** Add the nutmeg, salt and black pepper .
- 6.** Dip the rice paper in warm water for 5-10 seconds, take it out and fill the paper with 1 tbsp of the puree.
- 7.** Fold it into a square, brush with a bit of water and add sesame seeds on top. put it in the oven( 180c ) for approx 12-15 minutes. Serve hot.



PREP TIME

1 Hour



SERVINGS

4

# YOSSI MENAHEM

## FRIED MATZAH ROLL



### INGREDIENTS —

4 matza  
3 potatoes  
6 mushrooms  
1 onion  
 $\frac{1}{2}$  cup chickpea flour/ potato  
1 cup oil  
1 cup water  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp black peppercorn  
 $\frac{1}{4}$  tsp nutmeg

### DIRECTIONS —

- 1.** Peel the potatoes.
- 2.** Boil in hot water until soft.
- 3.** Chop the mushrooms and the onion.
- 4.** Fry on low heat with a little bit of oil.
- 5.** When the potatoes are soft, mash them until smooth.
- 6.** Add the mushrooms, onion, nutmeg, salt and pepper to the mashed potato.
- 7.** Let the mashed potato cool.
- 8.** Take the wet matzah, place on top of the mashed potatoes and roll.
- 9.** Heat oil in a pan (oil should reach half the height of the rolled matzah).
- 10.** In a bowl mix the chickpea/potato flour with a glass of water - make sure there are no lumps.
- 11.** Dip the matzah in the mixture, before making each rolled matzah, re-mix the chickpea mix because the flour sinks. Fry on both sides until golden-brown (2-3 minutes each side).
- 12.** Fry on both sides until golden-brown (2-3 minutes each side).



PREP TIME

1 Hour



SERVINGS

4

# MAYAN INBAR

CHOCOLATE COCONUT CAKE



## INGREDIENTS —

200 grams sugar  
140 grams gluten free flour/matzah flour  
5 grams baking powder  
2½ grams baking soda  
70 grams cocoa powder  
100 grams dark chocolate, grated  
75 grams coconut  
180 grams egg  
240 grams coconut milk/ vegetable milk  
133 grams sunflower/ corn oil  
140 grams dark chocolate, grated  
150 grams coconut cream 20% fat

## DIRECTIONS —

- 1.** Preheat oven to 170c and line a pan with baking paper.
- 2.** In a medium bowl - sift together flour, cocoa, baking powder and baking soda.
- 3.** Add sugar, coconut, grated chocolate and vanilla sugar. Mix and set aside.
- 4.** In a large bowl put coconut milk, eggs and oil and mix well to combine. Gradually add the mixture of dry ingredients until it is uniform.
- 5.** Transfer the batter to a pan and bake for about 40 minutes until you get a not completely dry toothpick with moist crumbs.
- 6.** Remove the cake from the oven and do not release from the pan. Cool completely.

## FOR THE GANACHE

- 6.** Boil the coconut cream and pour over the chocolate. Mix well and pour over the cake. Refrigerate the cake for about 2-3 hours until the ganache settles. golden-brown (2-3 minutes each side).



PREP TIME  
4 Hours



SERVINGS  
4

CHEF

# HILA BERMAN HAZON

CHOCOLATE FUDGE WITH SALTED  
CARAMEL AND CREME FRAICHE



## INGREDIENTS —

### FOR THE FUDGE

200 grams butter  
400 grams 70% dark chocolate  
8 eggs  
200 grams sugar

### FOR THE SALTED CARAMEL

200 grams sugar  
200 ml cream  
A pinch of salt  
Vanilla, to taste  
400 grams creme fraiche

## DIRECTIONS —

### FOR THE FUDGE

1. Preheat the oven to 180c and grease 24cm tin.
2. Over a gentle flame, heat a pan of water. Place the butter and chocolate in a metal bowl and place on the pan and let the steam melt the chocolate. Take off heat when melted.
3. In an electric mixer, beat the sugar and eggs till they are pale and fluffy, about 10 minutes.
4. On a slow speed, pour in the melted chocolate and butter, and beat until smooth and glossy.
5. Don't overmix or the air will be lost.
6. Spoon the mixture into the tin and bake for 30-40 minutes, I always like a slightly gooey centre. Leave to rest, then serve while still warm.

### FOR THE SALTED CARAMEL

7. Heat the cream, vanilla & salt in a small saucepan until it simmers.
8. Heat the sugar in a medium saucepan over medium heat, stirring with a heat resistant rubber spatula or wooden spoon. Cook until the sugar melts into a thick amber colored liquid as you continue to stir carefully.
9. Once the sugar is completely melted add the warm cream. Be careful because the caramel will bubble rapidly. Stir the cream into the caramel until combined. Remove from the heat & let cool. serve at room temperature.



PREP TIME  
50 Minutes



SERVINGS  
10

CHEF

# MARVA MARSLAND

ETON MESS



## INGREDIENTS —

### FOR THE MERINGUE

2 medium egg whites, at room temperature  
125 grams sugar + 2 tbsp lemon zest Optional - half a lemon

### FOR THE STRAWBERRY COULIS

300 grams strawberries  
125 grams icing sugar  
½ tsp lemon juice

### FOR THE WHIPPED CREAM

250 ml heavy cream  
2 tsp icing sugar  
300 grams strawberries quarters

## DIRECTIONS —

1. Preheat the oven to 100 c Line a baking sheet with parchment paper and set aside
2. In the bowl of your electric mixer, fitted with the whisk attachment, beat the egg whites on medium speed until foamy. Increase the speed and gradually add the sugar. Keep whisking the eggs until they form a stiff, glossy peak. (If you rub a bit between your fingertips, it should feel smooth). Add the lemon zest at the very last second of mixing.
3. Pipe the meringues onto the prepared baking sheet, just scoop them on to the baking sheet.
4. Bake for about 2 hours or until the meringues can easily peel off the parchment paper. Turn off the oven and let the meringues cool completely for a couple of hours or overnight.
5. Wash, hull and quarter the strawberries and place in a pan with icing sugar and lemon juice. simmer for about 5-10 minutes, until the strawberries collapse. Blend the strawberries into a smooth paste then pass through a fine sieve for an extra smooth finish.
6. Just before serving, start whipping the cream in a mixer. Towards the end add the icing sugar.
7. You can serve the dish on a plate and keep it a bit messy. If you want it a bit cleaner you can serve layered in glass.
8. Crush the meringue into large pieces. Fold half of it into the whipped cream.
9. Place a big scoop of the cream onto the plate, drizzle some of the coulis.
10. Add a handful of strawberries and some of the crushed meringue and finish with another drizzle of the coulis.



PREP TIME

5 Hours



SERVINGS

4

CHEF

# MAYAN INBAR

COCONUT MALABI WITH BERRIES



## INGREDIENTS

4 cans of coconut cream 20-22%  
¾ cup white sugar  
1-2 drops of rose water essence  
1 cup minus 2 tbsp cornstarch  
1 cup strawberries  
1 cup mixed berries  
¼ cup amarena cherries  
Coconut to taste  
Roasted peanuts to taste

## DIRECTIONS

1. In a medium-large pot, place 3 cans of coconut cream, sugar and rose water and bring to a boil over a medium heat. Stir occasionally.
2. In a bowl, whisk together cornstarch with the rest of the coconut cream (1 can) using a whisk to obtain a smooth, lump-free mixture.
3. Gradually add the cornstarch mixture to the boiling coconut mixture while constantly whisking. Continue to stir for about 2-3 minutes on a medium flame until the cream thickens and bubbles.
4. Remove from the heat and pour into a serving bowl. Cover with cling film directly on the cream, cool and refrigerate for at least 4 hours.
5. Mix the chopped strawberries, berries and Amarna cherries in a bowl.
6. After cooling, pour the berry mixture over the malabi and add the topping to taste.



PREP TIME

3 Hours



SERVINGS

4



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