

# Recipes

## for Independence Day

Our thanks to Shoshi Hazan for providing the recipes



ההסתדרות הציונית העולמית  
המערך לשירותים רוחניים בתפוצות  
**World Zionist Organization**  
Center for Religious Affairs in the Diaspora

# On the Menu



## Appetizers

Tahini  
Hummus  
Israeli salad  
Cabbage salad  
French fries  
Fried onion rings  
Baked pita bread

## Main courses

Kebab  
Falafel

## Desserts

Candy apples  
Souffle  
Chocolate-covered dates  
Desserts served in glasses / Blue and White  
Caramelized figs

# Tahini



## Ingredients:

- 1 cup unprocessed tahini
- 3/4 cup cold water (preferably refrigerated)
- 2 crushed garlic cloves
- 1 medium lemon squeezed
- 1/2 tsp. salt
- 1/2 cup chopped parsley

## Preparation:

Mix the tahini and the water, add the rest of the ingredients and mix well.

If needed, add more seasoning to improve the taste and refrigerate. You can thicken the tahini by adding more unprocessed tahini, or dilute it by adding more water.

**A tip:** The parsley can be substituted with chopped cilantro (coriander).

# Hummus



## Ingredients:

- 2 cups chickpeas – soaked in water overnight
- The following day: drain the chickpeas, place them in a pot with water + 1/2 tsp. baking soda, and cook for two hours until the chickpeas soften (remove from the stove when a white foam forms on top).
- 2 crushed garlic cloves
  - 1 tsp. salt
  - 1/2 tsp. freshly squeezed lemon juice
  - 3/4 cup unprocessed tahini

## Preparation:

Drain the chickpeas after the cooking them, reserve a few for decoration purposes, and ground the rest using a food processor or blender, and then refrigerate.

Add the crushed garlic, salt, lemon juice and tahini to the hummus and mix well.

Serving ideas: sprinkle on top some chopped parsley / olive oil / cumin / chickpeas / sweet paprika / stir-fried mushrooms with onions / stir-fried ground beef with onions / zhug – to your heart's content – or any combination of them.

**A tip:** If you use canned chickpeas, there is no need to cook them.

# Israeli Salad



## Ingredients:

- 6 tomatoes
- 3 cucumbers
- 2 onions
- Bunch of parsley
- 4 Tbsp. olive oil
- 1 medium lemon squeezed
- Salt

## Preparation:

Right before eating, finely chop all the vegetables, add seasoning as per taste, mix and serve.

**A tip:** You can add baby radishes, scallions as a substitute for the onions, finely chopped chili pepper, finely chopped mint leaves and/or finely chopped cilantro (coriander).

# Cabbage Salad



## Ingredients:

- 1 medium head of cabbage
- 1 tsp. salt
- 1/2 lemon squeezed
- 2 Tbsp. canola oil

## Preparation:

Divide the cabbage into quarters, then into very thin strips and transfer to a large bowl.

Season with the salt, lemon juice and oil, mix well and serve.

**A tip:** You can add parsley, garlic, sesame seeds, vinegar instead of the lemon juice, and cranberries. You can also add some red cabbage cut into very thin strips.

## French Fries



Peel some potatoes, rinse and slice them lengthwise into 1 – 1.5 cm thick strips.

Place on a towel and dry.

Add the oil to a skillet that is 2 cm deep and wait for the oil to become hot.

Add the potatoes to the hot oil, fry on both sides and transfer to absorbent paper.

**A tip:** You can bake the potatoes (instead of frying them). Season them with a little oil, salt and black pepper and bake at 220 degrees centigrade until they turn brown.

## Fried Onion Rings



- 2-3 large onions, cut into thick rings. Separate the rings and place on a dish.
- For the batter: 1 cup flour, 1 cup beer or club soda (seltzer water), 1 egg – and mix everything together in a bowl. Place 1 cup of bread crumbs in a separate bowl.

Heat a skillet and add oil that is 2 cm in height. After the oil becomes hot, dip the onion rings in the batter, followed by the bread crumbs, and place in the skillet. Fry on both sides and transfer to absorbent paper.

**A tip:** You can add chopped parsley to the batter and some sesame seeds to the bread crumbs. Instead of frying them, you can bake the onion rings at 220 degrees centigrade.

# Baked Pita Bread



## Ingredients:

- 1 kg. flour
- 2 Tbsp. yeast
- 1/2 cup canola oil
- 2-3 cups warm water
- 1 tsp. salt

## Preparation:

Mix the flour with the yeast and add the rest of the ingredients, adding the salt last. Cover and let the dough rise for about 45 minutes. Release the air bubbles and knead a little. Cover the dough again and let it rise for about another 15 minutes. Shape the dough into balls the size of tennis balls, place on a floured surface and, using a rolling pin, flatten each ball into the size of a pita.

Place the pitas on a baking sheet covered with parchment paper and bake in a medium oven (180 degrees centigrade).

**A tip:** You can use the dough to make pizza or focaccia. Topping suggestions: a little olive oil and za'atar, seasoned fried onions, cheese-filled dough, lahmacun (a mixture of minced meat, minced salad vegetables and spices).



# Kebab



## Ingredients:

- 1 kg. of ground beef (cut no. 2) or prepare half of the quantity with 1/2 kg. of ground lamb
- 1 large finely chopped onion
- 1/2 bunch finely chopped parsley
- 3 crushed garlic cloves
- 3 Tbsp. matza meal or bread crumbs
- 3 Tbsp. oil
- 3 Tbsp. water
- 1 tsp. baking soda
- Salt, black pepper, sweet paprika

## Preparation:

Mix all the ingredients together and refrigerate for about two hours to improve the flavor (optional). Make elongated or round kebabs out of the meat mixture and barbecue or grill them, while cooking them on all sides. Serve with pita bread, tahini and salads.

**A tip:** To improve the taste, you can add a tablespoon of amchur spice to the meat or a tablespoon of unprocessed tahini.

You can grill the meat on wooden skewers / cinnamon sticks.

# Falafel



## Ingredients:

- 1 kg. chickpeas
- 1/2 tsp. baking soda

Soak the chickpeas and baking soda in boiling water the day before and drain well before preparing the falafel.

After draining the chickpeas, add:

- 3 medium onions
- 6 garlic cloves
- 2 slices of soaked and drained bread
- 3 Tbsp. flour
- A bunch of cilantro (coriander)
- 1/2 bunch of parsley
- 2 Tbsp. salt
- 2 Tbsp. cumin
- Black pepper
- 1/2 cup boiling water
- 1 tsp. baking soda

## Preparation:

Mix all the ingredients together in a food processor and wait 30 minutes. Shape the batter into small balls the size of ping pong balls or use a scoop tool for making falafel balls – and deep fry them.

**A tip:** You can add chili pepper / sweet paprika to the batter.

# Candy Apples



## Ingredients:

- 10 Granny Smith apples, washed and without the stems
- 10 thick wooden sticks or skewers

Insert a stick into the top of each apple, making sure it reaches close to the bottom

For the syrup:

- 1 kg. white sugar
- 240 grams glucose syrup or corn syrup
- 480 ml. water
- Red food coloring

## Preparation:

Pour the water and glucose syrup /corn syrup into a tall pot and bring to a boil, reaching a temperature of 150-154 degrees centigrade – which takes about 15 minutes. Turn off the flame, add 3 drops of food coloring and mix carefully with a wooden spoon. Dip each apple into the mixture, covering nearly the entire apple. Then gently shake the apples and place them on greased parchment paper.

The coating hardens within a few minutes. If the syrup hardens during the dipping process, you can reheat the mixture on a low flame to restore it to a liquid state.

The apples can be kept at room temperature for up to two days.

**A tip:** You can dip the apples in colored candies and the red food coloring can be substituted with any other color.

# Souffle



## Ingredients:

- 1 egg
- 3 Tbsp. flour
- 3 heaping Tbsp. of Nutella

## Preparation:

Mix all the ingredients together and transfer to a cupcake or souffle pan.

Heat the oven to 170-180 degrees centigrade.

Bake no more than 7 or 8 minutes!!

Remove from the oven and sprinkle sugar powder on top.

**A tip:** Before baking, you can add a square of bittersweet/milk /white chocolate to the Nutella.

The souffle can be served with ice cream.

# Chocolate-Covered Dates



## Ingredients:

- 10 soft and pitted large dates
- 10-20 shelled pecans
- 3 Tbsp. cocoa butter
- 2 Tbsp. cocoa powder
- 1/2 cup coarsely ground roasted or natural pistachio nuts

## Preparation:

Make a slit in the dates and fill each one with one or two pecans, pinch them closed and restore the dates to their original shape. Melt the cocoa butter using a double boiler (bain-marie), remove from the flame and add the cocoa powder. Mix until a smooth and bright batter forms. Dip each filled date into the chocolate batter and place on parchment paper. A few seconds later, dip the edges of the dates into the pistachio nuts and let harden.

**A tip:** You can use walnuts instead of pecans.

# Desserts in Glasses – Blue and White



## Ingredients:

- 2 small containers of long-life sweet cream
- 2 packages of vanilla instant pudding mix
- 2 cups milk

## Preparation:

Beat all the ingredients together with a mixer until they form into a stable creamy foam.

Divide the cream into three parts: 1/3 white; add a little blue food coloring to the next 1/3 until it turns light blue; add blue food coloring to the remaining 1/3 until it turns dark blue – resulting in three distinct colors.

Prepare some shot glasses.

Each glass should be filled with 1/3 dark blue cream, 1/3 light blue cream and 1/3 white cream.

You can sprinkle light blue candies on top.

**A tip:** You can use different colors and change the relative amounts in each glass.

# Caramelized Figs



## Ingredients:

- 6 fresh figs cut in half
- 1/4 cup sugar
- 1/2 cup orange juice
- A little orange liqueur – optional

## Preparation

Melt the sugar in a skillet, without mixing it. At most, gently shake the skillet from time to time. Add the 1/2 cup of orange juice. After the caramel starts to bubble, add the halved figs and mix gently until the figs soften a bit (but not too much).

Place the figs on a serving platter and serve with vanilla ice cream.

**A tip:** You can sprinkle pomegranate seeds on top.

**Bon Appetit!!!**