



Recipes for Jerusalem Day



Menu:



First course

Kubbeh soup
Beet soup
Red soup with mint
Jerusalem bureka pastries – Turkish
Vegetable patties with mallow
White dip with mallow (like tzatziki)
Brik pastries

Main courses:

Shakshuka
Jerusalem mixed grill
Sabich sandwiches
Mushrooms stuffed with cheese

Desserts:

Muhallebi pudding
Kanafeh pastries
Chocolate balls

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*Note that some recipes are dairy and some are meat

First courses

Kubbeh soup



For the dough:

1½ cups of jerish bulgur (soaked for half an hour and drained)
3 cups semolina
1 level tablespoon salt
Water as needed (approximately 1 cup)

For the filling:

1 medium onion, cut into small cubes
1 kg ground meat
1 cup chopped parsley
1 level tablespoon salt
¼ teaspoon black pepper
1 teaspoon sweet paprika

Beet soup:

1 medium onion, cut into cubes
2 medium beets cut into small cubes or thin quartered slices (½ cm)
1 beet, finely grated
2 cloves garlic, sliced
2 tablespoons lemon juice
1 level tablespoon salt
¼ teaspoon black pepper
1 tablespoon sweet paprika
1–2 tablespoons tomato paste (optional)
1 teaspoon sugar (optional)
Water to fill the pot halfway

Preparation:

To make the dough:

put the jerish (after it has been soaked and drained) in a bowl and add the semolina and salt. Mix until combined. Add water gradually and knead – the texture of the dough should be soft (not too soft) and easy to work with (like crisp pastry dough. Note: the exact amount of water can't be measured – this must be done by feel. If the dough is too dry – add a bit of water). Cover with plastic wrap and let rest for 10 minutes.

To make the filling:

Put the onion and oil in a saucepan and sauté for 2-3 minutes. Add the meat and fry, stirring constantly, for about 5 minutes, until it changes color. Add the spices and continue sautéing for another 1-2 minutes. Towards the end, add the parsley and transfer to a bowl to cool (the mixture can be prepared a day ahead and refrigerated).

To make the kubbeh balls:

with wet or oiled hands, make small balls about the size of a ping pong ball. Flatten each ball into a circle. Place one heaping teaspoon of the filling in the center, curl up your hand and close it into a ball. Seal the seam tightly and place the balls on a tray, leaving space in between (the kubbeh balls can be frozen and used as needed – no need to defrost).

To make the beet soup:

Place the onion and oil in a saucepan and sauté for 2 minutes. Add the beets and sauté for about 5 minutes, stirring constantly. Add the garlic and sauté for another half a minute or so. Add water to fill the pot halfway, and the lemon juice, and bring to a boil. Cook for another half hour over a medium flame. Then add the kubbeh balls and cook for 20–30 minutes.

Jerusalem bureka pastries – Turkish (no margarine)



Ingredients:

1 kg sifted flour
2 tablespoons sugar
1 level tablespoon salt
2 teaspoons vinegar
½ cup oil
3 cups water
3 cups soy/canola/corn/sunflower oil
Sesame or nigella seeds for sprinkling
Beaten egg with a pinch of salt.

Filling:

400 gr shredded 5% Bulgarian cheese
500 gr shredded yellow cheese
4 eggs
3 tablespoons potato flakes, or one small cooked mashed potato – this will stabilize the cheese in the pastry

Preparation:

Put the flour, sugar and salt in a bowl and mix. Add the oil, vinegar and water, and knead well until a workable dough forms. Place the oil in a bowl and add the dough – the oil should cover the dough. Let stand for 40 minutes. Then separate into balls the size of tennis balls and leave in the oil for another half hour.

On a floured surface, pour a bit of oil from the bowl and take out a ball. Press it out with your hands (not with a rolling pin) as thin as possible. The dough should be thin enough to be transparent (the thinner the better, so that the layers are thin. Don't be afraid to press it out until you can see through it to your work surface beneath). Spread the oil generously again so that the dough is soaked and won't dry out. Sometimes while spreading the dough small holes will form – don't worry, there will be a lot of layers and this won't be an issue.

Spread the filling generously along the edge and roll up the dough. The burekas can be left as a long log or rolled up into a coil.

You should have about a cup of oil left in the bowl...so why didn't we use less? This way, the dough rests in the oil and becomes softer. Don't use less than the recipe calls for – the oil enhances the flavor.

Spread with the beaten egg and sprinkle with sesame or nigella.

Bake in an oven that was preheated to 220 C until the burekas are browned.

Tip: You can add spinach, olives, mushrooms, and other kinds of cheese to the filling, to taste..

Vegetable patties with mallow



Ingredients:

1 large onion, finely chopped
3 cups mallow leaves, finely chopped
3-4 eggs
3 tablespoons matza meal
2 tablespoons all-purpose flour
¼ teaspoon black pepper
Oil for frying
Yield: 20-25 patties

Preparation

Place all ingredients in a bowl, mix, drop with a regular spoon and fry on both sides in oil over a medium flame.

Tip: You can add a medium-sized, finely grated zucchini, potato, or other vegetable.

White dip with mallow (like tzatziki)



Ingredients:

- 2 containers of leben
- 2 containers of yogurt
- 1 container of 5% white cheese
- 2 containers of sour cream
- 3 cucumbers, peeled and finely chopped
- Handful of mallow leaves, finely chopped
- 1 clove of garlic, crushed

Preparation:

Mix all ingredients together until well combined (so that the mixture is not too runny or too thick). Refrigerate.

Tip: Cucumbers are optional.

Brik pastries



Ingredients:

- Cigar pastry leaves or brik leaves
- Oil for frying
- Whole raw eggs
- Salt

Potato filling:

Cook two whole potatoes in their skins. Peel and mash with a fork. Add salt, black pepper, and a handful of chopped parsley (optional)

Preparation:

Place oil in a saucepan over a flame. Put a cigar leaf in the pan and put an egg on top. Add a bit of salt, close the leaf tightly, and fry for about one minute.

These can be filled with the potato filling, and you can add mushrooms as well.



Main courses

Shakshuka



Ingredients:

1 onion
3 cloves of garlic, chopped
Oil for sautéing
5-7 tomatoes, cut into cubes
1 tablespoon sweet paprika
Salt and black pepper, to taste
5-6 eggs
Hot pepper, cut into cubes (optional)

Preparation:

Cut the onion into cubes and place in a pan with a bit of oil. Sauté lightly. Add the chopped garlic while sautéing. Add the tomatoes, salt, pepper, and paprika and stir. Cook for 5 minutes and add the eggs. Sprinkle salt and pepper on the eggs, cover, and cook for 10 minutes, until the eggs are well cooked.

Tip: To make green shakshuka, use 4 chard or spinach leaves chopped with their stalks instead of the tomatoes, or in addition to two tomatoes.



Jerusalem mixed grill



Ingredients:

- 2-3 onions, thinly sliced
- 2-3 cloves garlic, thinly sliced
- 5 tablespoons oil
- 200 gr chicken breast, cut into strips or medium-small cubes
- 100 gr chicken hearts, halved
- 100 gr kashered chicken livers (roasted over an open flame) cut into medium strips
- 50 gr spleen (optional)
- 1 level tablespoon sweet paprika
- 1 level teaspoon black pepper
- 1 level tablespoon salt

Preparation:

Sauté the onion in oil for 2-3 minutes over a medium flame. Add the meat and other ingredients in the following order, while stirring: chicken breast, hearts, liver, spleen, garlic and spices. Sauté for another 2-3 minutes.

Serving suggestion: serve with tahini, amba spread, and pita.



Sabich sandwiches



Ingredients:

5 hard-boiled eggs
2 potatoes, cooked in their skins
2 eggplants, sliced in rounds or lengthwise (1/2 cm thick with the skin)
1 jar of amba spread
Salt
Black pepper
Garden cress or parsley, scallions
Pita

Ingredients for tahini spread:

1 cup sesame paste
1/2 cup water
Juice of 1 lemon
1 clove garlic, crushed
1/4 teaspoon salt
1/4 cup chopped parsley.

Ingredients for salad:

3 tomatoes, cut into small cubes
3 cucumbers, cut into small cubes
1 medium onion, cut into small cubes
1/4 cup chopped parsley
2 tablespoons olive oil
Juice of 1/2 lemon
Salt to taste

Preparing the fried eggplant:

place the eggplant slices in a strainer. Sprinkle salt over them and let stand for about one hour to allow the liquid to drain out. Rinse the eggplants, pat dry with a towel or paper towel, and fry on both sides in oil until they are golden in color. Place on paper towel.

Preparing the tahini:

place the sesame paste in a bowl. Add the water and stir until smooth. Add the lemon juice, crushed garlic, salt and parsley. For thinner tahini, add a bit more water.

Each person can prepare his or her own pita sandwich – adding tahini, amba, eggplant, hard-boiled egg, potato, cress, scallions, and salad to taste.

Desserts

Muhallebi pudding



Ingredients:

1 liter milk
250 ml sweet cream
1 cup sugar
1 cup corn starch
1 tablespoon rose water

Preparation:

Pour most of the milk into a pot, reserving 1 cup. Add the sweet cream and sugar and bring to a boil. Meanwhile, in another bowl, mix the remaining 1 cup milk, corn starch, and rose water until the mixture is a smooth liquid with no lumps. When the milk mixture on the stove begins to boil, add the milk and corn starch mixture and stir constantly, until the mixture becomes very thick (about 20 seconds). Turn off the flame, transfer the mixture to a serving dish, and cover with plastic wrap (to prevent a skin from forming). Let cool and refrigerate for at least 4-5 hours, until the muhallebi is very cold and set.

To serve, invert the muhallebi onto a serving plate and tap gently on the bowl to release it.

Garnishes: chopped pistachios, cinnamon, coconut, honey, strawberries – as desired.

Kanafeh pastries



32-cm tray or saucepan

For the bottom layer of kadaif:

150 gr defrosted kadaif noodles
150 gr butter, melted

For the syrup:

½ cup sugar
¾ cup water
1 tablespoon rose water

For the cheese layer:

300 gr ricotta cheese
½ roll soft goat cheese (fromage or similar)

Preparation:

Syrup: place the sugar and water in a pot and bring to a boil. Cook for 3-5 minutes until a syrup forms. Turn off the flame and add the rose water.

Kanafeh: Mix the cheeses with a fork or a mixer with a dough hook until thoroughly combined. Pour into the tray (or saucepan) 6 tablespoons of butter. Place half of the noodles evenly in one layer and spread the cheese mixture on top. Cover with the remaining noodles.

Fry over a medium flame for 3-4 minutes, until golden. Invert carefully on a large plate and return to the tray. Fry for another 3-4 minutes. While frying, add melted butter as needed – whenever the noodles begin to brown.

Pour all of the syrup over the noodles and fry until absorbed. Transfer to serving dish. Serve hot.

Chocolate balls



Ingredients:

1½ packages petit beurre cookies (1½ sleeves)
2 small ready-made chocolate puddings
1 tablespoon chocolate spread
100 gr melted butter (or shortening)

Preparation:

Mix all ingredients together in a bowl and form into balls. Roll in coconut/ground almonds/sprinkles/chocolate flakes as desired. Keep in the refrigerator.