



Weintraub Israel Center Cookbook

Israeli Salad

- 1 pound Persian cucumbers, diced
- 1 pound fresh ripe tomatoes, seeded and diced
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- Salt to taste (I use about 1/2 tsp)

Instructions:

1. Chop all of your vegetables and place into one large bowl.
2. Mix until vegetables are well coated with parsley, oil, lemon juice, and salt.
3. Best served fresh at room temperature. You can also serve chilled for a more refreshing salad.



Falafel

Ingredients:

- Dried chickpeas: AVOID using canned chickpeas! Dried chickpeas (that have been soaked in water for 24 hours) are an important ingredient that will give your falafel the right consistency and taste. (Tip: I usually add about ½ teaspoon of baking soda to the soaking water to help soften the dry chickpeas.)
- Fresh herbs: fresh parsley, cilantro, and dill are key to this authentic recipe.
- Onion: yellow onions, but white or red onions would work.
- Garlic: for best flavor, use fresh garlic cloves.
- Kosher salt and pepper: to taste.
- Spices: cumin, coriander, and a little cayenne pepper. Along with the fresh herbs, this trio of spices is what gives falafel its bold authentic taste.
- Baking powder: this is what gives falafel an airy, fluffy texture (many recipes skip this, causing the falafel to come out too dense.)
- Sesame seeds: these are optional here, but I do like the added nuttiness.



Instructions:

1. Soak chickpeas for 24 hours. Cover them in plenty of water and add baking soda to help soften them as they soak. The chickpeas will at least double in size as they soak. Drain very well.
2. Make the mixture. Add chickpeas, fresh herbs (parsley, cilantro, and dill), garlic, onion, and spices to the food processor and pulse a little bit at a time until the mixture is finely ground. You'll know it's ready when the texture is more like a coarse meal.
3. Refrigerate (important.) Transfer the falafel mixture to a bowl, cover and refrigerate for at least 1 hour or overnight. The chilled mixture will hold together better, making it easier to form the falafel patties.
4. Form patties or balls. Once the falafel mixture has been plenty chilled, stir in baking powder and toasted sesame seeds, then scoop golf ball-sized balls and form into balls or patties (if you go the patties route, do not flatten them too much, you want them to still be nice and fluffy when they're cooked.)
5. Fry. Frying is the traditional way to cook falafel and yields the most authentic and best result. Heat the oil on medium-high until it bubbles softly (your oil should be hot enough around 375 degrees F, but not too hot that it causes the falafel to fall apart.)
Carefully drop the falafel in the oil, using a slotted spoon, and fry for 3-5 minutes until medium brown on the outside. Avoid overcrowding the falafel; fry them in batches if necessary.



Tip: it's always a good idea to fry one falafel first to make sure the oil temperature does not need to be adjusted.

Baba Ganoush Salad

Ingredient

2 eggplants
Tahini sauce (recipe below)
Olive oil
Salt to taste

Instructions:

Cut eggplants in half, coat in olive oil, place in an oven at 400 degrees for around 30 minutes. When done, take out the meat of the eggplant and mix with $\frac{1}{2}$ a cup of tahini sauce and salt.

Tahini Sauce

Ingredients:

$\frac{1}{2}$ cup tahini
 $\frac{1}{2}$ cup water
 $\frac{1}{3}$ cup fresh lemon juice
1 garlic clove (optional)
 $\frac{1}{2}$ -1 teaspoons kosher salt

Instructions:

Combine the tahini, water, lemon juice, garlic and salt in a food processor. Puree the mixture until smooth and creamy. Add more liquid



Shakshuka

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 teaspoon paprika
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Instructions:

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook for an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.



Israeli Chocolate Balls

Ingredients:

2 packages Kedem tea biscuit cookies (8.4 oz / 382 g), or about 48 cookies

6 Tbsp unsalted butter or vegan butter, melted

$\frac{1}{3}$ cup sugar

$\frac{1}{3}$ cup cocoa powder

2 tsp vanilla extract

$\frac{1}{2}$ tsp kosher salt

$\frac{1}{4}$ cup milk or non-dairy milk, plus more if needed

sprinkles or shredded coconut, for rolling

Instructions:

1. Add the tea biscuits to a sealable plastic bag or to the bowl of a food processor. If using a bag, crumble the tea biscuits by using your hands, or with the help of a rolling pin until the cookies are finely crushed. If using a food processor, pulse the cookies until finely crushed into pea-sized crumbles.



2. In a large bowl add the crushed tea biscuits, melted butter, sugar, cocoa powder, vanilla extract and salt. Mix until evenly combined.
3. Add the milk and combine the mixture with your hands until it feels slightly moist and easily holds together when formed into a ball. If it is still crumbly or dry, add more milk, 1 Tablespoon at a time.
4. Scoop out about a tablespoon of the mixture and roll it into a 1"-1½" ball.
5. Add sprinkles (or shredded coconut) to a small dish, and roll each ball in the sprinkles, lightly pressing the ball into the toppings. Transfer to a plate or tray, and place in the refrigerator for at least one hour.
6. Once chilled, the Kadorei Shokolad are ready to serve. They can be stored in an airtight container in the fridge for up to a week.