



My Israeli Cookbook



Put together by the
Cleveland Shinshinim

Hummus

Ingredients:

- 1 can garbanzo beans/chickpeas (rinsed and drained)
- 1/4 cup olive oil (to replace the tahini)
- 1 tablespoon lemon juice
- 1 teaspoon cumin
- Paprika
- Salt (to taste)
- Pepper (to taste)

Directions:

1. In a food processor, blend all the ingredients until smooth and creamy.
2. Drizzle with olive oil and season to taste.



פְּדוּרֵי שׁוֹקוֹלָד

Israeli Chocolate Balls



Ingredients:

8 oz. (250 grams) biscuit cookies

1 stick butter / margarine

1/4 cup bittersweet chocolate or chocolate chips

1/2 cup sugar

3 tablespoons cocoa powder

1/4 cup milk or soy milk

Toppings: powdered sugar, coconut flakes, sprinkles, etc.

Directions:

1. Grind biscuit cookies into finely crushed crumbs.

2. Melt chocolate and margarine in the top of a double boiler over hot water or in the microwave.

3. Combine biscuit crumbs with melted chocolate and margarine, sugar, and cocoa powder.

4. Add the milk slowly until the batter is moist enough to hold together when shaped into balls.

5. Shape the mixture into balls (1-2 tablespoons of mixture per ball).

6. Roll each ball into either powdered sugar or coconut flakes or candy sprinkles.

7. Chill in refrigerator.

Dabo Kolo

(Ethiopian Little Fried Snacks)

Ingredients:

- 2 cups all purpose or wheat flour
- 1/2 teaspoon kosher salt
- 2 Tablespoons sugar
- 1/2 teaspoon cayenne pepper
- 1/4 cup canola or vegetable oil or melted butter
- 1/2 cup water, more or less (depending on the flour and humidity)



Directions:

1. Preheat the oven to 350°.
2. Mix the dry ingredients together, and then add the butter and water. Knead until smooth - the dough will be very stiff.
3. Cover it with plastic and let it rest ten minutes or so.
4. Cut the dough into golf-ball-sized pieces, and roll each one out into a long rope. Using a knife, cut the rope to pieces. Scatter these onto a parchment-lined baking sheet and bake about 10-20 minutes, until crunchy but not dark.
5. Let cool completely.

Israeli Chocolate Rugelach

DOUGH:

7 ounces (200 grams) butter
8 ounces (250 grams) cream cheese
1/4 cup sugar
1 teaspoon vanilla extract
2 cups all-purpose flour

CHOCOLATE FILLING:

1 tablespoon cocoa
1 tablespoon cinnamon
1/2 cup sugar
1/2 cup grated bitter-sweet chocolate
butter, melted

TOPPING:

1 egg
1/4 cup sugar



In a mixing bowl, cream the butter and cream cheese together. Add sugar and vanilla, and mix until smooth. Add flour and mix lightly. Refrigerate dough for an hour or more.

Preheat oven to 350 degrees. Divide the dough into four balls.

On a floured surface, using a floured rolling pin, roll one ball out into a circle until about 1/8 inch thick. In a small bowl, mix the first four filling ingredients together (cocoa, cinnamon, sugar, grated chocolate). Spread some melted butter on the center of the circle. Sprinkle the chocolate mixture on top.

Cut the pastry into pie-shaped wedges. For bite-size and nice looking rugelach, the thick end of the wedge should be about 1 to 1 1/2 inch wide. Start at the wide edge of the wedge and roll the dough up toward the point. Line a cookie sheet with parchment paper.

Place each pastry, seam side down, on the paper.

Brush each pastry with the egg and sugar. Bake for 20-25 minutes or until golden.

Sachlav

Hot Chocolate

Ingredients:

2 tablespoons cornstarch

4 cups milk

3 tablespoons sugar

2 teaspoons rose or orange-blossom water (optional)

Ground cinnamon

Shredded coconut

Chopped chocolate



Directions:

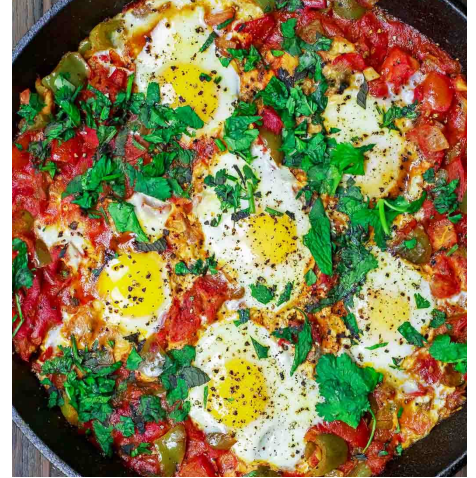
1. Mix cornstarch with a few tablespoons of milk.
2. Bring the remaining milk to a boil. Pour in the starch mixture, stirring vigorously, so that lumps do not form.
3. Then stir in the sugar and the rose water / orange blossom water, if you so desire.
4. Cook over very low heat, stirring continuously, until the milk thickens (about 10 minutes).
5. Serve in cups with the chopped chocolate cinnamon as garnish. You may also sprinkle grated coconut on top.

Shakshuka

Savory tomato and pepper sauce cooked with eggs on top.

Ingredients:

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 large red pepper chopped
- ¼ teaspoon sea salt
- 3 cloves garlic, pressed or minced
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes, optional
- 1 large can (28 ounces) crushed tomatoes, preferably fire-roasted
- 2 tablespoons chopped parsley,
- Freshly ground black pepper, to taste
- 5 to 6 large eggs
- ½ cup crumbled feta, optional



Directions:

- Warm the oil in a large, skillet over medium heat. Add the onion, bell pepper, and salt. Cook, stirring often, until the onions are tender and turning translucent, about 4 to 6 minutes.
- Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly, until nice and fragrant, 1 to 2 minutes.
- Pour in the crushed tomatoes with their juices and add parsley. Stir and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes .
- Using the back of a spoon, make a 4 - 5 wells in the tomato mixture (close to the edges of the pan). Crack one egg directly into each well. Season with salt and pepper.
- Cover the pan and cook until the egg white set, about 10 minutes.
- Garnish with parsley. Enjoy!

Israeli Salad

A variety of fresh vegetables make up this typical Israeli salad. Finely chopped, they are seasoned with olive oil and lemon juice. Prepare it just before serving.

Ingredients:

2 small cucumbers	1 green pepper
4 radishes	2 green onions
1/4 head of lettuce	2 carrots
1 tbsp. chopped parsley	3 medium tomatoes
2 tbsp. olive oil	1 tbsp. lemon juice
1 tsp. salt	1/4 tsp. fresh ground pepper



Directions:

1. Wash and pat dry the vegetables.
2. Peel the cucumbers. Remove seeds and stem of the pepper.
3. Clean radishes and onions.
4. Dice the above and place in large bowl.
5. Shred the lettuce and grate the carrots. Place in the bowl together with the parsley.
6. Cut the tomatoes in small cubes and mix into the bowl.
7. Sprinkle with olive oil and toss to coat all the vegetables.
8. Add lemon juice, salt and pepper. Toss again.
9. Serve and enjoy!



בתאבון!

