

Israeli Cooking - Recipes

Musakhan – Middle Eastern Sumac chicken with sauteed onions (4 servings)

To make 2 medium loaves:
1 kg onions peeled and chopped
2 cups olive oil
2 tablespoons Sumac
1/4 teaspoon cardamom
1/4 teaspoon black pepper
Salt
1 chicken cut into 4 pieces
1/4 teaspoon cardamom
1/4 teaspoon black pepper
2 loaves taboon bread

For the decoration:
Pine nuts for topping
1 tablespoon sumac

- place the onions in a pot and add enough olive oil to submerge the onions completely
- Cook the onions over low heat stirring occasionally till the onions are translucent but still hold their shape and have some texture
- Once the onions are done, place them in a colander to drain off the olive oil. **Do not discard the oil.**
- After all the oil has been drained off, sprinkle the onions with sumac, cardamom and black pepper and toss them till they are completely coated with sumac (note that the color and the taste will deepen when you leave the onions aside so add the sumac gradually, you can always add more if you want)

Chicken:

Season the chicken on both sides with 1/4 teaspoon cardamom, 1/4 teaspoon black pepper and a pinch of salt.

Place the chicken cuts in a pot or pan, skin side down and cook over medium heat till the skin is golden brown, lower the heat, flip them and cook them on the other side till they are done (20-30 minutes).

To assemble the musakhan:

Pre heat the oven to 200C and place the rack on the bottom

place the laffa bread in the oven for 2-3 minutes to crisp it slightly (this prevents it from going soggy when you top it with the onions).

Brush the laffa bread with some of the olive oil you strained from cooking the onions and top it with onions and chicken.

Place in the oven for 10 minutes. Take out of the oven and top with pine nuts, sprinkle with the sumac and serve with tahini.

Kebab / Middle East Style

Ingredients:

- o 1.5 Kg. ground beef & lamb

- o 1/2 cup parsley, chopped finely
- o 4 garlic cloves, chopped finely
- o 1 medium onion, chopped finely
- o 1 tablespoon salt
- o 1/4 teaspoon pepper
- o 1/4 teaspoon cardamom
- o 1/4 teaspoon turmeric
- o 1/2 teaspoon cumin
- o 1 teaspoon paprika
- o Pinch of cinnamon
- o Pinch of sugar

Preparation:

1. In a food processor mix the fresh parsley, garlic, and onion and mix it until there are no clumps. The finer its chopped the better.
2. Mix the ground beef with all the spices.
3. Add the parsley mixture to the meat and mix well, making sure all the parsley is mixed into the meat as evenly as possible.
4. Make pieces of meat that look like fat fingers and slide onto skewers.
5. Either put on the grill and cook on each side until well done or put under the broiler on a piece of aluminum foil and cook each side until done.

Israeli Salad Recipe (4 servings)

Directions:

2 extra large tomatoes
2 English cucumber
1/2 medium red onion
1 red bell pepper
1 yellow bell pepper
1/2 Cup herbs (parsley, mint or cilantro, or a mix)
zest of one lemon
Lemon juice (start with 1/2 a lemon, more to taste)
4 tablespoons olive oil
Salt and pepper, to taste

Preparation:

Chop the first 6 ingredients into a very small fine dice. The smaller, the better. Place in a large bowl and toss with the lemon zest, olive oil, lemon juice, salt, pepper.

Shakshuka - Middle Eastern dish of eggs in a tomato sauce (Serves 4-6)

- 3 tablespoons olive oil
- 800 g canned crushed tomatoes
- 9-10 garlic cloves, chopped small
- 1 tablespoon sweet paprika
- 1/2 teaspoon hot paprika/hot chili
- 1/2 teaspoon salt
- 1/4 teaspoon cumin

- 1/4 cup parsley, roughly chopped
- 4-6 eggs
 1. Heat the oil in a large skillet or pan with lid over low heat.
 2. Add the chopped garlic, paprika, cumin, & pipelchuma to the pan and saute for 2-3 minutes until fragrant.
 3. Mix in the canned tomatoes & salt. Cover the with lid and simmer for 15 minutes. Add and mix in the cilantro leaving a bit out of the pan to garnish with later.
 4. Make pockets in the sauce with a wooden spoon or spatula and very carefully crack the eggs into them. Make sure to space the eggs out. There should be sauce in between each egg for them to cook properly (and prettily).
 5. Immediately cover the pan, turn the heat up a bit to medium and cook without lifting the lid for 5-8 minutes depending on how you like your egg yolks. 5 for runny and 8 for cooked.
 6. Eat right away while its piping hot.

Hummus (6 servings)

- 1 1/4 cups dried chickpeas
- 1 teaspoon baking soda
- 6 1/2 cups water
- 1 cup plus 2 tablespoons tahini (light roast)
- 4 tablespoons freshly squeezed lemon juice
- 4 cloves garlic, crushed
- 6 1/2 tablespoons ice cold water
- Salt
- Extra Virgin olive oil, to serve (optional)

1. The night before, put the chickpeas in a large bowl and cover them with cold water at least twice their volume. Leave to soak overnight.
2. The next day, drain the chickpeas. Place a medium saucepan over high heat and add the drained chickpeas and baking soda. Cook for about three minutes, stirring constantly. Add the water and bring to a boil. Cook, skimming off any foam and any skins that float to the surface. The chickpeas will need to cook for 20 to 40 minutes, depending on the type and freshness, sometimes even longer. Once done, they should be very tender, breaking up easily when pressed between your thumb and finger, almost but not quite mushy.
3. Drain the chickpeas. You should have roughly 3 2/3 cups now. Place the chickpeas in a food processor and process until you get a stiff paste. Then, with the machine still running, add the tahini paste, lemon juice, garlic, and 1 1/2 teaspoons salt. Finally, slowly drizzle in the ice water and allow it to mix for about five minutes, until you get a very smooth and creamy paste.
4. Transfer the hummus to a bowl, cover the surface with plastic wrap, and let it rest for at least 30 minutes. If not using straightaway, refrigerate until needed. Make sure to take it out of the fridge at least 30 minutes before serving. Optionally, to serve, top with a layer of good quality olive oil. This hummus will keep in the refrigerator for up to three days.

Thina (Tahini)

Ingredients:

- 1 cup tahini (sesame seed paste)
- 1/2 cup fresh lemon juice
- 1/2 cup (or more) water

Preparation:

Spoon tahini into medium bowl. Add lemon juice and whisk until smooth. Add 1/2 cup water and whisk until well blended, adding more water by tablespoonfuls if mixture is very thick.

Falafel

Ingredients:

- 1 cup dried chickpeas
- 1/2 large onion, roughly chopped (about 1 cup)
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh cilantro
- 1 teaspoon salt
- 1/2-1 teaspoon dried hot red pepper
- 4 cloves of garlic
- 1 teaspoon cumin
- 1 teaspoon baking powder
- Soybean or vegetable oil for frying
- Chopped tomato for garnish
- Diced onion for garnish
- Diced green bell pepper for garnish

Preparation:

1. Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight, then drain. Or use canned chickpeas, drained.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not pureed.
3. Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.
4. Form the chickpea mixture into balls about the size of walnuts, or use a falafel scoop, available in Middle-Eastern markets.
5. Heat 3 inches of oil to 375 degrees in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels. Stuff half a pita with falafel balls, chopped tomatoes, onion, green pepper, and pickled turnips. Drizzle with tahina thinned with water.

Bulgur salad with lemon and cranberries Recipe

Ingredients:

- 100 g chopped walnuts

- 50 g chopped spring onions
- handful of parsley chopped
- handful of celery chopped
- handful of arugula leaves
- 1 cup of cooked black lentils
- 50 g dried cranberries
- 2 tbsp 500 ml vegetable or chicken stock
- 200 g coarse bulgur Boiled in water to soften
- pinch of black pepper
- pinch of dry chili (or fresh)
- 1 lemon diced with peel
- sea salt, as necessary
- Olive oil

Preparation:

Mix all ingredients, checking flavors and Serve.

Sahlab - Middle Eastern Pudding (servings: 3-5)

- 4 cups milk (or coconut milk)
- 1/2 cup cornstarch
- 1 teaspoon vanilla
- sugar (to taste)

Toppings

- ground cinnamon (to taste)
- unsweetened dried shredded coconut (to taste)
- chopped peanuts (to taste)

Preparation:

1. Combine cornstarch and water in a small cup and stir well.
2. Add milk to a soup pan or dutch oven pot.
3. Stir in cornstarch mixture in milk before it gets warm.
4. Add in vanilla and sugar.
5. Must stir constantly until it comes to a boil.
6. Let boil for 2 minutes, meanwhile still stirring.
7. Serve in dessert bowls.
8. Top with cinnamon, coconut and chopped peanuts