

Yom HaAtzmaut Recipes

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Pita Recipe

Ingredients:

- 1 package active dry yeast
- 1 teaspoon sugar
- 1 1/2 cups warm water
- 1 teaspoon salt
- 3 1/2 cups bread flour, plus more for dusting
- 1 teaspoon olive oil

Directions:

In the bowl of a heavy-duty electric mixer fitted with a dough hook, combine the yeast, sugar, and warm water; stir to blend. Let the yeast stand until foamy, about 5 to 10 minutes.

Stir in the salt. Add the flour, a little at a time, mixing at the lowest speed until all the flour has been incorporated and the dough gathers into a ball; this should take about 4 minutes.

Turn the dough onto a lightly floured surface and knead until it's smooth and elastic. Transfer the dough to a lightly oiled bowl, turn it over to coat, and cover with plastic wrap. Allow to rise until double in size, about 1 1/2 hours.

Place a large pizza stone on the lower oven rack, preheat the oven (and stone) to 500 degrees F.

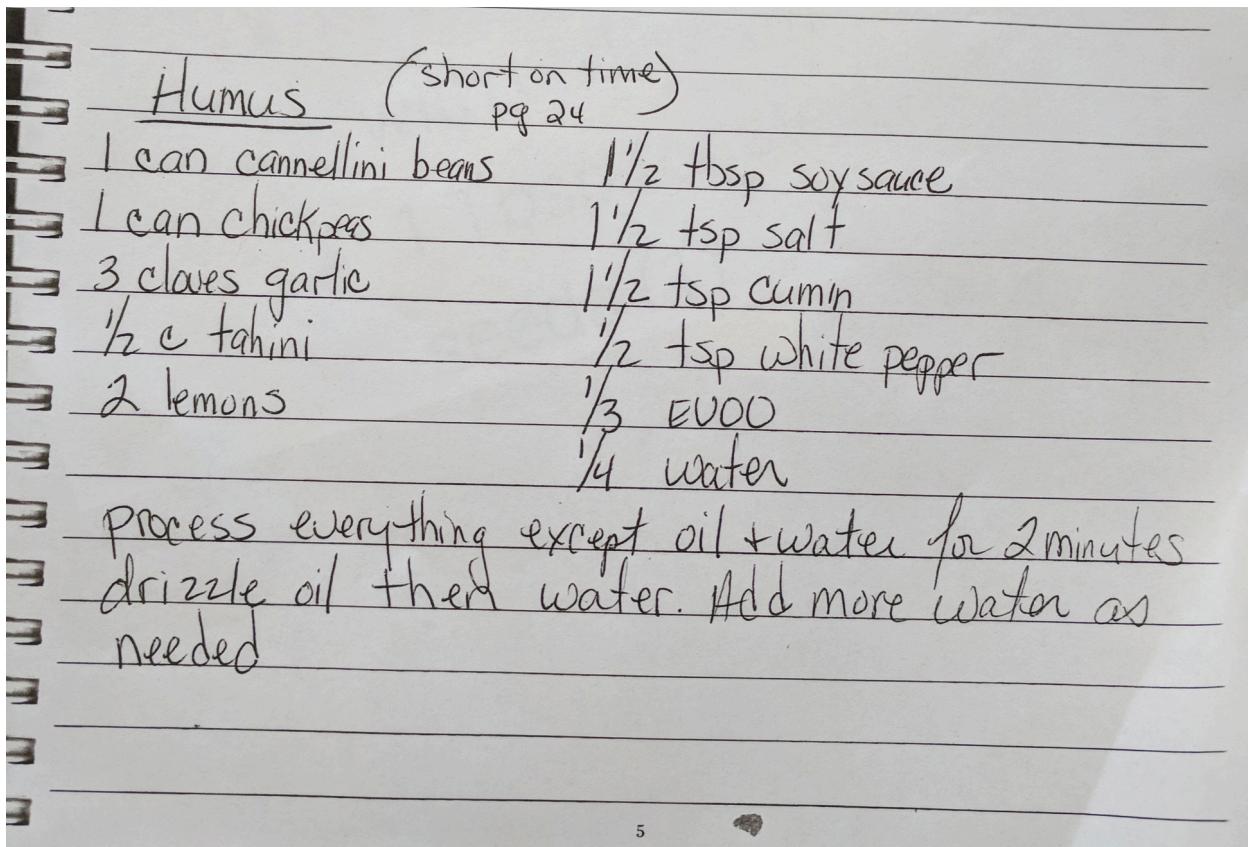
Punch the dough down, divide it into 8 pieces, and gather each piece into a ball; keeping all of them lightly floured and covered while you work. Allow the balls of dough to rest, covered, for 15 minutes so they will be easier to roll out.

Using a rolling pin, roll each dough ball into a circle that is about 8-inches in diameter and 1/4-inch thick. Make sure the circle is totally smooth, with no creases or seams in the dough, which can prevent the pitas from puffing up properly. Cover the disks as you roll them out, but do not stack them up.

Put 2 pita rounds at a time on the hot pizza stone, or inverted baking sheet and bake for 3 to 4 minutes, or until the bread puffs up like a balloon and is pale golden.

Watch closely; they bake fast. Remove the bread from the oven and place on a rack to cool for 5 minutes; they will naturally deflate, leaving a pocket in the center. Wrap the pitas in a large kitchen towel to keep them soft.

Humus Recipe



Falafel

Ingredients:

- 1 (15-ounce) can chickpeas (drained)
- 1 tablespoon garlic (minced)
- 1 medium onion (finely chopped)
- 2 tablespoons fresh parsley (finely chopped)
- 1 teaspoon coriander
- 3/4 teaspoon cumin
- 1/2 teaspoon salt
- Pepper (to taste)
- 2 tablespoons flour
- 3 cups canola or vegetable oil (or amount needed for frying)

Directions:

Combine chickpeas, garlic, onion, parsley, coriander, cumin, salt, and pepper (to taste) in a medium bowl. Add flour and combine well.

Mash chickpeas, making sure to mix ingredients together. You can also combine ingredients in a food processor. You want the result to be a thick paste.

Form the mixture into small balls, about the size of a ping-pong ball. Slightly flatten. Fry in 2 inches of oil at 350 F until golden brown (2 to 5 minutes).

Serve falafel by itself, or with hot pita bread with veggies, or tahini sauce.