

ISRAELI COOKING WITH NADAV

Our Westchester Shaliach

Tuesday, July 28th - 12 to 1 pm

To register for this event please go to our website at
www.wjcouncil.org

On the Menu - A Jewish Iraqi Brunch of
Ih'jeh—an Iraqi Frittata and
Sabich Plate—Jewish Iraqi street food

To cook along with Nadav please have ready in advance:

Ih'Jeh

2 red potatoes—big
1 medium sized onion
Parsley bunch
4 large eggs
3 tablespoons of white flour
1 teaspoon of salt
1/2 teaspoon black pepper
A pinch of cumin
1/2 teaspoon of Paprika
Ovenproof frying pan

Sabich

1 sliced Eggplant
1 yellow potato, boiled and peeled
3 hardboiled eggs
2 small chopped cucumber
2 small chopped tomatoes
2 pickles



Nadav will teach you how to cook these dishes from his family's cuisine in Israel, give you some history about the dishes and explain the importance to him and his family.

