



2019-2020  
SHINSHINIM  
ROCHESTER  
PRESENT:

---

# ISRAELI RECIPE BOOK

---





# **we just wanted to say...**

**This year was an incredible experience for all of us.  
this community was so amazing, welcoming and each  
one of you have a great part in it.**

**All three of us remember how we felt on the first  
community event- shy, not recognizing anybody and full  
of excitement. By the end, at the last community event  
we were part of the community, recognizing everyone.  
We went through so much and we will never forget this  
incredible period of time. We are thankful!  
Like we always say: cold place warm people.**

**COME VISIT US IN ISRAEL!**

**miss you all**

**Keren, Ori and Yael**



# Eggplant and Tahini

חצילים בטחינה

## INGREDIENTS

- 1 medium eggplant
- Sea salt
- Olive oil (for roasting)
- 2-3 Tbsp lemon juice
- 1 large clove garlic (grated or finely minced)
- 2 Tbsp tahini
- 2 Tbsp fresh cilantro, parsley or basil (optional /chopped)

## DIRECTIONS

1. Preheat oven to 400F
2. Slice your eggplant into 1/4 inch rounds and sprinkle with sea salt and place in a colander in the sink to drain any excess liquid.
3. After 10 minutes, rinse slightly and dry.
4. On a baking sheet, drizzle with olive oil and a pinch of sea salt.
5. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown.
6. Remove from pan, stack and wrap the rounds in foil to lock in moisture – wait 5 minutes.
7. Once the eggplant has cooled enough, peel the skin and add the eggplant to a food processor. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy.
8. Add herbs last and pulse to incorporate. Taste and adjust seasonings as needed.

ENJOY!



Be-te-a-von! בתאבון  
a Hebrew word for- Enjoy your meal



# Pita bread

פיתה

## INGREDIENTS

1 pound flour  
1 1/4 tablespoons of yeast  
2 tablespoons of sugar  
1/4 cup of oil  
1 Tablespoon of salt  
3-3.5 cups of water



## DIRECTIONS

1. In the mixer bowl we will knead all the ingredients for a good flexible dough ball.
2. Cover the bowl and place the pita dough and allow to rise for an hour.
3. We will knead the pita dough again, kneading it manually for about 3 minutes, cover and allow to rise for another half hour.
4. Put your hands together and make 15 small balls out of the dough.
5. Cover the balls with a towel and allow to rise for about fifteen minutes.
6. We will flour a work surface and roll the dough balls into pita-sized circles.
7. Place 4 pitas at a time on a baking pan on a floured baking paper.
8. Bake in a 450 f degree oven for 2 minutes on one side, turn the pitas over, and bake for another 1-2 minutes on the other side. The pita will puff nicely and should be ready.

Le-hem לחם  
means bread in Hebrew

ENJOY!

# Falafel

לפפלים

## INGREDIENTS

2 cups dried chickpeas  
5 coriander stems  
6 parsley stalks  
2 medium onions peeled and cut into quarters  
5 cloves of garlic  
2 teaspoons cumin  
1 teaspoon salt  
Half a teaspoon of paprika  
A quarter teaspoon of black pepper  
Half a teaspoon of baking soda  
3 teaspoons water  
Oil for frying

## DIRECTIONS

1. Place the chickpeas in a bowl, cover with water and soak for at least 12 hours up to 24 hours.
2. Rinse the soaked beans and grind in a food processor with the coriander, parsley, garlic and onion until a uniform puree is obtained.
3. Transfer to a bowl and add the remaining ingredients except oil.
4. Stir for 20 minutes.
5. Make small balls with your hands from the mixture and set aside.
6. Heat oil for deep frying and fry the balls until golden brown.
7. Remove to absorbent paper and serve immediately.

ENJOY!



# Israeli Salad

סלט ישראלי

## DIRECTIONS

---

1. Dice the vegetables and cut the lettuce.
2. Combine all ingredients together in a large bowl.
3. Season with salt, lemon and olive oil to taste.
4. Mix well the salad, you can add your toppings if desired.

## INGREDIENTS

---

3 cucumbers

2 tomatos

1\2 package lettuce

1 Red bell pepper

1\2 squeezed lemon

2 spoons of olive oil

A little salt

If you like to add anything else,for  
example: Olives, Onion,herbs, Corn...

ENJOY!



Ta-im טעים

means tasty in Hebrew

# Schnitzel

שניצל

## INGREDIENTS

2 pieces chicken breasts; divided into 4

2 eggs, beaten

Panko breadcrumbs (or whatever  
breadcrumbs you want)

plain flour

sesame seeds (optional)

salt and pepper (hot\ sweet)

paprika

## DIRECTIONS

1. Pound the meat until it is about a quarter of an inch thick.
2. Mix salt, pepper and hot paprika then set aside inside the fridge.
3. Prepare 3 shallow bowls and 1 empty plate. One with your beaten eggs, one with flour plus some salt and one with bread crumbs plus sesame seeds and a little ground pepper. The other extra plate is where you will place your well-coated chicken breasts before frying.
4. Dip your chicken breasts one by one into your 3 bowls. First with beaten eggs, then with flour, back to your beaten eggs then finally with your Panko breadcrumbs. Coat well and set aside using your empty plate.
5. Heat your oil in a pan in medium-low heat. Wait until it's hot enough but not too hot for it will burn your crumbs in no time. It will only take about 2-3 minutes to cook per side because the meat is very thin.
6. Transfer into a plate with paper towel to soak off excess oil.

ENJOY!



# Bourekas

בורקס

## INGREDIENTS

2 sheets puff pastry (you can also use filo dough)

1/2 cup crumbled feta cheese

1/3 cup grated kashkaval cheese (or substitute another 1/3 cup feta)

1/3 cup ricotta cheese

1 large egg

Salt and pepper

1 large egg yolk

1 tbsp sesame or poppy seeds for topping (optional)

Nonstick cooking oil spray

גבינה Gvina

means cheese in Hebrew

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, combine feta, kashkaval, ricotta, egg, a pinch of salt and a pinch of black pepper (if using all feta cheese, you may not need to add any salt).
3. Open the dough and cut into squares of the desired size
4. Brush each square with melted butter.
5. place on each square a little cheese and fold into a triangle (tighten around).
6. Scramble egg and spread on each triangle.
7. Sprinkle over sesame seeds.
8. Place in a baking sheet and bake until golden, for 10-15 minutes.

ENJOY!





# Shakshuka

שקשוקה

## DIRECTIONS

1. Heat oil in pan and add the garlic and the peppers.
2. Then add the tomatoes and spices to the cooking for about 10 to 15 minutes.
3. Add the eggs and cook for another 3 to 4 minutes without injuring the yolk (to your liking).

\* The Doctor recommends eating straight from the pan!

## INGREDIENTS

Half a cup of oil  
2 spicy green peppers  
1 head of peeled garlic clove  
5-6 large ripe tomatoes  
2 teaspoons salt  
Spoonful of spicy paprika (to taste)  
2 teaspoons sweet paprika  
6-8 eggs

ENJOY!

מעולה Me- oo- le  
means great in Hebrew



# Chocolate balls

כדורי שוקולד

## INGREDIENTS

7 ounces (about 30) biscuits (our recommendation is Osem's Petit Beurre)

3/4 cup granulated sugar

5 tablespoons unsweetened cocoa

tablespoons milk

1 teaspoon vanilla

3.5 ounces (7 tablespoons) of butter or margarine, softened

coconut, in a bowl

Sprinkles, in a bowl

## DIRECTIONS

1. Put the biscuits in a plastic or paper bag and close tightly. Using a rolling pin or meat tenderizer crush or pound the biscuits until the biscuits have the consistency of rice.
2. Pour the biscuits into a large bowl. Add the sugar, cocoa and mix well. Add the vanilla, softened butter, milk and stir until the batter comes together. If the mixture doesn't bind, add another tablespoon of milk.
3. Take a tablespoon of the batter and roll it between the hands to form a ball.
4. Coat these balls in either coconut or sprinkles by rolling them from side to side. Place on a serving tray.

ENJOY!



Ka-door כדור

means ball in Hebrew

# Malabi

מלבי

## INGREDIENTS

4 cups milk

1 cup sugar

5 tablespoons cornstarch,  
diluted in 1/4 cup water

2 tablespoons rosewater or  
orange flower water

4 ounces chopped nuts

Maple or other sweet syrup

## DIRECTIONS

1. Put the milk and the sugar in a pan and bring the mixture to a boil, Always stirring.
2. add the cornstarch and water mixture.
3. Cook over medium heat until the pudding thickens – up to 5 minutes.
4. Stir in the rosewater.
5. Ladle into small bowls. Cool the pudding and then refrigerate it until cold.
6. Garnish the servings with chopped nuts and a swirl of syrup.

ENJOY!



# Knafeh

כנאפה

## INGREDIENTS FOR SUGAR SYRUP-

4 cups (1 kg) Granulated Sugar (add few drops of red food coloring, optional)  
2 cups (500 ml) water  
1 tsp (5 ml) lemon juice

## INGREDIENTS FOR THE KNAFEH-

1/2 kg shredded phyllo dough  
1 kg mozzarella cheese, grated  
1 1/2 cup (284 g) butter, melted  
orange food colouring, powdered or liquid (optional)  
3/4 cup (100 g) crushed pistachios

## DIRECTIONS

1. Mix the sugar, water, and lemon juice together in a pot. Place over medium-high heat and bring to a boil, stirring occasionally until the sugar dissolves. Remove from the heat and set aside to cool completely.
2. Preheat oven to 375°F (190°C).
3. Make sure to thaw the shredded phyllo dough before using.
4. Transfer it to a large bowl. Pour the melted butter and food coloring (if using) over the shredded phyllo and mix in with your hands until butter and food coloring are evenly distributed.
5. Spread half the dough in a large round cake pan or a 9x13 baking dish.
6. Press firmly into the pan. Spread the cheese over top of the dough, leaving at least an inch of space around the edges.
7. Cover the cheese with the remaining dough, making sure to cover the edges first to seal the cheese and prevent it from leaking during baking. Press in firmly.
8. Bake in the preheated oven for 15 minutes. Once baked, remove from the oven and carefully flip over onto a serving tray or plate. Spoon the cooled simple syrup over the knafeh, then gently pour the remaining syrup over top. Decorate with crushed pistachios and serve warm.

ENJOY!





# Biscuit Cake

עוגת ביסקוויטים

## INGREDIENTS

2½ cups Cream cheese, room temperature  
1 1/3 cups Heavy cream, cold  
¾ cup powdered Sugar  
1 teaspoon Vanilla extract

For the chocolate ganache:

1/2 cup Heavy cream  
3.5oz Dark chocolate

14oz Biscuits/graham crackers (our  
recomendation is Osem's Petit Beurre)  
2/3 cup Milk

## DIRECTIONS

1. In a large bowl put cream cheese, powdered sugar and vanilla extract. Beat until smooth.
2. Add heavy cream and beat to medium-stiff peaks. Set aside.
3. Dip the biscuits in the milk and arrange in the bottom of 13"X9" dish. Spread half of the cream over the biscuit layer.
4. Then arrange another layer of dipped biscuits.
5. Spread the remaining cream over the biscuits. Arrange last layer of dipped biscuits on top.
6. Cover the dish with plastic wrap and refrigerate for at least 4 hours or overnight.
7. Make the ganache: chop the chocolate and place in a heatproof bowl. Heat the cream in a small pot over medium low heat, until simmering. pour the hot cream over the chopped chocolate, let sit 2 minutes, then whisk until smooth. Pour the chocolate ganache on top of the cake, spread evenly and refrigerate for 1 hour, until set.

ENJOY!

Ooga עוגה

means cake in Hebrew



The ShinShinim program is a partnership between the Jewish Federation of Greater Rochester and the Jewish Agency for Israel and is a program of Partnership2Gether (P2G), Rochester's amazing connection with the people of Modi'in.

