



Basic Falafel

Adapted from The Book of New Israeli Food by Janna Gur

Yield: 10 – 12 servings

Ingredients

2 # + 4 oz	Dried chickpeas, soaked 12 – 24 hours
1 ea	Yellow onion, large
2/3 C	Garlic cloves, peeled
½ C	Italian flat leaf parsley, fresh, rough chop
½ C	Cilantro, fresh, rough chop
1 tsp	Coriander seeds, toasted
½ - 1 tsp	Dried red chili flakes
1 ¼ tsp	Ground cumin
Pinch	Ground cardamom
1 T	Salt
1 tsp	Freshly ground black pepper
1 level tsp	Baking powder
2 T	All-purpose flour
1 level T	Baking soda
4 – 5 T	Water
As needed	Oil, for frying

As needed for Service

Pita bread • Tahini (dip) • Hummus • Assorted Salads • Shredded Green and / or Red Cabbage
Diced Tomato • Diced Onion • Diced Bell Pepper • French Fries • Deep Fried Cauliflower • Zhug •
Harissa • Assorted Pickled Vegetables • Assorted Salads

Method

1. Drain the soaked chickpeas and rinse thoroughly. Grind them in a food processor with the onion, garlic, parsley, cilantro, and dried red pepper flakes. Do not puree! The mixture should be as a course meal. A coarse consistency = a crunchier falafel! Season with cumin, cardamom, salt and pepper. Add the baking powder and flour and mix well. Refrigerate for at least 1 hour.
2. Before frying, dissolve the baking soda in the 4 – 5 T of water and add to the falafel batter. Mix well.
3. Moisten your falafel scooper (yes! There actually is a gadget for this!), or your cookie / ice cream scoop, or your hands, and roll the falafel mix into walnut size balls.
4. Heat the frying oil to approximately 350°F, a medium heat. Fry in small batches, turning as needed, until the falafel balls are golden brown, 4 – 5 minutes. Remove from the oil and drain. Serve immediately with all your favorite toppings.

Basic Hummus

Adapted from The Book of New Israeli Food by Janna Gur

Yield: 8 - 10 appetizer size servings

Ingredients

1 # + 2 oz	Dried chickpeas
1 T + ½ tsp	Baking soda
2/3 C - 1 C	Tahini, raw
1 T	Lemon juice, fresh
2 ea	Garlic cloves, crushed
As needed	Salt

Method

1. Soak the chickpeas with 1 T of baking soda overnight in a large bowl with cold water to cover by 2".
2. Drain and rinse thoroughly. Place the chickpeas in a large pot and add water to cover by 1". Add the remaining baking soda and bring to a boil. Cook, covered, over a low heat for 2 – 3 hours until the chickpeas are very soft. Cool slightly and drain, reserving some of the cooking liquor.
3. Place the chickpeas in a food processor, add 2/3 C tahini and process until almost smooth. If the paste is too thick, add a bit of the cooking liquor.
4. Season with lemon juice, garlic and salt. Taste. Adjust seasoning. For a creamier hummus add the remaining tahini and process until smooth and fluffy.

Lemon - Parsley Tahini

Adapted from The Foods of Israel Today by Joan Nathan

Yield: 8 - 10 appetizer size servings

Ingredients

¾ C	Tahini, raw
½ C	Lemon juice, fresh
1 ea	Garlic clove
2 T	Water
1 C	Italian flat leaf parsley, fresh, rough chop
As needed	Salt and freshly ground black pepper

Method

1. Process the tahini, lemon juice and garlic in a food processor until smooth. If the tahini is too thick, add a few T of water; it will thin it down and transform the color to that of a creamy white.
2. Stir in the parsley and season with salt and pepper. Adjust seasonings and tartness as needed.

Roasted Eggplant Salad with Tahini

Adapted from The Book of New Israeli Food by Janna Gur

Yield: 8 - 10 appetizer size servings

Ingredients

2 ea	Eggplant, whole
½ C	Tahini, raw
3 – 4 T	Lemon juice, fresh
2 ea	Garlic cloves, crushed
3 T	Italian flat leaf parsley, fresh, rough chop
As needed	Salt and freshly ground black pepper
As needed	Extra virgin olive oil
As needed	Toasted sesame seeds or pine nuts, garnish

Method

1. Roast the eggplant as follows: line your stove top with aluminum foil and place the whole eggplant on a rack over the open flame. “Roast” turning as needed, until the skin is scorched and blackened, and the flesh feels soft when pierced. The eggplant can also be broiled in the oven or grilled on a barbecue!
2. Cool slightly. Cut the eggplant in half lengthwise and scoop out all of the flesh with a spoon leaving the scorched skin behind.
3. Mix together the tahini, lemon juice, garlic, parsley, salt and pepper and combine it with the eggplant. If the mixture is too thick, gradually add water until your desired texture is achieved.
4. Plate, drizzle with a bit of extra virgin olive oil, and garnish with toasted sesame seeds or pine nuts.

Crunchy, Lemony Cabbage Salad

For a “new age” version, add some crumbled bleu cheese at the last minute.

Yield: approximately 10 servings

Ingredients

1 ea (about 2#)	Green cabbage, whole, shredded
1 tsp	Lemon salt*
1 ½ ea	Lemons, juiced
3 ea	Garlic cloves, crushed
1 T	Sugar
As needed	Salt and freshly ground black pepper
3 T	Extra virgin olive oil
2 - 3 T	Italian flat leaf parsley, fresh, rough chop

Method

1. Toss the cabbage with the lemon salt in a non-reactive bowl.
2. Combine the lemon juice, garlic, and sugar and whisk in the oil in a slow, steady stream.
3. Dress the cabbage and toss well. Cover and refrigerate, allowing the flavors to marinate for several hours or even overnight.
4. Just before serving, add the parsley and toss well. Adjust seasonings with sugar and lemon juice.

Classic, Traditional Israeli Vegetable Salad

Vegetables should be room temperature.

Adjust vegetables seasonally with (for example) radish, fennel, zucchini, scallion and chives.

Yield: 4 servings

Ingredients

1 ea	Lemon
4 ea	Red tomatoes, medium dice
4 ea	Persian (or Japanese) cucumbers, unpeeled, medium dice
1 ea	Red onion, small dice
1 ea	Red bell pepper, seeded, medium dice
1 ea	Garlic cloves, crushed
½ ea	Hot green or red pepper (jalapeno may be substituted), optional
2 - 3 T	Italian flat leaf parsley and / or cilantro, and / or mint, fresh, rough chop

Method

1. Zest the lemon and toss with the tomatoes, cucumber, onion, bell pepper, garlic and hot peppers. Juice the lemon onto the vegetables and toss to combine.
2. Add the fresh herbs and toss together. Serve immediately.

Zhug / Zhoug / Z'hug

Yemenite Hot Chili Sauce (Green)

Yield: approximately 2 C

Ingredients

1#	Serrano chilis (jalapeno may be substituted)
5 heads	Garlic cloves, peeled
2 - 3 T	Cilantro, fresh
1 tsp	Dried red chili flakes
½ tsp	Ground cumin
As needed	Salt
¼ C	Olive oil, to cover

Method

1. Process chilies, garlic and cilantro in a food processor until combined to a course puree.
2. Stir in red chili flakes and cumin. Season with salt.
3. Store in refrigerator in a glass jar with olive oil to cover.

Harissa

Tunisian Hot Chili Sauce (Red)

Yield: approximately 1 C

Ingredients

4 oz	Dried New Mexican chilies (about 18), stems and seeds removed
8 ea	Garlic cloves, peeled, crushed
½ tsp	Ground cumin
½ tsp	Ground coriander
1 tsp	Coarse salt
¼ C + ¼ C	Olive oil

Method

1. Soak the chilies in hot water to soften. Drain and squeeze out any excess moisture.
2. Process them with the garlic, cumin, coriander and ¼ C olive oil in a food processor until a smooth, thick puree is achieved.
3. Store in refrigerator in a glass jar with olive oil to cover.

Note: Best made a few days prior to use.

Pickled Vegetables

Yield: approximately 1 qt

Ingredients

2 ½ #	Assorted vegetables, seasonal (carrots, celery, zucchini, fennel, cauliflower, bell peppers, cabbage, turnip, kohlrabi, etc)
3 qt	Water
1 C	Vinegar
½ T	Turmeric
¼ T	Hot paprika
1 T	Kosher salt
¼ bu	Dill, fresh, sprigs
8 ea	Garlic cloves, peeled

Method

1. Prep the vegetables into chunks, slices, florets or long, thin pieces.
2. Heat the water; just before it comes to a boil, add the carrots and celery (if using!). As soon as the water returns to a full boil add the vinegar, turmeric, paprika, salt and additional vegetables. Return the water to a boil once again and turn off the heat.
3. Drain the vegetables, reserving the cooking liquor. Place a small handful of dill sprigs in the bottom on the glass jar and then add half of the garlic cloves. Add half of the vegetables, top with the rest of the dill and garlic and then add the rest of the vegetables.
4. Cover with some of the vinegar – water solution and close the jars tightly.
5. Refrigerate at least overnight before using.