

The Synagogue Life Committee sponsored a very successful Israeli Cooking Demonstration and Brunch on May 5, 2013. About 25 people learned how to prepare typical Israeli dishes, including Burekas & a variety of salads. Of course, the highlight of the morning was sampling the results! The session was led by Perri Liberty, an Israeli-born member of Beth El, who shared some of her favorite recipes. Participants included Beth El members of all ages, from students to retirees, and all had a wonderful time asking questions, cooking, eating, and socializing. Below you will find recipes for the dishes we prepared:

Burekas

Pastry Dough

Fillings:

Cheese

Ricotta, Feta, Flour, Nutmeg & Egg (3 - 1 ratio of Ricotta to Feta)

The feta cheese Perri recommends is from Trader Joes and won an award for the best feta in the world. It is a product of Israel and is called "Pastures of Eden".

Potato

Potatoes, Stock, Salt, Black Pepper, Fresh Parsley & 1 Egg

Mushroom

Sauteed Mushrooms, Onions & Garlic, Salt, Black Pepper & Nutmeg & 1 Egg

Eggplant

Roasted Eggplant (on open flame or grill), Sauteed Onions & Garlic, Salt & Black Pepper & 1 Egg

Defrost the pastry dough. Cut into squares. Mix fillings with part of the egg. Spoon filling onto dough. Fold dough over filling to form either a triangle or a rectangle. Lay burekas on a baking dish and brush them with remaining beaten egg. Bake at 400 for 10 minutes then reduce the temperature to 350 for 20 minutes, or until golden brown.

Salads

Pickled Salad (Julienne cut Vegetable Salad)

Carrot, Celery, Red Bell Pepper, Green Bell Pepper, Turnip, Cauliflower, Salt & Vinegar (Apple Cider or Regular)

Julienne the vegetables. Add just enough salt and vinegar to taste.

Israeli Salad

Cucumber, Tomatoes, Green Onions, Red Bell Pepper, Green Bell Pepper, Olive Oil, Lemon, Salt & Black Pepper

Dice the vegetables into small pieces. Add just enough olive oil, lemon, salt and pepper to taste.

Cauliflower Salad

Cauliflower, Salt, Black Pepper & Vinegar (Apple Cider or Regular)

Cut the cauliflower into small, bite sized pieces. Mix in a bowl with a small amount of the salt, Pepper and vinegar

Tahini Salad

Tahini Paste, Ice Water, Lemon Juice, Salt, Parsley

This should be a liquid-like consistency, like glue. Use enough lemon, salt and parsley to taste.

Cucumber Salad

Cucumbers, Dill, Salt, Black Pepper & Vinegar (Apple Cider or Regular)

Slice cucumbers into circles. Add enough spices and vinegar to taste.

Carrot Salad

Carrots, Finely Chopped Garlic, Chopped Parsley, Lemon Juice, Lemon Zest, Salt, Black Pepper, Optional chopped Jalapeno Pepper

Slice carrots into thin sticks. Add enough spices and lemon to taste.