

Carnegie Mellon University

Dietrich College of Humanities
and Social Sciences

Palestinian & Israeli Food Cultures

Israeli Cuisine

Michal Nahman



Claudia Roden's Borekas

Servings: 40-45

Prep Time: 30 mins

Cook Time: 30 min

Ingredients

- 1/2 cup sunflower oil
- 8 tbsp unsalted butter
- 1/2 cup water
- 1 tsp salt
- 3 cups flour
- 2 eggs
- 1 package frozen spinach
- 1 cup feta
- 1 cup grated parmesan
- sesame seeds

Directions

1. Start with the dough. Heat oil and butter in a pan over low heat until the butter melts. Take the mixture off the heat and let it cool for a few minutes. Add the water and 1/2 tsp salt and beat well.
2. Transfer the butter mixture to a bowl and add the flour gradually. Mix the flour with a fork and then switch to your hands. Mix until you can form the dough into a ball. Cover the dough in plastic wrap and let it rest on the counter for 20 minutes.
3. While the dough sits, mix the cheese, spinach, 1/2 tsp salt and one egg in a bowl.
4. Using a rolling pin, flatten the dough until it is about the thickness of your earlobe. Then use a circular cookie cutter or a tupperware lid about 4 inches in diameter to cut out circles.
5. Put a heaping tablespoon of filling into half of each round then fold the dough over into a half-moon shape. Pinch the edges firmly together to seal.
6. Place the borekas on a rack on a baking sheet, then brush them with beaten egg and sprinkle with sesame seeds.
7. Bake at 350 degrees fahrenheit for 30 mins, or until golden.



Sababa Tomatoes

This recipe is Michal Nahman's adaptation of a favorite dish she used to eat at a Palestinian restaurant in Toronto called Sababa. The tomatoes melt in your mouth, and you need lots of fluffy pita to dip.

Ingredients

- 10-15 ripe red tomatoes
- 6 cloves garlic, crushed
- Extra virgin olive oil
- Flaked sea salt
- 1 bunch fresh cilantro
- Chili flakes (optional)
- Pita for dipping

Directions

Note: this recipe is made in batches, so conserve your garlic, tomatoes and cilantro according to your best judgement.

1. Slice the tomatoes around 1/4 inch thick.
2. Gently heat oil in a saute pan at medium heat.
3. When the oil is warm (drop in a little piece of garlic to see if it sizzles), add some of the crushed garlic and saute until aromatic, around 30 seconds.
4. Add the tomato slices, being careful not to let them overlap. Add salt to taste. Fry gently on one side and then the other, using tongs or a spatula to flip them.
5. Cover and let simmer for a few minutes until the tomatoes are soft but not mushy. You want them cooked but not completely melted down.
6. In the last minute or two, add the chopped fresh cilantro and chili flakes, if you like. Let the cilantro wilt down slightly.
7. Transfer the tomatoes to a serving plate and start the next batch.
8. Serve with pita for dipping.



Mini Grilled Jewelled Eggplant

Ingredients

- 20 mini eggplants (no longer than a finger)
- 1 bunch fresh cilantro
- 1 pomegranate
- Tahini paste
- 4-5 crushed garlic cloves
- 2 lemons
- Extra virgin olive oil
- Flaked sea salt

Directions

1. Slice the eggplants length-wise, then slather in olive oil.
2. Next cover the eggplant in garlic and lemon juice.
3. Broil in the oven, flesh side up, until golden brown and slightly crispy. You don't want to undercook them, or they will not be crispy on the outside. Be generous with the olive oil! You want soft, melty inside, crisp outside.
4. While the eggplant is cooking, mix a few tablespoons of tahini paste into ice cold water to thin it.
5. Serve the eggplant garnished in tahini, cilantro and pomegranate seeds.



The Board Challenge: Sweet & Savory

The labaneh/tahini board challenge can be done as a game in small groups. Compete to see who can make the most interesting “Middle Eastern” board!

Sweet Ingredients

- Tahini
- Honey
- Fig jam
- Rose petals
- Pistachios
- Orange
- Kaimak
- Vafelim (wafers)
- Chocolate chunks
- Turkish Delight

Savory Ingredients

- Labaneh
- Olive Oil
- Harissa paste
- Sliced fresh figs
- Fig jam
- Chili honey
- Rose petals
- Pistachios
- Grated garlic
- Dill
- Corriander

Savory Ingredients (cont.)

- Mint
- Zaatar
- Preserved lemons
- Sea salt
- Torshi pickles

