

Middle Eastern Comfort Food *for* Difficult Times

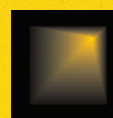
Recipe Book



Gil Hovav

Egg Salad

Dice 4 big yellow onions.
Brown in 1/2 cup canola oil.
Grate 10 hard boiled eggs.
Mix with the browned onions and their oil.
Add lots of kosher salt and some black pepper.
You may add 3 chopped scallions.



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Reem Kassis

Ijeh – Palestinian Herbed Frittata

Serves: 4

Ingredients

8 eggs
4 scallions, finely chopped
½ cup flat leaf parsley, finely chopped
½ cup fresh mint leaves, finely chopped
1 large garlic clove, crushed
1 green chilli, deseeded and finely chopped (optional)
1 scant teaspoon salt
½ teaspoon cumin
¼ teaspoon black pepper
1 tablespoon flour
Olive oil, for frying
Labaneh and pita bread, to serve

Instructions

1. Place the eggs in a large bowl and whisk until mixture is a pale yellow and starting to froth. Add in the chopped herbs, salt and spices and mix until evenly combined. Sprinkle the flour over the eggs and whisk until incorporated.
2. Heat a generous amount of olive oil in a frying pan on medium high heat. You can use one very large pan or a small one and work in batches. I prefer using a smaller pan and making several really thin omelets, adding more oil to the pan between each omelet, as they come out crispier this way.
3. Once the oil is hot, pour the omelet mixture into the pan, tilting it around to get an even layer of eggs. Cook until the edges start to curl and the top is starting to solidify, periodically lifting with a spatula to make sure the bottom is not burning. When the omelet is no longer runny from the top, flip it over to brown the other side. Continue to cook for another minute or two until done. If using a small pan, repeat, adding more olive oil, until the egg batter is done. Slide omelet into a plate and serve immediately with fresh pita bread and a side of labaneh.





Michael Solomonov

Borekas

Makes 24 small or 6 large pastries

Ingredients

2 cups all-purpose flour, plus more for rolling
 1 tablespoon olive oil
 1 teaspoon apple cider vinegar
 1 tablespoon kosher salt
 Scant cup seltzer, plus more as needed
 8 tablespoons (1 stick) unsalted butter, softened
 1 egg, for brushing

Instructions

1. Combine the flour, oil, vinegar, and salt in a food processor, then add the seltzer. Process until the mixture looks crumbly, then continue for a few minutes more, adding a drop or two more of seltzer until the dough comes together in a ball. Process for 10 seconds, then flour the largest cutting board you have and scrape all the dough onto it. (You can also make the dough by hand in a large bowl with a wooden spoon.)
2. Press the dough into a rectangle about 6 inches long. (The dough is easiest to work with the closer you get to a perfect rectangle.) Flour your rolling pin and roll the dough out to the size of your cutting board, starting in the center and rolling in a fluid motion, moving your arms and applying gentle pressure instead of pressing down. When you're about halfway there, roll up the dough on the rolling pin, set aside, and flour the board again. Unroll the dough on the board.
3. Place the stick of butter on one end of the dough and, using a butter knife or silicone or offset spatula, spread it evenly in long motions over half the dough, leaving a ½-inch border on the edges.
4. Fold the unbuttered half of the dough over the buttered half. Fold the edges up and in to keep the butter inside. Fold the right and left edges into the center of the dough and fold in half again to make a book fold.
5. Sprinkle a bit of flour on the board, then pat the dough down into a perfect rectangle. It should feel smooth. Transfer the dough to the freezer (right on the cutting board, uncovered) for 15 minutes.
6. Remove the board from the freezer and gently press a finger into the dough. It should feel pliable. If you feel a shard of butter, it has hardened too much, so leave the dough out for a few minutes. You want the dough and the butter to be closer to the same temperature so the butter doesn't crack and they roll out smoothly together.

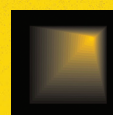


Borekas Continued...

7. Working quickly and with just enough flour to keep the dough from sticking to the board and rolling pin, roll the dough out to the size of the cutting board. If the dough sticks to the board, roll it up on the rolling pin, dust the board with more flour, and flip the dough. Sprinkle a little flour on any holes and continue rolling.
8. Fold the short ends in to meet in the center, then fold the whole thing in half again to create another book fold. Scrape off and discard any extra butter or flour from the board. Pat the dough into a perfect, even rectangle. It should still feel cold.
9. Return the dough to the freezer for 15 minutes. Repeat this process of making a book fold three more times, freezing it for 15 minutes between each new fold. You will roll out the dough five times total. Add only as much flour as needed to prevent the dough from sticking to the board and rolling pin.
10. After the last roll-out and freezing, remove the dough from the freezer. Dust it with flour on both sides, then roll it out one last time to fit the dimensions of the board. Cut the dough into roughly 3-inch squares (about 24) for small borekas or 6-inch squares (about 6) for large borekas. Place the squares on parchment paper-lined baking sheets, cover, and return to the freezer for another 15 minutes, or up to 5 days.
11. Preheat the oven to 400°F. Remove the dough from the freezer. (If frozen for longer than 15 minutes, let it thaw for 10 minutes, or until the squares are pliable.)
12. Whisk the egg in a small bowl. For small borekas, spoon a little of your chosen filling into the center of each square, brush the edges lightly with egg wash, and fold the dough over to make triangles or rectangles. For large borekas, drop a spoonful or two of filling just inside one corner of each square, brush the edges lightly with the egg wash, and fold the dough over to make triangles. Gently press the edges to adhere. Brush the tops with egg wash and sprinkle with seeds. Refrigerate on the baking sheet for 15 minutes.
13. Transfer the borekas to the oven. Bake small borekas for about 25 minutes, larger ones for about 30 minutes, rotating the baking sheet halfway through, until the dough puffs slightly and the tops are golden brown.



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Kale and Feta Filling

Each boreka filling recipe will make enough for 4 large or 8 small borekas

Ingredients

2 tablespoons olive oil
1 medium onion, minced
3 garlic cloves, thinly sliced
Kosher salt
3 cups baby kale, finely chopped
1/3 cup crumbled feta cheese
1 large egg
Nigella seeds, for topping



1. Heat the olive oil in a medium saucepan over medium-high heat. Add the onion, garlic, and a pinch of salt and cook for 8 to 10 minutes, or until the onion is soft and translucent. Add the kale and cook, tossing, just until it wilts. Transfer to a bowl and let cool. Sprinkle the feta over the kale mixture and combine. Taste and add salt. Crack the egg into a bowl, add the kale-feta mixture, and mix well.
2. Before baking, spoon filling onto the dough squares, brush the edges with egg wash, fold into triangles, press to seal the edges, and top with a sprinkling of nigella seeds.

Potato and Olive Filling

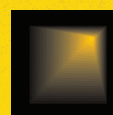
Each boreka filling recipe will make enough for 4 large or 8 small borekas

Ingredients

1 large Yukon Gold potato, peeled and cut into 1-inch chunks
2 tablespoons chopped pitted black olives
1 large egg, hard-boiled and crumbled
¼ cup chopped fresh dill
Hawaij Spice Blend
Kosher salt
Sesame seeds, for topping

1. Put the potato in a medium pot and cover with cold salted water by an inch or two. Bring to a boil over medium-high heat, then reduce the heat to medium-low and simmer for 15 minutes, or until the potato is fork-tender. Drain, cool, and transfer the potato to a bowl. Add the olives, egg, and dill and mash with a fork until the mixture is creamy (some lumps are fine). Taste and add hawaij and salt.
2. Before baking, spoon filling onto the dough squares, brush the edges with egg wash, fold into triangles, press to seal the edges, and top with a sprinkling of sesame seeds.

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