

Lesson 6: Mizrahi Cuisine

Appendix D - Sample Mizrahi Recipes

Note to Teacher:

Here are some sample Mizrahi recipes common in Israeli cuisine. Choose one of them to prepare with the class or explore other resources.

Sample Mizrahi Recipes

Shakshuka – Basic Recipe

SERVES 4

PREP 20 MIN

COOK 45 MIN



INGREDIENTS

- 4 tablespoons oil for frying
- 2 cloves garlic crushed
- 5 large tomatoes, peeled and diced (or 1 1/2 cups canned tomatoes, crushed)
- 1 tablespoon zhug, filfel chuma or harissa or a mixture of crushed garlic, paprika and hot peppers
- Salt and freshly ground black pepper to taste
- 1/2 teaspoon ground cumin (optional)
- Pinch of ground caraway (optional)
- 2 tablespoons tomato paste
- 8 eggs

STEPS

1. Heat the oil in a large deep skillet and lightly fry the garlic. Add the tomatoes and seasonings and cook for 15-20 minutes over low heat, partly covered.
2. Add the tomato paste, cover and simmer for a few more minutes. Adjust the seasoning – the sauce should have a strong, piquant flavor.
3. Break the eggs one by one and slide onto the tomato sauce, arranging the yolks around the pan.
4. Turn heat to low and cook until the egg whites set (about 5-7 minutes). Partly cover the pan to prevent the sauce from spraying around the kitchen. Cover completely if you like your eggs “over hard”.

Eat with fresh pita or challah bread.

More articles and recipes about shakshuka

<http://www.haaretz.com/jewish/food/1.697174>

<https://cooking.nytimes.com/recipes/1014721-shakshuka-with-feta>

<https://blog.kitchenaid.com/global-kitchen-israeli-shakshuka/>

Bourekas

(a common Turkish Jewish food)

8 SERVINGS

PREP 30 MIN

COOK 30 MIN

This recipe is based on the recipe found in this link:

<https://jwa.org/blog/borekas>

Potato Filling from Joan Nathan's The Foods of Israel Today



INGREDIENTS

2 medium onions diced

4 tablespoons butter

2 pounds baking potatoes
(about 4 medium potatoes)

Salt and freshly ground
pepper to taste

½ teaspoon turmeric
(optional)

½ cup chopped fresh parsley (I
used a bit less than ½ a cup
but you can add the parsley
depending on how much you
like)

2 large eggs

1 package of premade puff
pastry

STEPS

1. Sauté the onions in 2 tablespoons of the butter until they are golden.
2. Peel the potatoes, cut them into quarters, and cover with cold water in a large pot. Bring to a boil, then simmer for 15 minutes or until the potatoes are cooked through. Drain and mash them with a fork. Add salt, pepper, onions, turmeric, parsley, the remaining butter, and the eggs. (make sure that that potato mixture has cooled before adding the eggs, so the residual heat doesn't cook them). Mix thoroughly.
3. Take walnut-sized lumps of puff pastry dough and roll each into a little ball. Press and squash the ball between your palms until it's a flat circle. Put the flat circle on your counter and using your palm stretch and flatten into a 4-inch round.
4. Put a heaping teaspoon of filling in the middle of each round. Fold the dough over the filling into a half-moon shape. Pinch the edges firmly together to seal the *borekas*. It is traditional to pinch, fold and twist the dough around the edges of the *borekas* once they have been sealed (this is a nice touch to add to the *borekas* but takes some practice!)
5. Place the *borekas* on an oiled tray and brush them with the egg that has been mixed with a bit of water. Sprinkle with sesame seeds if you like.
6. Bake the *borekas* at 350 degrees for about 30 minutes or until they are slightly golden. Serve immediately.
7. The *borekas* are also very good after they have been reheated or they can also be frozen before being baked

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Fried North African Donuts

(for Hanukkah and other happy occasions!)

SERVES 2–4 Dozen

PREP 15 MIN

COOK 20 MIN



INGREDIENTS

3/4 cup granulated sugar
1 1/2 pounds ricotta cheese
1 teaspoon baking powder
4 eggs
2 tablespoons vanilla extract
1/2 cup milk
1 cup vegetable oil for frying
1/3 cup confectioners' sugar for decoration
4 cups cake flour

STEPS

1. In a large bowl; mix eggs, white sugar, and ricotta cheese until smooth and creamy. Stir in the vanilla and flour. If the batter is dry mix in a little of the milk.
2. In a frying pan over medium high heat, heat vegetable oil until hot. Drop teaspoonfuls of batter into the hot oil and fry until golden. Turn to cook cookies evenly. Remove with a slotted spoon and drain cookies on paper towels. Sprinkle with confectioner's sugar if desired

