

# Israeli Independence Day Recipes

## Falafel (Chickpea Patties)

(Courtesy of URJ Website)



Falafel is sold on street corners in every city and town in Israel. Some call it the "Israeli hamburger." Its popularity can be attributed in no small part to the Yemenite Jews who have brought a particularly tasty version onto the culinary scene. Students living on a meager budget consume full-portion falafels in whole pitas on the sidewalks as their noon "dinner."

### Ingredients

16 ounces canned chickpeas, drained  
1 large onion, chopped  
2 Tbs. parsley, finely chopped  
1 egg  
1 tsp. salt  
1/2 to 1 C breadcrumbs or fine bulgur  
1 tsp. ground coriander or cumin  
1 tsp. dried hot peppers  
1 tsp. garlic powder  
vegetable oil (for frying)

### Directions

1. Combine chickpeas with onion. Add parsley, lightly beaten egg and spices.
2. Mix in blender. Add breadcrumbs until mixture forms a small ball without sticking to your hands.
3. Form chickpea mixture into small balls about the size of a quarter (one inch in diameter).
4. Flatten patties slightly and fry until golden brown on both sides.
5. Drain on paper towels.
6. Serve individually with toothpicks as an hors d'oeuvre or as a sandwich filling with chopped tomato, cucumber, radish, lettuce, onion, hummus and/or tehina inside pita bread.

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## Hummus (Chickpea Dip)

(Courtesy of URJ Website)



Like *techina*, or sesame paste, hummus was brought to Israel by Jews from Arab countries, though today it is everyone's favorite. It tastes best when eaten with fresh, warm pita bread.

### Ingredients

2 C canned chickpeas  
Juice of 2 lemons  
1 tsp. salt  
1/4 tsp. cumin  
3 Tbs. pure tahini paste or 1 cup techina  
2 garlic cloves, mashed  
2-3 Tbs. oil  
Parsley (for garnish)

### Directions

1. Place all the ingredients in a food processor or blender; mix until chickpeas are smooth.
2. Refrigerate hummus in a covered container.
3. Serve well-chilled, with chopped parsley on top. If desired, reserve 1/4 C unmashed chickpeas and sprinkle on top. More garlic may be added, if desired. If pita is not available, crackers or thick slices of French or Italian bread may be used.

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## Shishlik (Meat Kabobs)

(Courtesy of URJ Website)



The simple method of preparing meat on an open grill goes back to ancient biblical times. To this day, Israelis tend to prefer their meat prepared in this manner. *Shishlik* is one of the most popular dishes requested at restaurants.

### Ingredients

1 pound tender beef or lamb, diced into 1-inch cubes  
1 clove garlic, crushed  
1 Tbs. oil  
Salt and pepper

### Directions

1. Marinate diced meat in garlic and oil mixture for 1/2 hour.
2. Remove and put meat cubes on skewers. Sprinkle with salt and pepper.
3. Place over charcoal grill or in broiler.

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# Israeli Independence Day Kid's Cooking

## Apples in Pajamas (Courtesy of All Recipes.com)

Pre: 15 min, Cook: 15 Min



### Ingredients

4 large Granny smith apples - peeled, cored and sliced into 1/2 in. thick rings

2/3 C all-purpose flour

1 pinch salt

2 eggs

1 Tbs. vegetable oil

1/3 C milk

1/4 C water

4 C oil for frying, or as needed

1/2 tsp. ground cinnamon

2 Tbs. white sugar

## Directions

In a shallow bowl, stir together the flour and salt. Whisk in the eggs, 1 Tbs. of oil, milk, and water until batter is smooth. The batter should be just thick enough to stick to the apples and coat them. If the batter is too thin, more flour may be added. If the batter does not want to stick, toss the apples with a bit of flour.

Parent supervision suggested for the following:



Heat one inch of vegetable oil in a deep heavy skillet to 375 degrees F (190 degrees C). Coat apple slices with batter, and place 4 or 5 slices into the hot oil at a time. Fry until golden on one side, and then use tongs to flip and fry until brown on the other side. Drain on paper towels. Stir together the cinnamon and sugar; sprinkle over the apple slices before serving.

