

PARASHA RECIPES

PARASHAT KI TISA

פרשת כי תשא

WHAT A PARSHA WE HAVE THIS WEEK! WE ARE GOING TO USE THE QUOTE "וַיִּקַּח מִיָּדָם וַיִּצַר אֹתוֹ בַּחֶרֶט וַיַּעֲשֶׂהוּ עֵגֶל". AND HE TOOK FROM THEIR HAND AND WITH A CHISEL CREATED A CALF. SO FOR THIS WEEK'S RECIPE WE BRING YOU A CALF BONE SOUP.

CALF BONE SOUP

- 750 GR OF CALF (MUSCLE), CUT TO LITTLE CUBS
- 8 BONES WITH BONE MARROW OF A CALF
- ½ TEASPOON OF FRESH PARSLEY CHOPPED
- 2 CARROTS CUT INTO CUBES
- 1 THE WHITE PART OF LEEK CUT AND WASHED THOROUGHLY TO GET RID OF THE SAND
- 1 PARSLEY ROOT PEELED AND CUT IN TO CUBES
- 1 WHOLE CELERY ROOT
- 2 TABLESPOONS OF OLIVE OIL
- 1 TABLESPOON OF BEEF STOCK POWDER
- 7.5 LITER OF WATER
- 1 TEASPOON OF SALT
- ½ TEASPOON OF BLACK PEPPER.

PREHEAT THE OVEN TO 395°F (200°C). PUT THE MEAT, THE VEGGIES, THE BONES AND THE PARSLEY IN AN OVEN-SAFE CASSEROLE DISH. ADD THE SALT AND PEPPER, THE OLIVE OIL AND THE SOUP POWDER. ADD ONE CUP OF THE WATER AND COOK IN THE OVEN FOR AN HOUR. TAKE THE DISH OUT AND MOVE ALL BUT 4 BONES TO A BIG POT. ADD 7.5 LITER OF WATER AND COOK ON LOW HEAT FOR 2 HOURS. SPICE TO TASTE. TAKE THE BONE MARROW OUT OF THE BONES THAT WERE KEPT ASIDE, SPREAD IT ON TOAST AND SERVE WITH THE SOUP.

BON APPETIT- בּוֹתֵאבֵּוֹן!