

PARASHA RECIPES

PARASHAT VA'ERA

פרשת וארא

IN THIS WEEK'S PARASHAH WE SEE THE LONG PROCESS NEEDED IN ORDER TO GET LIBERTY AND FREEDOM. THERE ARE ENSLAVED PEOPLE THAT NOT ONLY HAVE TO BELIEVE IN HOPE AGAIN BUT THAT THEY ARE THE CHOSEN PEOPLE. THOSE PEOPLE OF ISRAEL HAVE BEEN THROUGH A LOT. SOME OF THEM WERE BORN INTO A SITUATION OF SUPPRESSION AND SLAVERY. SOME OF THEM STILL REMEMBER THE DAYS OF FREEDOM AND NEED TO WAKE UP EVERY MORNING TO A HARSH REALITY. BUT WITH BABY STEPS, THESE PEOPLE BECAME WHAT WE ARE TODAY. THE RECIPE FOR THIS WEEK IS AN EGGPLANT SOUP. IT TAKES A LONG PROCESS BUT IN THE END, IT IS VERY WORTH IT.

EGGPLANT SOUP

- 2 TABLESPOONS OF OLIVE OIL
- 2 BIG EGGPLANTS
- 2 MEDIUM WHITE ONIONS CUT INTO CUBES
- 4 CRUSHED GARLIC CLOVES
- 2 TOMATOES CUT INTO CUBES
- 8 CUPS OF BOILED WATER
- 4 TEASPOONS OF VEGETABLE SOUP POWDER
- 2 TABLESPOONS OF CHOPPED, FRESH BASIL
- 1 TABLESPOON OF CHOPPED, FRESH OREGANO
- SALT AND PEPPER TO TASTE
- A LITTLE BIT OF TABASCO
- A CONTAINER OF WHIPPING CREAM

CUT THE EGGPLANTS IN HALF, LENGTHWISE. BRUSH 1 TEASPOON OF OLIVE OIL ON THE INSIDE SURFACE. HEAT THE OVEN TO GRILL MOOD OR TO 430°F (220°C). PUT THE EGGPLANTS ON A FLAT TRAY OR COOKIE SHEET, WITH THE SLICED HALF IS FACING UP. COOK UNTIL SOFTENED AND THE COLOUR HAS CHANGED ABOUT 20 MINUTES. REMOVE FROM THE OVEN AND LET IT COOL OFF. PEEL THE SKIN. AT THE SAME TIME FRY THE GARLIC AND THE ONION WITH THE REST OF THE OLIVE OIL FOR 8-10 MINUTES. THEN ADD THE TOMATOES AND COOK FOR 5 MINUTES. THEN ADD THE PEELED EGGPLANTS AND COOK FOR 5 MORE MINUTES WHILE STIRRING. ADD THE WATER AND THE SOUP POWDER. LOWER THE HEAT AND LET IT SIMMER FOR 10 MINUTES. ADD THE BASIL AND OREGANO AND COOK FOR 5 MORE MINUTES. TURN OFF THE HEAT AND BLEND IT WITH A HAND BLENDER. RETURN TO THE HEAT AND ADD THE SALT, PEPPER AND TABASCO TO TASTE. ADD THE CREAM AND COOK FOR 5 MORE MINUTES. THEN SERVE. YOU MAY ADD SOUR CREAM AND PESTO.

BON APPETIT- בנאנן!