

PARASHA RECIPES

PARASHAT VAYEKEL

פרשת ויקהל

THIS WEEK'S PARSHA TALKS ABOUT THE MISHKAN. SO FOR THIS WEEK'S RECIPE WE HAVE INCLUDED MISHKAN SOUP THAT Koby Oz created. (Koby Oz is the lead singer of the Israeli band "Tipaks", which is one of the most well known bands.)

THE MISHKAN SOUP

- 400 GR CLEAN (SKINLESS AND SEEDS REMOVED) PUMPKIN CUT INTO SMALL PIECES
- 2 TUBER KOHLRABI WITHOUT SKIN CUT INTO CUBES (BUT IF YOU CAN'T FIND KOHLRABI, 2 TURNIPS IS ALSO FINE)
- 1 CELERY ROOT WITHOUT SKIN CUT INTO HEXAGON
- 1 PARSLEY ROOT WITHOUT SKIN CUT INTO CONE
- 4 POTATOES WITHOUT SKIN CUT IN HALF
- 4 CARROTS WITHOUT SKIN CUT TO THREE PIECES
- 2 ZUKINIS WITHOUT SKIN CUT TO STRIPS
- 2 WHITE ONIONS WITHOUT SKIN SLICED INTO HALF-CIRCLES
- 1 PACKAGE CELERY LEAVES
- 650 GR OF CHICKEN BREAST
- PINCH OF TURMERIC
- ½ CUP OF FRESH DILL
- SALT AND PEPPER TO TASTE

PUT THE PUMPKIN, KOHLRABI, CELERY, PARSLEY, POTATOES, CAROTES, ZUCCHINIS, ONIONS, CELERY LEAFS AND THE CHICKEN BREAST IN ONE BIG POT. ADD WATER UNTIL IT COVERS THE VEGGIES AND BOIL ON HIGH HEAT. WHEN THE WATER IS BOILING LOWER THE HEAT TO LOW. COOK FOR TWO HOURS, ONCE IN A WHILE CHECK THAT THE WATER IS STILL THERE AND IF NOT ADD MORE WATER. AND REMOVE THE CHICKEN FAT FROM THE LIQUID. PUT THE SPICES AND DILL IN A CUP AND INTO THAT, POUR SOME HOT WATER, MIXING WELL. THEN, ADD A SMALL AMOUNT OF THE SPICE-MIX IN THE SOUP, UNTIL IT IS TO YOUR TASTE (YOU WON'T NEED TO ADD THE ENTIRE MIXTURE).

BON APPETIT - בתאבון!