

PARASHA RECIPES

PARASHAT NITZAVIM

פרשת נצבים

IN THIS WEEK'S PARASHAH WE LEARN ABOUT THE IDEA OF TESHUVA FOR THE FIRST TIME. TESHUVA IS ABOUT MENDING YOUR MISSTEPS. EVEN IF ALONG THE WAY YOU MADE A MISTAKE YOU STILL HAVE AN OPPORTUNITY TO CHANGE YOUR WAYS AND BECOME A ROLE MODEL FOR THOSE AROUND YOU. IF YOU DID SOMETHING WRONG, YOU CAN OVERCOME IT WITH GOOD DEEDS AND GOOD INTENTIONS. IT'S ABOUT GOING BACK TO YOUR CORE, YOUR ROOTS, YOUR VALUES AND THE GOOD WITHIN YOU. THE PROCESS OF TESHUVA CAN TAKE A LOT OF TIME, IT'S ABOUT THE SIMPLE THINGS THAT YOU CAN CHANGE IN ORDER TO BECOME A BETTER PERSON. THESE TEACHINGS CONTINUE TO GUIDE US FOR GENERATIONS THE SAME WAY THEY DID FOR OUR ANCESTORS. THERE IS A LOT WE CAN LEARN FROM THEM. THIS WEEK'S RECIPE IS MASFUN, A TRADITIONAL MORROCAN RECIPE. THE RECIPE HAS BEEN ADAPTED A BIT TO BE MORE CONTEMPORARY.

MASFUN

ALMOND FILLING -

- ½ KG (500 GRAMS) OF GROUND, SKINNED ALMONDS (**NO SKIN!**)
- 2 CUPS OF SUGAR
- 1 TEASPOON OF ALMOND EXTRACT
- 6-8 EGG WHITES (IF EGGS ARE LARGE OR X-LARGE, YOU'LL ONLY NEED 6 EGG WHITES)

DOUGH -

- 2 CUPS OF FLOUR
- 4 EGGS
- 4 TABLESPOONS OF VEGETABLE OIL
- 2 TABLESPOONS OF SUGAR
- ¼ CUP OF ORANGE JUICE

MUFFIN TRAY

DOUGH:

IN A BOWL, COMBINE THE FLOUR, EGGS, OIL AND SUGAR. WHILE KNEADING THE DOUGH, ADD THE ORANGE JUICE. THE DOUGH SHOULD BE SOFT AND SMOOTH.

PRE-HEAT THE OVEN TO 350°F (180°C).

ALMOND FILLING:

IN A BLENDER OR FOOD PROCESSOR, COMBINE 2 CUPS OF THE GROUND ALMONDS WITH THE SUGAR. ADD THE REST OF THE GROUND ALMONDS AND GRIND IT ALL INTO A POWDER. THEN, ADD THE EGG WHITES AND ALMOND EXTRACT. MIX IT ALL TOGETHER WITH A WOODEN SPOON.

GREASE THE TRAY AND POWDER IT GENTLY WITH FLOUR. OIL AND SPRINKLE SOME FLOUR TO CREATE A WORK SURFACE. ON THAT SURFACE, FLATTEN THE DOUGH WITH A ROLLING PIN UNTIL YOU ACHIEVE A THIN "LEAF" (½ CM THICK). USE A GLASS TO CUT OUT CIRCLES OF THE DOUGH. PLACE STACKS OF THE CUT-OUT CIRCLES INTO EACH MUFFIN CUP IN THE MUFFIN TRAY. TRIM ANY EXCESS FROM THE EDGES OF EACH MUFFIN CUP. DOLLOP A TEASPOON OF THE FILLING ON TOP OF EACH STACK OF CIRCLES.

RIGHT BEFORE PUTTING THE MASFUN INTO THE OVEN, LOWER THE TEMPERATURE TO 320* F (160*C). BAKE THE MASFUN FOR 15 MINUTES OR UNTIL GOLDEN-BROWN.

BON APPETIT- בנאבון !