

# PARASHA RECIPES

## PARASHAT TETZAVEH

## פרשת תצוה

IN THE TANACH WE TALK A LOT ABOUT HONOR AND RESPECT. THE TANACH TALKS ABOUT HONOUR AND RESPECT IN TWO WAYS THE FIRST IS THROUGH THE IDEA OF MODESTY AND HUMANITY. ACCORDING TO JEWISH LAW, WE ARE REQUIRED TO BE HUMBLE AND THROUGH OUR ACTIONS SHOW RESPECT AND DERECH ERETZ TO OTHERS. THE SECOND WAY IS MENTIONED IN THIS WEEK'S PARSHA. THE WORDS MENTIONED ARE "לכבוד ולתפארת", TO HONOR AND TO GLORIFY. THE TANACH ASKS US TO HONOR AND RESPECT HASHEM THROUGH GLORY AND SPLENDOR: MAKING THINGS FANCY (LIKE THE MISHKAN AND THE PRIESTLY ROBES), BEAUTIFUL THINGS TO CREATE RESPECT. SO FOR THIS WEEK'S PARSHA WE HAVE A PEA SOUP THAT CAN BE FLAVORED IN TWO WAYS: THE REGULAR VERSION (HONOUR) AND THE SWEET VERSION (GLORY).

### PEA SOUP

- 2 BIG WHITE ONIONS DICED INTO CUBES
- 4 TABLESPOONS OF MARGARINE OR BUTTER
- 4 CARROTS, PEELED AND THINLY SLICED
- 2 POTATOES, PEELED AND CUT INTO CUBES
- 1 PACKAGE (400 GR) OF FROZEN PEAS
- 2 LITERS OF WATER

### FOR THE REGULAR VERSION:

- 4 TEASPOONS OF CHICKEN SOUP POWDER
- 1 TEASPOON OF NUTMEG POWDER
- 1 TABLESPOON OF CURRY POWDER
- 1 CONTAINER (259 ML) OF WHIPPING CREAM

### FOR THE SWEET VERSION:

- 1 TEASPOON OF NUTMEG POWDER
- 2 GRANNY SMITH APPLES, CLEANED AND CUT INTO CUBES (NO SEEDS OR CORE)
- 1 CINNAMON STICK
- 1 TEASPOON OF CUMIN
- 1 TEASPOON OF LEMON JUICE
- 1 CONTAINER (259 ML) OF WHIPPING CREAM

FRY THE ONION WITH THE MARGARIN OR BUTTER. ADD THE CARROTS, POTATOES, WATER AND FROZEN PEAS. ADD THE NUTMEG AND ADD SALT AND BLACK PEPPER TO TASTE. (CONTINUED ON NEXT PAGE).

**FOR THE REGULAR VERSION :**

ADD THE CURRY AND COOK ON LOW HEAT UNTIL THE VEGGIES ARE SOFTENED . THEN REMOVE FROM THE STOVE AND BLEND WITH A HAND BLENDER UNTIL IT'S SMOOTH. THEN ADD THE CREAM, RETURN TO THE STOVE AND COOK FOR 5 MORE MINUTES.

**FOR THE SWEET VERSION:**

COOK ON LOW HEAT UNTIL THE VEGGIES ARE SOFTENED. THEN ADD THE APPLES, CINNAMON, CUMIN AND LEMON JUICE. COOK FOR 15 MORE MINUTES UNTIL THE APPLES ARE SOFTENED. THEN REMOVE FROM THE STOVE AND BLEND WITH A HAND BLENDER UNTIL IT'S SMOOTH. THEN ADD THE CREAM AND COOK FOR 5 MORE MINUTES.

BON APPETIT- בתאבון!