

# PARASHA RECIPES

## PARASHAT BESHALACH

## פרשת בשלח

IN ORDER TO FIND A RECIPE FOR THIS WEEK'S PARASHAH, WE READ AN ARTICLE BY A MOTHER THAT LOST HER SON IN THE 1997 ISRAELI HELICOPTER DISASTER. SHE WROTE ABOUT THE JOURNEY SHE HAD TO TAKE AFTER HE DIED. AND MUCH LIKE THE CHILDREN OF ISRAEL, HER JOURNEY WAS ABOUT LEARNING THAT YOU CAN'T JUST DEPEND ON MIRACLES. AFTER LOSING HER SON SHE HAD TWO WAYS TO COPE: EITHER LET IT STOP HER LIFE COMPLETELY AND FILL WITH SADNESS, OR, KEEP LIVING AND HELP OTHERS. BECAUSE OF HER CHOICE, TO KEEP LIVING, SHE GOT TO SEE A LOT OF MIRACLES. SHE GOT TO SEE HER GRANDCHILDREN BEING BORN AND GROWING UP WITH A HAPPY FAMILY, SHE GOT TO CONNECT WITH HER SPIRITUALITY AND COUNTRY AND MOST IMPORTANTLY, SHE GOT TO BE A MIRACLE FOR OTHERS. SO THIS WEEK'S RECIPE IS POTATO KUGEL. IT WAS HER SON'S FAVOURITE DISH.

### POTATO KUGEL

- 8-10 PEELED MEDIUM POTATOES
- 2 PEELED MEDIUM SWEET POTATOES
- 2 PEELED BIG WHITE ONIONS
- 5 BIG GARLIC CLOVES PEELED AND SCORED
- 1 TABLESPOON OF SALT
- 1 TEASPOON OF BLACK PEPPER
- 2 EGGS
- ½ CUP OF MELTED MARGARINE
- 6 HARD-BOILED EGGS PEELED AND SLICED

HEAT THE OVEN TO 350°F (180°C). GRATE THE POTATOES, SWEET POTATOES AND ONION. ADD THE GARLIC, SALT, PEPPER AND 2 EGGS. MIX WELL. THEN ADD THE MARGARINE AND MIX. IN A GREASED, DEEP BAKING DISH ADD HALF OF THE POTATO MIXTURE. THEN ADD A LAYER OF THE HARD-BOILED EGGS AND THEN COVER IT WITH THE REST OF THE POTATO MIXTURE. COVER IT WITH ALUMINUM FOIL AND BAKE FOR 2 HOURS. ONCE IN A WHILE, CHECK THAT THE KUGEL IS NOT BURNED. BAKE UNTIL THE TOP IS GOLDEN-BROWN AND CRISPY.

BON APPETIT- בתאבון!