

# PARASHA RECIPES

## PARASHAT TAZRIA-METZORA

## פרשת תזריע-מצורע

THIS WEEK'S PARSHA DEALS WITH LEPROSY. IN ANCIENT TIMES, LEPROSY BROUGHT WITH IT A "BAD NAME" AND BAD REPUTATION TO THE PEOPLE WHO HAD IT.. THEY ARE IMMEDIATELY ASSUMED TO BE HORRIBLE, GOSSIPING SINNERS. THE PEOPLE WHO HAD LEPROSY IN THAT TIME WERE HURT MORE BY THE WAY THEY WERE TREATED BY THE COMMUNITY THAN BY THE DISEASE ITSELF. THERE'S A MIDRASH ON THIS: RABBAN GAMLIEL SAID TO HIS SERVANT "GO AND FETCH ME A GOOD PIECE OF MEAT FROM THE MARKET." HIS SERVANT WENT OUT AND BROUGHT HIM TONGUE. A FEW DAYS AFTER, RABBAN GAMLIEL ASKED HIS SERVANT: "GO AND FETCH ME A BAD PIECE OF MEAT FROM THE MARKET." THE SERVANT WENT AND AGAIN BOUGHT HIM TONGUE. HE EXPLAINED: "SIR, THE TONGUE IS THE BEST AND THE WORST. WHEN IT'S GOOD THERE IS NOTHING BETTER; WHEN IT'S BAD THERE IS NOTHING WORSE". (FROM MIDRASH VAYIKRA RABBAH) AS A REMINDER TO USE OUR SPEECH FOR GOOD, THIS RECIPE IS BEEF-TONGUE.

### BEEF-TONGUE

- 1 FRESH CALF TONGUE, 1-1 ½ KILO
- 15 PEELED GARLIC CLOVES
- YELLOW MUSTARD
- SALT TO TASTE
- BLACK PEPPER TO TASTE
- 4 BAY LEAVES
- POWDERED ALLSPICE

A DAY IN ADVANCE, POUR BOILING WATER ON THE BEEF-TONGUE AND CLEAN IT WELL. CREATE LITTLE CUTS IN THE SURFACE OF THE MEAT AND INSERT IN EACH A GARLIC CLOVE DIPPED IN MUSTARD. PUT IT IN A GLASS DISH AND SPICE IT WITH SALT AND BLACK PEPPER, COVER IT AND REFRIGERATE OVERNIGHT. THE NEXT DAY, ADD WATER TILL IT IS COVERED, AND THE BAY LEAVES AND ALLSPICE. COOK ON THE STOVE TOP ON LOW HEAT FOR 3 HOURS. LET IT COOL AND REMOVE THE SKIN. RECOMMENDED TO SLICE BEFORE SERVING. YOU CAN SERVE IT COLD OR PUT IT BACK IN THE SAUCE AND WARM IT UP.

BON APPETIT-בנתאבון!