

PARASHA RECIPES

PARASHAT TOLDOT

פרשת תולדות

A LOT OF MIDRASHIM DESCRIBE HOW THE TWINS, JACOB AND ESAV INFLUENCED EACH OTHER WHEN THEY WERE DEVELOPING IN RIVKAH'S WOMB. SOME SAY THAT THEY GREW COMPLETELY SEPARATED AND HAD ZERO INFLUENCE ON EACH OTHER SINCE BEFORE THEY WERE BORN UP UNTIL THEY DIED. YET STILL, SOME SAY THAT THE TWINS WERE COMPLETELY SEPARATED BUT IT GAVE THEM A CHANCE TO LEARN FROM EACH OTHER AND TO ACHIEVE MORE TOGETHER. THIS WEEK'S RECIPE IS STUFFED PEPPERS WITH CHEESE. IF YOU'VE EVER MADE STUFFED VEGETABLES YOU KNOW THAT THERE ARE TWO OPTIONS WHILE YOU COOK IT- THE FIRST ONE IS THE FLAVOURS OF THE VEGETABLES WILL INFLUENCE EACH OTHER AND CREATE A RICHER TASTE. OR THE SECOND OPTION - THAT THEY WON'T SHARE THEIR FLAVOURS. PERHAPS, JUST LIKE JACOB AND ESAV.

STUFFED PEPPERS WITH CHEESE

- 6 BELL PEPPERS IN DIFFERENT COLOURS (RECOMMEND SMALL SIZE)
- 500 GR OF GRATED MOZZARELLA CHEESE
- 500 GR OF SHREDDED PARMESAN CHEESE
- 2 MINCED GARLIC CLOVES
- 1 CUP OF ANY KIND OF FLOUR
- 2 EGGS, BEATEN
- 1 CUP OF BREAD CRUMBS
- OIL FOR FRYING

WITH A SMALL SHARP KNIFE, CREATE THE SMALLEST HOLE POSSIBLE IN ORDER TO REMOVE THE SEEDS FROM EACH PEPPER. IT IS RECOMMENDED TO CREATE THE HOLE WHERE THE STALK IS AND TO REMOVE THE SEEDS FROM THERE. HEAT THE OVEN TO GRILL MODE, THEN PUT THE PEPPERS DIRECTLY ON THE TOP OVEN RACK INSIDE THE OVEN WITH A TRAY BENEATH, ON THE BOTTOM RACK, TO COLLECT THE JUICE THAT WILL DRIP FROM THE PEPPERS. BAKE FOR 45 MINUTES, THEN MOVE PEPPERS INTO A COVERED CONTAINER AND LET THEM COOL. AFTER THEY'VE COOLED COMPLETELY, REMOVE THE COOKED INSIDES OF THE PEPPERS, VERY VERY GENTLY OTHERWISE THE SKIN WILL TEAR. MIX THE CHEESES AND FILL EVERY PEPPER. DIP EACH PEPPER IN THE FLOUR AND THEN IN THE EGG, AND FINALLY IN THE BREAD CRUMBS. WITH A FRYING PAN HEAT 1 CM OF OIL THEN FRY THE PEPPERS AND SERVE HOT.

BON APPETIT- בנתאבון!