

PARASHA RECIPES

PARASHAT TRUMA

פרשת תרומה

IN THIS WEEK'S PARSHA WE TALK ABOUT "TRUMA", WHICH IN HEBREW MEANS "DONATION". ACCORDING TO THE TORAH, WHEN YOU MAKE ANY KIND OF DONATION, YOU HAVE TO DO SO FROM YOUR HEART. IT'S THE SAME WITH COOKING: WHEN YOU COOK YOU SHOULD DO SO FROM YOUR HEART. THIS RECIPE IS AN ALL-TIME FAVOURITE, AND CAN BE USED ALL YEAR LONG: THE SALMON FILLET. AND WE ARE GOING TO ADD EXTRA FROM THE SECRET INGREDIENT (LOVE).

SALMON FILLET

- AS MANY SALMON FILLETS AS YOU WANT , WITH SKIN

THE INGREDIENTS BELOW ARE APPROXIMATE FOR 1 KILO OF SALMON, SO ADJUST AS NEEDED:

- 2 TABLESPOONS OF SEA SALT
- 1 1/3 TABLESPOONS OF SUGAR
- 1/2 TEASPOON OF WHITE PEPPER
- WILD CHOPPED DILL

MIX THE INGREDIENTS (NOT THE SALMON OR THE DILL). THEN RUB IT ON THE FILLETS. THEN, IN A LARGE GLASS DISH, PLACE ONE OF THE FILETS WITH THE SKIN FACE DOWN AND SPREAD THE DILL ON TOP OF IT. THEN PLACE ANOTHER FILLET ON TOP OF IT WITH THE SKIN FACING UP. REPEAT UNTIL THE DISH IS FULL OR UNTIL YOU'VE USED ALL YOUR FILLETS. . ADD MORE DILL ON TOP TO TASTE. COVER AND REFRIGERATE FOR TWO DAYS. DURING THAT TIME, WITH THE LIQUID THAT FORMS AT THE BOTTOM, TURN THE FILLETS AT LEAST 4 TIMES SO THAT ALL SIDES SPEND SOME TIME IN THE MARINADE AT THE BOTTOM.. YOU CAN LEAVE IT FOR A MAXIMUM OF 4-5, BUT AFTER THAT, THE FISH LOSES ITS TEXTURE. WHEN YOU SERVE CUT IT DIAGONALLY FOR VERY THIN SLICES. RECOMMENDED SERVING WITH TOAST (BAGUETTE IS THE BEST!) AND BUTTER.

BON APPETIT- בתיאבון!