

PARASHA RECIPES

PARASHAT VA'YECHI

פרשת ויחי

THIS STORY IS A LITTLE BIT AHEAD IN THE TIMELINE, BUT IT IS RELATED TO WHAT IS SAID IN THIS WEEK'S PARASHA: IN ORDER TO LEAVE EGYPT, THE CHILDREN OF ISRAEL HAD TO FIND JOSEPH'S GRAVE AND BRING HIS REMAINS TO BURY IN THE HOLY LAND, ISRAEL. MOSES FINDS OUT THAT JOSEPH IS BURIED INSIDE THE NILE RIVER. HE GOES THERE TO FIND THE GRAVE, HE STANDS NEAR THE WATER AND SAYS JOSEPH'S NAME., MOSES ASKS JOSEPH TO APPEAR SO THEY CAN GO TO ISRAEL. SUDDENLY JOSEPH'S GRAVE FLOATS TO THE SURFACE AND MOSES KNOWS IT'S TIME TO LEAVE EGYPT. THE REASON JOSEPH WAS GOT BURIED IN THE RIVER WAS BECAUSE THEY WANTED HIS WISDOM TO SPREAD THROUGHOUT THE RIVER AND, SO THAT WHOEVER WOULD DRINK IT WOULD RECEIVE SOME OF JOSEPH'S WISDOM. LET'S HOPE THE FISH DID. THIS WEEK'S RECIPE IS YEMENITE STYLE FISH.

YEMENITE STYLE FISH

- 2 KG OF CARP FISH
- A LITTLE BIT OF OIL FOR FRYING
- 2 LITTLE WHITE ONIONS CHOPPED INTO SMALL PIECES
- ½ CUP OF FRESH PARSLEY CHOPPED
- ½ CUP OF FRESH CORIANDER CHOPPED
- ¼ CUP OF FRESH SPEARMINT CHOPPED
- 2 BIG TOMATOES CUT INTO QUARTERS
- 5 TABLESPOONS OF TOMATO PASTE
- SALT AND TURMERIC TO TASTE
- 2 POTATOES PEELED AND SLICED

PREHEAT THE OVEN TO 350°F (180* C). CLEAN AND SALT THE FISH. PUT A LITTLE BIT OF OIL IN A POT THEN FRY THE ONIONS UNTIL THEY SOFTEN. THEN ADD THE PARSLEY, CORIANDER AND SPEARMINT. STEAM IT FOR 5 MINUTES. ADD THE TOMATOES AND TOMATO PASTE. MIX IT AND ADD SPICES. COOK UNTIL THE TOMATOES ARE SOFT. ORGANIZE THE POTATOES IN THE BOTTOM OF A HEATPROOF DEEP CASSEROLE DISH. THEN PUT A LITTLE BIT OF THE SAUCE ON TOP OF THEM, UNTIL THEY ARE COVERED IN SAUCE. THEN, PUT THE FISH ON THE POTATOES AND PUT THE REST OF THE SAUCE SO THAT THE FISH IS BURIED IN SAUCE. COVER THE CASSEROLE DISH WITH ALUMINUM FOIL AND PUT IT IN THE OVEN. BAKE FOR ONE AND A HALF TO TWO HOURS.

BON APPETIT- בנתאבון!