

PARASHA RECIPES

PARSHAT VAYERA

פרשת וירא

THIS WEEK'S PARASHAH RECIPE IS FENNEL SALAD. IN HEBREW, IT CALLED "שומר", WHICH SHARES THE SAME ROOT AS THE HEBREW WORD "שומר", WHICH IS A GUARD, A PROTECTOR. IN THIS WEEK'S PARSHA, THE TORAH DESCRIBES THE BINDING OF ISAAC. IN THE STORY, GOD, AT THE LAST SECOND, SAVE ISAAC'S LIFE AND "שומר" HIM.

FENNEL SALADS

- 2-3 MEDIUM-SIZE FENNEL STALKS
- 100 GR ROQUEFORT CHEESE
- ½ CUP OF BLACK OLIVES, SLICED

SAUCE

- ⅓ CUP OF WHITE VINEGAR
- ⅔ CUP OF OLIVE OIL
- 1 TEASPOON OF SUGAR
- 1 TEASPOON OF DIJON MUSTARD
- SALT AND BLACK PEPPER TO TASTE

SLICE THE FENNEL INTO THIN RINGS. PUT IT IN A BOWL. CRUMBLE THE CHEESE ON TOP AND ADD THE OLIVES.

COMBINE ALL THE SAUCE INGREDIENTS, THEN POUR OVER THE SALAD.

LET IT SIT AT ROOM TEMPERATURE FOR A FEW HOURS BEFORE SERVING.

BON APPETIT- בתאבון!