

PARASHA RECIPES

PARASHAT VAYESHEV

פרשת וישב

THIS WEEK'S PARSHA RECIPE IS BASED ON A PASOK FROM THE PARASHAH:

"וַיֵּרָא שֵׁר הָאֲפִים כִּי טוֹב פְּתָר וַיֹּאמֶר אֶל יוֹסֵף אֵף אֲנִי בְחַלּוּמֵי וְהִנֵּה שְׁלֹשָׁה סִלֵּי חֲרִי עַל רֹאשִׁי. וּבְסֵל בְּעֵלְיוֹן מִכֹּל מֵאֲכָל פְּרֵעָה מַעֲשֶׂה אֶפֶה וְהָעוֹף אֵכֵל אֶתֶם מִן הַסֵּל מֵעַל רֹאשִׁי"

"AND THE ROYAL BAKER SAW THAT JOSEPH IS A GOOD DREAM INTERPRETER SO HE CONSULTED WITH JOSEPH ABOUT HIS DREAM. IN HIS DREAM HE HAD 3 BASKETS ATOP HIS HEAD THAT HE MADE BY HIMSELF. IN THE BASKET THERE IS ALL OF THE BAKERS FOOD AND CHICKEN. AND PHAROAH IS EATING FROM THE HIGHEST BASKET ON HIS HEAD." THE RECIPE IS FLAKY PASTRY BASKETS FILLED WITH CHICKEN AND VEGGIES - A FUN TAKE ON SHEPHERD'S PIE!

FLAKY PASTRY BASKETS FILLED WITH CHICKEN AND VEGGIES

- 500 GR OF FLAKY PASTRY
- FOR THE FILLING
- OIL TO FRY
- 1 BIG PURPLE ONION CUT INTO SMALL CUBES
- 4 MINCED GARLIC CLOVES
- 1 BASKET OF SLICED CHAMPIGNON MUSHROOMS
- 1 ZUCCHINI CUT INTO SMALL CUBES
- 1 CARROT CUT INTO SMALL CUBES
- 1 RED PEPPER CUT INTO SMALL CUBES (WITHOUT SEEDS)
- 100 GR OF TOMATO PASTE
- ½ CUP OF WATER
- 2 TEASPOON OF SALT
- 1 TEASPOON OF CUMIN
- BLACK PEPPER TO TASTE
- 250 GR OF GROUND CHICKEN
- 1 PACKAGE OF CHIVES
- 1 EGG, BEAT, FOR EGG WASH

HEAT A BIT OF OIL IN A PAN AND FRY THE ONION UNTIL IT GOLDEN. ADD GARLIC AND STEAM IT FOR A BIT. THEN ADD THE MUSHROOMS AND MIX IT UNTIL THE MUSHROOMS LOSE THEIR JUICE. THEN ADD THE ZUCCHINI AND CARROT AND STEAM FOR 5 MINUTES. THEN ADD THE PEPPERS AND STEAM IF FOR ANOTHER 2 MINUTES. ADD THE TOMATO PASTE, THE WATER AND SPICES. IN ANOTHER PAN FRY THE CHICKEN UNTIL IT COOKED THROUGH. THEN ADD IT TO THE VEGGIE MIXTURE AND COMBINE. LET COOL. HEAT THE OVEN TO 350°F (180°C). FLATTEN THE DOUGH UNTIL IT THIN THEN CUT INTO SQUARES OF

12CM BY 12CM. PLACE THEM ON A BAKING SHEET ON A TRAY. THEN PLACE ONE TABLESPOON OF THE CHICKEN-VEGGIE FILLING IN THE CENTER AND CLOSE THE DOUGH ON IT BY ATTACHING THE TWO OPPOSITE CORNERS. TIE THE TIPS OF THE DOUGH CORNERS TOGETHER WITH CHIVES. THEN BRUSH IT WITH THE EGG. BAKE FOR 30 MINUTES. SERVE HOT.

BON APPETIT- בתאבון!