

PARASHA RECIPES

PARASHAT VAYIKRA

פרשת ויקרא

THIS WEEK'S PARSHA DEALS WITH THE LEGAL AND TRADITIONAL WAYS TO MAKE SACRIFICES. IF YOU FOLLOW THE BIBLICAL INSTRUCTIONS FOR THE SACRIFICE, THE PERSON ENACTING IT IS PERMITTED TO EAT THE SACRIFICE. USUALLY, THIS MEANT SMALL PIECES OF MEAT, SUCH AS THE TAIL. SO THIS WEEK'S RECIPE IS YEMENITE AND MOROCCAN OXTAIL SOUP.

YEMENITE AND MOROCCAN OXTAIL SOUP

- 6 PIECES OF OXTAIL
- 2 ½ LITERS OF WATER
- ½ TEASPOON OF TURMERIC
- 1 TEASPOON OF BLACK PEPPER
- 1 TEASPOON OF CUMIN
- 1 TEASPOON OF CORIANDER (DRIED, NOT FRESH)
- 1 TEASPOON OF FRIED AND GRATED SWEET RED BELL PEPPER
- ½ TEASPOON OF FRIED AND GRATED SPICY RED PEPPER
- 2 TEASPOONS OF COARSE SALT
- 3 CARROTS PEELED AND CUT TO 3 LARGE PIECES
- 1 BIG WHITE ONION CUT IN HALF
- ½ CELERY ROOT, CUT INTO 4 PIECES
- 1 TOMATO CUT IN HALF
- 2 ZUCCHINIS, CUT IN HALF
- 1 POTATO CUT INTO 4 PIECES
- 1 PEELED, WHOLE GARLIC CLOVE
- A FEW OF FRESH CORIANDER LEAVES (TO TASTE)
- A FEW OF FRESH THYME LEAVES (TO TASTE)
- A FEW OF FRESH BAY LEAVES (TO TASTE)
- ½ CUP OF FRESH CUT PARSLEY (NOT CHOPPED)

CLEAN THE OXTAIL AND WASH IT. THEN PLACE IT IN A POT WITH ENOUGH WATER TO COVER IT AND BOIL. ONCE BOILED, , FILTER IT BY REMOVING IMPURITIES FROM THE SURFACE OF THE WATER AND STRAIN. IN A BIG POT ADD THE BOILED OXTAIL, WATER, TURMERIC, BLACK PEPPER, CUMIN, CORIANDER, SWEET RED PEPPER, SPICY RED PEPPER AND COARSE SALT. BOIL IT, COVERED, ON HIGH. WHEN IT REACHES A ROLLING BOIL, LOWER THE HEAT TO MEDIUM AND COOK FOR AN HOUR AND A HALF. THEN, ADD THE CARROTS, ONION, CELERY ROOT, TOMATO, ZUCCHINI, POTATO, GARLIC, CORIANDER LEAVES, THYME LEAVES AND BAY LEAVES. RETURN TO HIGH WITH A LID. WHEN IT REACHES A ROLLING BOIL AGAIN, LOWER THE HEAT TO MEDIUM AND SIMMER FOR ANOTHER HOUR AND A HALF. REMOVE LID, RETURN TO HIGH AND COOK FOR TEN MORE MINUTES. PARSLEY IS FOR GARNISH WHEN SERVED.

BON APPETIT- בנתאבון!