

# PARASHA RECIPES

## PARASHAT BERESHIT

## פרשת בראשית

“BAZATA AFEKH TOKHAL LEKHEM” - “בַּזְעַת אֶפֶךָ תֹאכַל לֶחֶם”

THE ABOVE QUOTE TRANSLATED AND EXPLAINED: THE HUMAN WILL, FROM NOW ON, HAVE TO WORK FOR THEIR NEEDS, INCLUDING ALL FOOD, GOD WILL NOT PROVIDE THEM WITH EVERYTHING THEY NEED ANYMORE - THEY WILL HAVE TO WORK FOR IT.

THERE IS A SYMBOLIC THING IN CHOOSING THE WORD- לֶחֶם - LEKEM- BREAD - TO REPRESENT ALL FOOD. BREAD IS SEEN AS THE FOUNDATION OF ALL TYPES OF FOOD. THE MOST SIMPLE TYPE OF FOOD JUST LIKE THE PERSON WHO HAS TO LIVE A SIMPLE LIFE AFTER BEING EXPELLED FROM “GAN EDEN”- PARADISE. THIS IS THE FIRST PARASHAH OF BERESHIT, THE FIRST THING THAT WE READ WHEN WE START READING THE TORAH AGAIN. THAT IS WHY WE WANTED TO TAKE THE SIMPLE BREAD AND MAKE IT MORE SPECIAL.

### FILLED BREAD:

#### DOUGH:

- 3 ½ CUPS OF ALL-PURPOSE FLOUR
- 1 TABLESPOON OF SALT
- 3 TEASPOONS OF FRESH YEAST
- 1 ½ TABLESPOON OF OLIVE OIL
- 1 ¾ CUPS OF LUKEWARM WATER (AROUND 45 C\*)

#### FILLING:

- 1 ½ TABLESPOON OF OLIVE OIL
- 2 CRUSHED GARLIC CLOVES
- 1 CUP OF SLICED, PITTED BLACK OLIVES
- 2 TABLESPOONS OF FRESHLY CHOPPED BASIL
- 1 ½ CUPS OF SHREDDED MOZZARELLA

#### TOPPING:

- 1 ½ TABLESPOON OF OLIVE OIL
- 1 TEASPOON OF WATER
- 1 TEASPOON OF KOSHER SALT
- 4 SPRIGS OF ROSEMARY

#### DOUGH:

IN A BIG BOWL, COMBINE THE FLOUR AND THE SALT. THEN ADD THE YEAST AND MAKE A WELL IN THE MIDDLE. PUT THE OIL AND WATER IN THE WELL AND COMBINE EVERYTHING, EVENTUALLY KNEADING THE DOUGH INTO A BALL. SPRINKLE SOME FLOUR TO CREATE A WORK SURFACE. PLACE THE DOUGH ON THE SURFACE AND KNEAD IT UNTIL THE DOUGH IS STICKY AND SOFT. TAKE ONE TABLESPOON OF OLIVE OIL (THIS ONE IS NOT INCLUDED IN THE INGREDIENTS LIST ABOVE) AND PUT IT IN A CLEAN BOWL TO GREASE IT. ROLL THE DOUGH BALL INSIDE THE BOWL SO THAT IT DOESN'T DRY-OUT. COVER THE BOWL WITH A MOIST TOWEL. LET IT RISE FOR TWO HOURS IN A WARM PLACE. PUNCH THE AIR OUT, KNEAD IT AND LET IT RISE FOR ANOTHER 10 MINUTES.

TURN ON & PREHEAT THE OVEN TO 390\* F (200 C \*).

#### FILLING:

MIX THE OIL AND GARLIC AND SPREAD IT EVENLY ON THE DOUGH. ADD THE OLIVES, MOZZARELLA AND BASIL ON TOP (AGAIN EQUALLY). THEN FOLD IT IN HALF. MIX THE WATER AND THE OIL AND BRUSH THE TOP WITH THE MIXTURE. PUT THE ROSEMARY AND THE SALT. THEN BAKE IT FOR AN HOUR.

SERVE HOT.

BON APPETIT- בתאבון!