

PARASHA RECIPES

PARSHAT LECH LECHA

פרשת לך לך

THIS WEEK'S PARASHAH RECIPE SHARES ITS INSPIRATION WITH AN AMAZING ARTICLE WE READ RECENTLY, BY SHLOMO GRONICH. HE IS A SONGWRITER, AND IN THE ARTICLE HE DISCUSSES TWO CONNOTATIONS THAT OCCUR TO HIM WHEN HE READS THE WORDS "LECH LECHA- לך לך". THE FIRST ONE IS EXILE, WHICH REMINDED HIM OF A SONG THAT HE DID WITH A CHOIR HE ESTABLISHED WITH KIDS FROM THE ETHIOPIAN ALIYAH. THE SONG IS ABOUT THE MISTREATMENT THEY ENDURED AND THOSE WORDS, LECH LECHA, ARE IN THE SONG. THE SECOND ONE IS INDEPENDENCE AND HE CAN RELATE TO THAT FEELING BECAUSE OF THE WAY THAT CREATING MUSIC MAKES HIM FEEL.

THE RECIPE IS INJERA. IT'S A TRADITIONAL ETHIOPIAN BREAD THAT HAS TO BE MADE BY HAND.

INJERA

- 1 KG OF TEFF FLOUR
- 6 ½ CUPS OF WATER
- A BIT OF CANOLA OIL

HOW TO MAKE:

IN A LARGE BOWL, WHILE MIXING THE FLOUR, SLOWLY ADD 2 ½ CUPS OF WATER. THE RESULT SHOULD BE VERY STICKY, WET AND SOFT. LEAVE IT OUT FOR TWO-THREE DAYS (3 DAYS IF IT'S COLD, 2 DAYS IF IT'S WARM). THEN ADD THE REMAINING 4 CUPS OF WATER. WHEN THE MIXTURE IS BUBBLY, POUR A THIN, FLAT LAYER OF THE MIXTURE ONTO A HEATED AND OILED TEFLON PAN OR ELECTRIC PAN. WHEN BUBBLES START TO APPEAR COVER THE PAN UNTIL YOU CAN SEE THE BUBBLES ALL OVER THE INJERA. THEN GENTLY SLIDE THE INJERA ONTO A PLATE. THE SIDE THE TOUCHES THE PAN SHOULD BE SMOOTH, AND FREE OF ANY BUBBLES. OIL THE PAN AND REPEAT THE PROCESS FOR THE REST OF THE INJERA, UNTIL THE MIXTURE IS FINISHED.

BON APPETIT- בתאבון!