



Join Michael Solomonov, Einat Admony, and Adeena Sussman for the ultimate Shabbat dinner cook-along hosted by Gail Simmons at The Great Big Jewish Food Fest. We will be making Michael's hummus with mushrooms, Einat's Moroccan chicken with lemons and olives, and Adeena's jeweled rice and tahini-glazed carrots. You can find all of the recipes below and they are yours to keep.

We recommend picking one or two recipes to make with us and saving the others for later. The recording will be available immediately after the cook-along on the festival's Facebook page, if you want to go back and check out a technique.

See you in the kitchen!

5-Minute Hummus with Quick Tehina Sauce

Makes about 4 cups

- 1 garlic clove
 - 1 (16-ounce) jar tehina
 - Juice of 1 lemon
 - 1 teaspoon ground cumin
 - 1 tablespoon kosher salt
 - 1 to 1½ cups ice water
 - 2 (15.5-ounce) cans chickpeas, drained and rinsed
1. Nick off a piece of the garlic (about a quarter of the clove) and drop it into the bowl of a food processor. Squeeze the lemon juice into the bowl. Pour the tehina on top, making sure to scrape it all out of the container, and add the cumin and salt.
 2. Process until the mixture looks peanut buttery, about 1 minute, then stream in the ice water a little at a time with the motor running. Process until the mixture is smooth and creamy and lightens to the color of dry sand. Now you have Quick Tehina Sauce!
 3. Add the chickpeas to the sauce and process for about 3 minutes, scraping the sides of the bowl as you go, until the chickpeas are completely processed and the hummus is smooth and uniform in color.

NOTE: 5-Minute Hummus Recipe makes enough for 4 servings of toppings. All topping recipes make enough for 4 servings of hummus.

5-MINUTE HUMMUS is excerpted from ISRAELI SOUL © 2018 by Michael Solomonov and Steven Cook. Photography © 2018 by Michael Persico. Reproduced by permission of Rux Martin Books/Houghton Mifflin Harcourt. All rights reserved.



EVERY DAY INSPIRED BY THE PAST

israeli salad

Servings
8 servings

Prep Time
5 minutes

Cook Time
10 minutes

Kosher Key
Parve, Kosher for
Passover

Description

This salad recipe from Israel is versatile and tasty. Persian cucumbers, tomatoes, parsley, olive oil, lemon juice, onion. Vegan, kosher, pareve.

Ingredients

- 1 lb Persian cucumbers, diced
- 1 lb fresh ripe tomatoes, seeded and diced
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- Salt to taste (I use about 1/2 tsp)



Try
adding fresh,
chopped mint.
It's delish!

Instructions

1. Here is the way I like to dice the Persian cucumbers-- it produces small, even, triangular pieces. Slice the Persian cucumber in half lengthwise.
2. Slice each half into 4 slices lengthwise, so you have 8 long, thin pieces total.
3. Hold the long, thin pieces together with one hand, and slice the bunch into very small pieces with the other hand. Note: Persian cucumbers have lots of little seeds, which add to their flavor. If you have trouble digesting seeds, you can seed the cucumber easily by slicing it in half lengthwise and scooping out the seed-filled center.
4. Place the diced cucumbers into a large mixing bowl along with all the other ingredients.
5. Mix until vegetables are well coated with parsley, oil, lemon juice, and salt.

fattoush salad



4.9 from 16 reviews

Author: [The Mediterranean Dish](#) Prep Time: 20 mins Total Time: 20 mins Yield: serves 6



DESCRIPTION

Fattoush Salad makes a frequent appearance on the Middle Eastern dinner table. A simple chopped salad dressed in a zesty lime vinaigrette. Homemade pita chips serve as croutons! See the video and step-by-step for how to make fattoush below.

INGREDIENTS

SCALE

2 loaves pita bread
[Early Harvest Extra Virgin Olive Oil](#)
1/2 tsp [sumac](#), more for later
Salt and pepper
1 heart of Romaine lettuce, chopped
1 English cucumber, chopped
5 Roma tomatoes, chopped
5 green onions (both white and green parts), chopped
5 radishes, stems removed, thinly sliced
2 cups chopped fresh parsley leaves, stems removed
1 cup chopped fresh mint leaves (optional)

LIME-VINAIGRETTE

1 1/2 lime, juice of
1/3 cup [Early Harvest Extra Virgin Olive Oil](#)
Salt and pepper
1 tsp ground [sumac](#)
1/4 tsp ground cinnamon
scant 1/4 tsp [ground allspice](#)

INSTRUCTIONS

- 1 Toast the pita bread in your toaster oven until it is crisp but not browned. Heat 3 tbsp of [olive oil](#) in a large pan. Break the pita bread into pieces, and place in the heated oil. Fry briefly until browned, tossing frequently. Add salt, pepper and 1/2 tsp of [sumac](#). Remove the pita chips from the heat and place on paper towels to drain.
- 2 In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.
- 3 To make the lime vinaigrette, whisk together the lime juice, [olive oil](#) and spices in a small bowl.
- 4 Dress the salad with the vinaigrette and toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time. Transfer to small serving bowls or plates. Enjoy!

NOTES

- Feel free to add more herbs or crushed garlic, if you like! Some like to add about 1 tsp or so pomegranate molasses to the dressing.
- **Recommended for This Recipe:** [Early Harvest Extra Virgin Olive Oil](#); all-natural [sumac spice](#); all-natural [allspice](#).
- **SAVE!** Try our [Ultimate Mediterranean Spice Bundle!](#) Or create your own [3-pack](#) or [6-pack](#) of premium all-natural and organic spices!

Skillet Flatbreads

PREP 20 mins

BAKE 30 mins

TOTAL 1 hr

YIELD 10 to 12 flatbreads,
depending on size

Ingredients

- 3 cups (361g) King Arthur Unbleached All-Purpose Flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 3 tablespoons (35g) olive oil or vegetable oil
- 1 cup (227g) ice water
- 2 to 3 tablespoons (25g to 35g) vegetable oil, additional for frying



**Try adding roasted garlic/
garlic powder or other herbs,
like rosemary, to this recipe. It
kicks it up a notch!**

Instructions

- ① Place the flour, baking powder, and salt in a large mixing bowl and stir to combine.
- ② Add the oil and ice water, and mix to make a soft, cohesive dough. Adjust with flour or water as needed. The dough should be moist but not sticky. Cover with plastic wrap, and let rest for 10 minutes.
- ③ Preheat a heavy-bottomed skillet on the stovetop. Add 1 tablespoon oil and heat until the oil starts to shimmer in the pan.
- ④ Divide the dough into 10 to 12 equal pieces. Each piece should weigh about 1 1/2 to 2 ounces, about the size of a large egg. Dredge each piece in flour, and roll to a rough circle or oval, about 1/4" thick. OR hand shape the pieces by flattening between your palms.
- ⑤ In batches, fry the flatbreads in the hot oil for 2 to 3 minutes, or until golden brown. Flip and fry on the second side for another 2 minutes. Transfer from the pan to a rack to cool slightly before serving. Add more oil as needed for frying successive batches.

We're here to help. King Arthur Flour Baker's Hotline: (855) 371 2253