

הקשר היהודי שלך

Your Jewish Connection

Brought to you by the Lifelong Learning Committee – *Written by Linda S Trapasso*

Looking for Israeli Food?

If someone asked you about Israeli food, what would you say? What comes to mind? Many people think of falafel, hummus, *za'atar*, or <your pick>. Let's take a brief tour of the Israeli culinary scene, where we'll discover much, much more than falafel and hummus.

A good place to start is at [Sher She Goes](#), a



NYC-based photographer/writer duo chronicling their adventures, one of which happens to be Israeli food and the 10+ Israeli foods to try. This article has much useful information, such as Before You Go: About Israeli Cuisine, Tel Aviv Food, Jerusalem Food, and Northern Israel Food. The authors suggest markets and restaurants to go to, as well as a list of must-try foods.

Melinda, founder of and blogger for Kitchen-Tested.com, is a food blogger, food photographer, and

recipe developer. She states that her blog Kitchen-Tested has made a name for itself in the kosher food industry. Her list of [55 Jewish food bloggers](#) is extensive, to say the least, as well as worldwide.

The Spruce Eats covers recipes, cooking tutorials, and kitchen tips and is part of The Spruce family covering lifestyle topics. Its article on [Top 10 Israeli Food Blogs](#) has links to each blog with descriptions. You may need to translate the blogs into English, but the photography is helpful.



ISRAEL21c is the publisher of an online news magazine covering 21st century Israel. Its article on [Best Cookbooks for Israeli Food](#) includes Israeli chefs and others, living around the globe, preparing Israeli-style food.

Before you start your own Israeli food adventure, check out [The Es-](#)

[sential Ingredients That Define Israeli Cuisine](#) at Eat Sip Trip. It can be difficult to summarize the array of foods found in Israeli cuisine. A typical Israeli meal can consist of 12 or more different small plates, each one originating in different countries and with its own mix of spices, vegetables, tahini sauces, and grilled meats. Read the article to learn the ingredients most often found in these dishes.

The Israel Forever Foundation cultivates personal connections to Israel. Food is one way of achieving that goal. The [Bring the Tastes of Israel into Your Kitchen](#) article includes recipes for soups,




salads, main dishes, barbecue, and desserts. You also can sign up to receive recipes directly via email.

At feedfeed, a crowdsourced digital cooking publication and community, there is a wonderful list of [Israeli food recipes](#) curated by Meirav Gavish, a Tel Aviv local. She says, "I have a special interest in fresh, local food, and in the influence of cooking heritage and traditions from all over the globe on the Israeli cuisine." Her list includes salads, appetizers, main dishes, and a few sweets.

So time to get cooking! I'm going to see what I can add to my own cooking repertoire. Bete'avon!

ROGER PELLERIN
President



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