

Dear Chanichim,

Machzor Rishon (first session) has flown by in a flash. They say time flies when you're having fun, and we had an amazing time cooking up a storm together. It was so much fun to cook and bake with you. Not only did you learn how to make some great new things but you also learned lots of kitchen skills. I am proud of how willing you were to try new foods and how helpful you were in the kitchen. I hope you enjoy sharing these recipes with your family and friends, and when you make them you think of camp and the wonderful time we had together!

Have a wonderful year, and I look forward to seeing you at camp for Kayitz 2020!

Sincerely,

Yona

Rosh Bishul Machzor Rishon 2019

'על טעם ועל ריח אין להתווכח'

al taam veal reah' ein lehitvakeah

Each and every person has their own unique taste

~Hebrew Saying

Shakshuka

Ingredients

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 4 cups ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper, or more to taste (careful, it's spicy!)
- Pinch of sugar (optional, to taste)
- Salt and pepper, to taste
- 6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)
- 1 cup shredded cheese of choice

Cooking instructions

Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Add garlic and continue to sauté till mixture is fragrant. Add the diced bell pepper, sauté for 5-7 minutes over medium until softened. Add tomatoes and tomato paste to pan, stir until blended. Add spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.

Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).

Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.

Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.

Garnish with the chopped parsley, if desired.

Recipe adapted from Tori's Kitchen

See the full post: <https://toriavey.com/toris-kitchen/shakshuka/#eL2cajJtshU1leZL.99>

Chummus & Laffa Bread

Chummus

INGREDIENTS

- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- ½ teaspoon baking soda (if you're using canned chickpeas)
- ¼ cup lemon juice (from 1 ½ to 2 lemons), more to taste
- 1 medium-to-large clove garlic, roughly chopped
- ½ teaspoon fine sea salt, to taste
- ½ cup tahini
- 2 to 4 tablespoons ice water, more as needed
- ½ teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil
- Garnish with herbs and spices you like!

INSTRUCTIONS

1. Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine-mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).
2. Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.
3. Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.
4. While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)
5. Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.
6. Taste, and adjust as necessary—I almost always add another ¼ teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.
7. Scrape the hummus into a serving bowl or platter, and use a spoon to create nice swooshes on top. Top with garnishes of your choice, and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

Recipe adapted from Cookie and Kate

See the full post: <https://cookieandkate.com/best-hummus-recipe/>

Laffa Bread

INGREDIENTS

- 7 cups unbleached bread flour plus another 1/2 cup for kneading, if needed
- 1 (1/4 ounce) package active dry yeast
- 2 tablespoons sugar
- 1 teaspoon salt
- 4 tablespoons olive oil
- 3 cups warm water

PREPARATION

1. Combine dry ingredients in a large bowl. Add oil and water. If you are making by hand (which is the easiest way), add liquid ingredients to dry ingredient bowl, and mix by hand for a few minutes until dough is well combined and coming together. Turn dough out onto a lightly floured surface and knead for about ten minutes until smooth and elastic. If you are using a food processor, process for about sixty seconds until a very smooth, soft, and slightly sticky ball forms. If you are using a mixer, mix with dough hook until the dough is very smooth, soft, and elastic.

2. Place dough in a large oiled bowl, loosely cover with plastic wrap, and then cover it with a tea towel. Place the bowl in a warm, draft-free corner. Let rise for about one hour, until the dough has at least doubled in size. Divide the dough into twelve equal balls, and then roll them until smooth. Place the balls on an oiled baking sheet. Cover them with a damp tea towel and let rest for about ten minutes. Resting makes dough easier to roll out since the gluten strands relax.

3. Heat a flat griddle pan to medium. Alternatively, you can use an upside-down wok or a large frying pan. Take a dough ball in your hands and flatten it out on an oiled wooden surface. Roll it out with a rolling pin or use your hands to make a circle about twelve inches in diameter. Place it on the hot surface. When the edges look dry and bread is expanding turn it over. Laffa only takes a few minutes to grill. Place finished Laffa in between some kitchen towels to keep warm. Laffa is best cooked last minute.

Recipe is from Joy of Kosher

See the full post: <https://www.joyofkosher.com/recipes/laffa-bread/>

Tabbouleh

Ingredients

5 scallions, chopped

4 firm tomatoes, chopped

2 teaspoons ground cumin

1 Tablespoon kosher salt

3-4 lemons juiced

3/4-1 cup fine bulgur soaked in hot water for 10-15 minutes, drained

5-6 Tablespoons good quality olive oil (do not skimp on quality--you will taste

1 bunch fresh flat-leaf parsley, chopped

1 handful fresh mint, chopped

Directions

Combine the bulgur, olive oil, lemon, cumin, and salt in a bowl and let stand for 20-30 minutes while chopping vegetables. Add remaining ingredients and mix. Serve sprinkled with more fresh mint.

Recipe is from My Jewish Learning

See the full post: <https://www.myjewishlearning.com/recipe/tabbouleh/>

ISRAELI RICE AND BEANS

INGREDIENTS

2 Cans navy beans
1/2 teaspoon baking soda
pinch salt
3 tablespoons olive oil
1 large onion sliced
4 garlic cloves minced
2 to 3 tablespoons tomato paste
2 tablespoons paprika
2 tablespoons chicken bullion powder, vegetarian
1 to 2 tablespoons sugar
2 teaspoons cumin

INSTRUCTIONS

1. Sort beans to make sure there are no little pebbles. Then put the beans in a pot and add a quart of water and the salt. Let sit overnight.
2. Pour out the water and add enough fresh water to cover the beans. Mix in baking soda and a pinch of salt. Then cook beans until soft (about an hour and a half). Add more water as needed.
3. Coat a pan in oil and saute the onions and garlic until the onions are soft and transparent.
4. Pour out the water from the beans. Add enough fresh water to cover the beans, then add onions, garlic, tomato paste, paprika, bullion powder, sugar, cumin, and let simmer over a low heat for half an hour.

Recipe is from The Taste of Kosher See the full post: <https://www.thetasteofkosher.com/israeli-rice-beans/>

Yona's Award Winning Rice

1 cup basmati rice
1/2 Cup water
1/2 tsp salt 1 tablespoon olive oil

Pour rice, salt, and olive oil into a pot. Mix ingredients well. Add water. Cook covered. Cooking time is 20 minutes. Bring mixture to a boil, then lower flame and simmer for remaining amount of cooking time.

Best Livivot (Latkes) Ever!!!

INGREDIENTS:

- 4 large potatoes, peeled best is Yukon Gold
- 1 large onion, peeled
- 2 eggs
- 2 tsp kosher salt
- 1 tsp black pepper
- oil for frying
- (carrot for keeping your oil burning)

INSTRUCTIONS:

- In a large bowl combine eggs, salt, and pepper
- In a food processor, fitted with the E blade add onion and potatoes. Or you can grate by hand.
- Use your hands to scoop out potato mixture into a kitchen towel and over a bowl wring out to towel to squeeze out as much “juice” as possible.
- Add “dryer” potato mixture to the egg bowl.
- Repeat until all the potatoes and onion have been added.
- Pour all of the squeezed out juice into your sink. The white residue that is left in the bottom of the bowl is potato starch.
- Add accumulated starch and mix until fully incorporated.
- Heat a large pan over medium high heat.
- Add enough oil till it is one inch high in the pan.
- (If using, add carrot to your oil now)
- When oil is hot, use a ladle to drop in large scoops of potato mixture making sure not to over crowd the pan.
- This may take a few batches but the more room each latke has to fry, the crispier the result will be!
- Allow to fry for 2 minutes on the first side, then flip and fry one more minute.
- Remove to a cooling rack to drain.
- Repeat with remaining batter.
- Serve hot and enjoy!!!

Recipe is from Peas Love & Carrots

See the full post: <https://peasloven carrots.com/1388-2/>

Oznei Haman aka Hammentashen

INGREDIENTS

- 1/2 cup oil plus 3 tablespoons
- 1/2 cup sugar
- 1 large egg
- 3 tablespoons orange juice
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- About 2 3/4 cups all-purpose flour
- Assorted jams

PREPARATION

To make the dough:

Mix oil with sugar

Beat in the egg.

Blend in the juice, vanilla and salt.

Stir in enough of the flour to make a soft dough. Wrap the dough in plastic wrap and chill until firm, at least 1 hour.

To fill and make the hamantaschen:

Preheat the oven to 375°F.

Remove the dough from the fridge. If it feels too hard to roll out, let it stand at room temperature until malleable, but not too soft.

Flour a clean work surface. Divide the dough into two pieces and roll the dough to about 1/4 inch thick

Cut rounds of dough with the edge of a drinking glass or circle cookie cutter, dipped in flour. Repeat rolling and rounding with remaining scraps of dough.

Place a dollop of jam on each round. Pick up the sides and pinch them together to form a triangle, leaving the jelly center exposed.

Line a few baking trays with parchment paper.

Place the hamantaschen about 1 inch apart. Bake until golden brown, about 12 minutes.

Recipe adapted from Joy of Kosher

See the full post: <https://www.joyofkosher.com/recipes/cookie-dough-hamantaschen/>

Reminds me of the Shuk Borekas

- 2 sheets puff pastry dough
- 2 russet potatoes
- 1/4 cup crumbled feta cheese
- 1/4 cup shredded mozzarella or cheddar
- 1 large egg
- Salt and pepper
- 1 large egg yolk
- Nonstick cooking oil spray

Peel potatoes. Cut into small cubes. Boil until soft.

Preheat oven to 350 degrees F. In a mixing bowl, combine mashed potato, feta, kashkaval, egg, a pinch of salt and a pinch of black pepper (if using all feta cheese or pre-seasoned mashed potatoes, no need to add any salt). Use a fork to mix ingredients together till well blended. Make sure to break up any large crumbles of feta with the fork. Reserve mixture.

On a smooth, clean, lightly floured surface, unfold one of your puff pastry sheets. Use a rolling pin to roll out the sheet to a 12x12 inch square. If using homemade puff pastry, roll your dough out to the same size - a 12"x12" square. Cut the sheet of puff pastry dough into 9 equal-sized squares, each about 4"x4" large.

Place 1 heaping tablespoon of the potato cheese filling on one corner of each square, spreading it out into a triangle shape 1/4 inch from the edge to halfway across the square. The filling will create a diagonal triangle inside the square. Fold the dough square by grasping the opposite corner and folding it up and over the filling to make a triangle. Pinch firmly along the outer open edge of the triangle to seal.

You can also crimp the edges with the tines of a fork, if you wish. Repeat this process for the remaining squares, then for the second sheet of puff pastry—roll out the pastry, cut into squares, add filling, and seal the triangles.

Spray your baking sheets with nonstick cooking spray or line with parchment paper. Place 9 bourekas on each sheet, evenly spaced, giving them a little room to expand during baking.

In a small bowl, whisk together the egg yolk and 2 tsp of cool water. Use a pastry brush to brush a light layer of the egg wash onto the surface of each boureka. Bake the bourekas for about 35 minutes, switching the baking sheets between the upper and lower racks halfway through cooking. Bake till golden brown and cooked through.

Recipe adapted from Tori's Kitchen the full post: <https://toriavey.com/toris-kitchen/potato-cheese-bourekas/>

Camp Nachos

Ingredients

- 1 cup canned corn drained
- 2 diced tomatoes
- Olive oil
- 11 ounces tortilla chips
- 15 ounces canned black beans rinsed and drained
- 1 red bell pepper diced
- 1 1/2 cups shredded cheddar jack cheese
- Salsa optional
- Cilantro optional
- Avocado or Guacamole optional
- Sour Cream optional

Place a large sauté pan on stove top heated to medium. Add a drizzle of olive oil, then sauté the corn, stirring, until the color brightens and the corn is crisp tender, about 5 minutes. Transfer the corn to a small bowl or plate.

In the same pan arrange half the tortilla chips, place diced tomatoes on top of the chips.

on top of the tomatoes. Top with half the black beans, bell pepper, corn, and cheese. Add the remaining chips and top with the remaining beans, pepper, corn, and cheese. Cover loosely with aluminum foil or a lid and allow to heat 5 minutes or until the cheese is melted.

Remove from the heat and top with salsa, cilantro, sliced avocado.

Recipe adapted from The Live In Kitchen

See the full post: <https://theliveinkitchen.com/campfire-nachos/>

Yogurt French Toast

Ingredients

6 slices cinnamon raisin bread or Challah (thicker is better!)

½ cup low-fat vanilla yogurt

¼ cup low-fat milk

2 eggs

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1 teaspoon vanilla

salt

DIRECTIONS

- Beat eggs, yogurt, milk, salt, cinnamon, nutmeg, and vanilla in a mixing bowl.
- Heat a lightly oiled skillet over med-high.
- Dunk each slice of bread into egg mix, and soak both sides.
- Place in pan and cook on both sides until golden.
- Serve hot and top with yogurt and fresh berries, or your favorite syrup or crushed cinnamon toast crunch cereal.

Recipe adapted from Food.com

See the full post: <https://www.food.com/recipe/yogurt-french-toast-63369>

Apple Crumble

Ingredients

Filling:

4 large Golden Delicious apples (about 3 pounds)
1/4 cup sugar
1 lemon, juiced
2 tablespoons all-purpose flour
1/2 teaspoon ground cinnamon

Topping:

1 cup all-purpose flour
1 1/4 cups rolled oats
1/2 cup packed dark brown sugar
1 teaspoon ground cinnamon
Pinch fine salt
8 tablespoons (1 stick) cold butter, cut into small pieces

Vanilla ice cream, for serving, optional

1. Position an oven rack in the center of the oven and preheat to 350 degrees F.
2. Peel, core, and slice apples into 1/4-inch slices. Place apples in a large mixing bowl and toss with sugar, lemon juice, flour, and cinnamon. Pour into a lightly greased 9 by 13-inch baking dish, and spread out into an even layer. Set aside.
3. In another large bowl, mix together the nuts, flour, oats, sugar, cinnamon, and salt for the topping. Using a pastry cutter or your fingers, gently work in the cold butter until pea-sized lumps are formed.
4. Top apples evenly with mixture and bake until apples are bubbly and topping is golden brown, about 45 minutes, rotating once halfway through cooking.
5. Serve warm or at room temperature with vanilla ice cream.

Recipe is from Food Network

See the full post: <https://www.foodnetwork.com/recipes/dave-lieberman/apple-crumble-recipe-1917224>