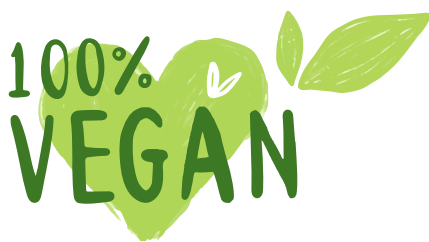


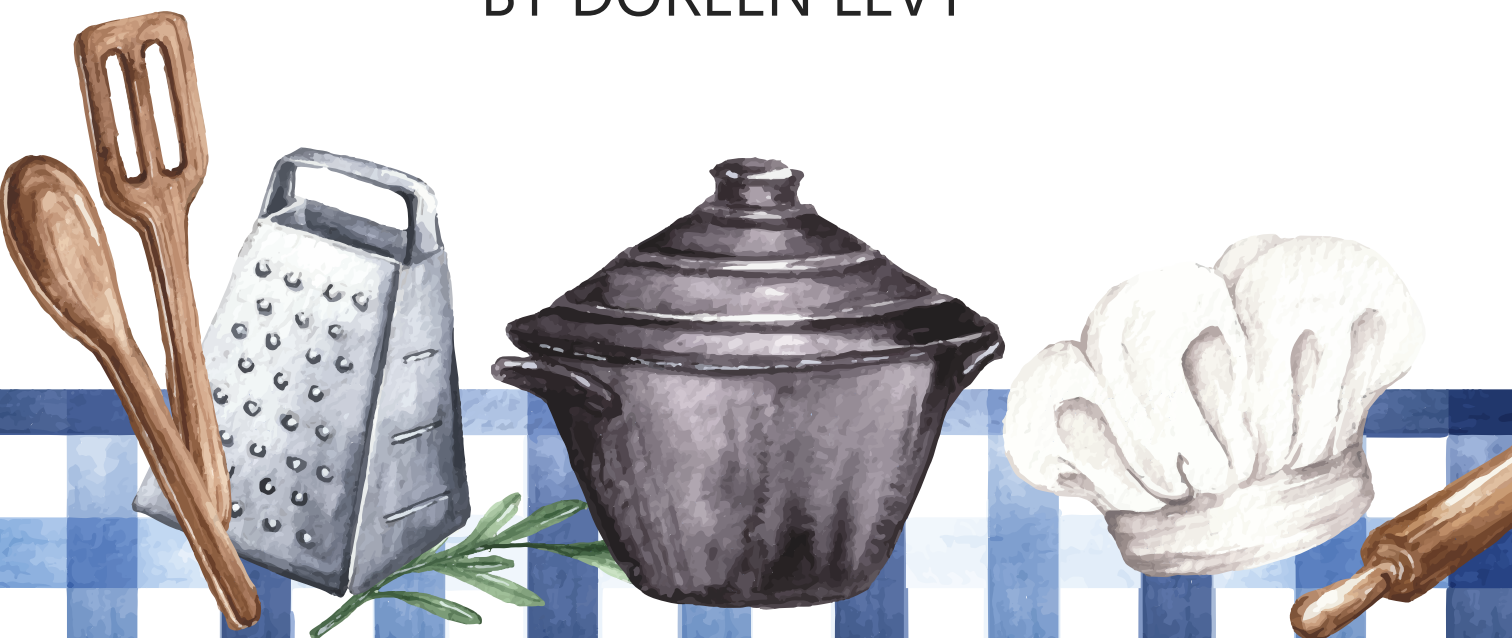
A VEGAN COOKBOOK FOR OUR FAMILY

# MEMORIES FOR THE FUTURE

100%  
VEGAN



BY DOREEN LEVY



## ACKNOWLEDGEMENTS

This cookbook was compiled during the dark days following the October 7 2023 massacre and war. It gave me the impetus to get out of bed and work!

This cookbook, however, would never have come into being without the steadfast and untiring efforts of my husband and partner, my hero Saba Eitan. He spent long, long hours looking for suitable photos, organizing the family tree, organizing me, answering my calls for help with the computer when I was stuck and even preparing meals while I was totally focused on getting the cookbook finished in time. Towards the end he also did the editing, fixing, and adding many comments. This book really is a joint project.



Saba Eitan, not only my hero  
but a bridge hero as well.

To our family who have submitted recipes, photos and written words: The original idea was to print a simple, unadorned recipe book for the vegans and vegetarians in our family. With your input it became a much larger project, recalling wonderful memories that have spanned generations as well as reflecting your own interests in food and allowing us and future generations to see the very special people who you all are. We thank all of you for making this cookbook special.

We are so very proud of all of you!

A special thanks to Ravit, Rinat and Rotem Publishers. Their energy and creativity to what I had written, makes this cookbook fun to read.



All 16 Levy-Ron-Segoli members, each one making up our family

## INTRODUCTION

After I printed my first cookbook *A Potpourri of Memories*, I always wanted to write another cook book, but found it extremely difficult to organize. The first one was easy – it was all in my head or on little cards and all I needed (with a lot of help from Saba) – was to write it down.



Just married! 16 December 1964 Durban  
Viv Klaff, Hayman and Ray, Us, Gertie, Morris and Fern

But years later, when we had three vegan granddaughters and two vegetarian granddaughters, the list of vegan dishes grew and grew. So I hope that this book shall be printed in time to give not only to the vegans and vegetarians, but to all our family members, a gift from us on my 80th birthday and our 60th wedding anniversary, a gift of food we have enjoyed and pictures we have taken throughout the years that delight and bring back so many warm memories for us all.

I think that the greatest gift grandparents can give to their grandchildren is the gift of Time. When our own children were small we wanted them to grow up quickly so that we could get on with the things we wanted to do.

It's different with grandchildren. We now have the time to listen to them, to be

with them when they want and to lend an understanding ear when needed. I hope we have succeeded in this, because we love each and every one of you very much.

Oh yes, we also love your parents!

For more information about people and events go to [www.eitanlevy.com](http://www.eitanlevy.com), the Family Homepage.



Ein Gedi 2013 "Reaching New Heights"

## NOTES ON USING THE RECIPIES

This recipe book is totally vegan and I think all the recipes have been tried and adjusted. They are delicious and should satisfy vegetarians and omnivores equally. I rarely use the term "vegan" because it is a vegan cookbook.



Levy-Ron-Segoli families with Fern and Bravermans

When listing the ingredients Tbs = tablespoons and tsp = teaspoons. I think this is easier to distinguish, but in the text I have used the full words.

Olive oil used to be a big no-no for frying, but lately it is said to be the best oil for frying as it has a relatively high smoke point. I still like to fry in canola oil, but leave it up to you which to choose or whether to combine them.

Most recipes in cookbooks say "1 tablespoon oil". I rarely think that is enough, and although I've kept the terminology I mean "pour in enough oil to lightly coat the bottom of the pan." When you are frying and after a few minutes if there doesn't seem to be enough oil you can spray some water into the pot to rehydrate it, without adding more oil.

I don't use canned oil spray because of its environmental effect. Instead I have a silicone brush that I use with the appropriate oil to oil the bottom of a pan.

My choice for margarine is coconut margarine, but again I leave it up to you. There is also butter-flavoured margarine. I have always written garlic, "crushed". But of course you can smash it with a knife, grate it or slice it thinly. We only used freshly ground pepper, usually a mix of black, green, red and white. Use whatever suits you. I usually use unsweetened soy milk. Granddaughter Lior says Oatly Barista is the best. Tomato concasse is tomato, peeled with wet inside removed and then chopped. If you need to use a non-caloric sweetener as a substitute for sugar, I have found that by mixing various sweeteners together you don't get an overbearing taste of one of the sweeteners and it is much closer to the taste of sugar. There is only one recipe with eggplant because I am highly allergic to it. Instead I have substituted zucchini or vegetable marrow in some dishes. In *A Potpourri of Memories* there are plenty of eggplant dishes. When preparing a dish don't be afraid to substitute if you don't have the ingredients, and always taste what you have cooked.



Mitzpe Ramon 2014

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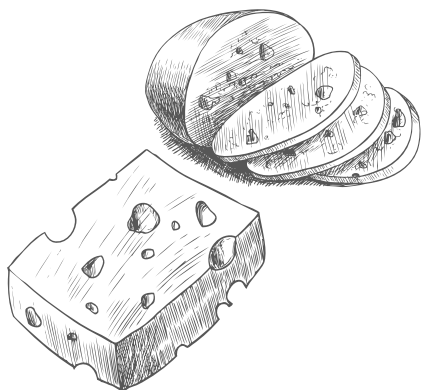








## MISCELLANEOUS



OILS

CASHEWS

SOUR CREAM

MOZZARELLA

CHEESE SAUCE

AQUAFABA

COOKING DRIED BEANS

MAYONNAISE

MASHED POTATOES

EGG SUBSTITUTES



## OILS

As of compiling this book there appeared an article in the newspaper declaring that olive oil was the best oil for frying! It has a definite taste and I would still prefer canola or sunflower oil as an ingredient in baking. Leave the olive oil for sautéing and salad dressings.

## CASHEWS

If you forget to soak your cashews ahead of time, preferably overnight, you can either cover them in boiling water and let sit for 20 minutes, or cover them with water and microwave for 3 minutes, then let sit for 3-5 minutes before draining. If you have a cashew allergy, you can also replace the cashews with blanched slivered almonds, macadamia nuts, or pine nuts.

## SOUR CREAM

<https://cookieandkate.com/>

Only lately did I discover that Alternative has a vegan sour cream. But here's a recipe anyway.



Prep Time: 10 minutes (plus 4 hours soaking time if needed)

Yield: 1 cup

This vegan sour cream recipe is the best! This creamy dairy-free sauce can also replace goat cheese, ricotta and even mozzarella. It's easy to make too.

1 cup raw cashews, soaked for at least 4 hours, or better still overnight

½ cup water

1 Tbs lemon juice or more if needed

1 tsp apple cider vinegar

¼ tsp salt

1 Tbs nutritional yeast

¼ tsp Dijon mustard

Drain and rinse soaked cashews until the water runs clear.

In a blender, combine the cashews, water, lemon juice, vinegar, salt, nutritional yeast and mustard. Blend until the mixture is smooth and creamy, stopping to scrape down the sides as necessary. If you're having trouble blending the mixture, or would prefer a thinner consistency, slowly blend in up to ½ cup additional water, as needed.

Taste and add an additional teaspoon of lemon juice if you would like more tang, or additional salt if desired. Serve immediately or chill the sour cream for later use.

Leftovers keep well, chilled, for about 5 days. The sour cream will thicken up a bit more as it rests; you can thin it by whisking in a small amount of water later, if necessary.

## MOZZARELLA

<https://www.noracooks.com/>

This stretchy Vegan Mozzarella is perfect for grilled cheese, lasagna, pizza and more!



Cook Time: 10 minutes



Serves: 8

½ cup cashew nuts, soaked  
1 1/3 cups water  
1 Tbs lemon juice  
1 Tbs apple cider vinegar  
½ tsp salt  
4 Tbs tapioca starch\*

Boil 2 cups of water. Pour the water over the cashews and let soak for 1 hour, or soak them in water overnight.

Drain the cashews, and add them to a blender along with the water, lemon juice, apple cider vinegar, salt and tapioca starch. Blend until very smooth, scraping down the sides of the blender as needed. It will be very watery at this point.

Now pour the watery mixture into a small saucepan and bring the heat to medium. Begin to stir with a spatula or spoon.

After a few minutes, it will begin to get clumpy. Keep stirring, constantly until suddenly it will become super gooey, stretchy, thick and smooth. It will become one big mass of stretchy vegan cheese. Remove from heat as soon as this happens. Best if used immediately, especially for placing on pizza or lasagna; make right before using. If not, store in a covered container in the refrigerator.

For pizza, drop 1-2 tablespoon sized balls onto the crust and pat down a little bit. Or spread it all over. It will brown in the oven. For lasagna, drop dollops of the cheese all over the top towards the end of cooking time. Or place between bread and grill for grilled cheese.

### NOTE:

\*Tapioca starch/flour is essential in this recipe. I had some tapioca balls which I blended to a powder in the food blender and it worked just fine. Cornflour will not create the same "stretchy" quality.

If you want the cheese to brown in the oven, simply spray with a little oil and broil for 5-10 minutes, watching carefully.

## CHEESE SAUCE

<https://www.americastestkitchen.com/>

Makes about 2 cups

350g red potatoes, peeled and cut into 2 ½ cm pieces

1 small carrot, peeled and cut into 1 cm pieces (1/3 cup)

2 Tbs canola oil

1 ½ Tbs nutritional yeast

½ tsp vinegar

1 tsp salt

1/8 tsp mustard powder

Place potatoes and carrot in large saucepan; just cover with water and bring to boil over high heat. Cook until tender about 12 minutes then drain in colander.

Combine cooked vegetables, 1/3 cup water, oil, nutritional yeast, vinegar, salt, and mustard powder in blender.

Pulse until chopped and combined, about 10 pulses, scraping down sides of blender jar a few times until mixture comes together. Process mixture on high speed until very smooth, about 2 minutes.

Serve.

Sauce can be refrigerated in airtight container for up to 3 days; reheat in microwave, stirring every 30 seconds, until glossy and pourable. Adjust consistency with hot water as needed.

## CREAMY MUSHROOM SAUCE

<https://lovingitvegan.com/> Alison Andrews



Prep Time: 10 minutes



Cook Time: 20 minutes



Serves: 4

## CASHEW CREAM

1 cup raw cashews

½ cup water

½ tsp salt

## MUSHROOM SAUCE

2 Tbs margarine  
1 Tbs olive oil  
1 tsp crushed garlic  
1 tsp dried thyme  
Grate of nutmeg  
3 cups mushrooms (300g) sliced  
3/4 cup vegetable stock  
1/2 tsp salt  
1/2 tsp black pepper

Pour boiling water over the cashews and let soak for 1 hour, or soak them in water overnight.

Drain and rinse the cashews. Add the cashews, water and salt to the blender jug and blend until smooth. Set aside.

Prepare the mushroom sauce. Add the margarine and oil to a frying pan and then add the crushed garlic and dried thyme and sauté together until the butter is melted and the mix is heated.

Then add in the sliced mushrooms and sauté until the mushrooms are softened. Add nutmeg and stir.

Add in the vegetable stock and all the cashew cream and stir it in. Lower the heat and bring to a simmer and keep stirring until it's thickened. Add salt and black pepper to taste.

Serve over anything and everything that needs a sauce.

To store, keep leftovers in the fridge and consume within 3-4 days. It is also freezer friendly.

## AQUAFABA

<https://www.sunnysidehanne.com/aquafaba/>

Aquafaba is the liquid that remains when you drain a can of chick peas. It is used to make meringues (see DESSERTS) and can be used to make mayonnaise and is in my recipe for buckwheat blini.

One can of chick peas usually renders a bit over 3/4 of a cup of liquid. It is best to reduce canned aquafaba as viscosity, the thickness, is the key to most recipes. Place the aquafaba on the stove in a heavy sauce pan and simmer for about 10 minutes to reduce it. Use when cool.

## AQUAFABA TIPS

In general 3 tablespoons of aquafaba equals one egg and 1 tablespoon equals one egg white.

Oil of any type will deflate aquafaba. When whipping aquafaba, make sure your implements from mixing bowl and beaters are spotlessly clean and dry. Wipe them down with vinegar to get off any residual oil. It can take anywhere between 6-9 minutes in a mix master to get stiff peaks

If using aquafaba in a savory application like quiche it is best to give it a quick whip and get a froth going before adding to your recipe.

SEE EGG REPLACER AT END OF CHAPTER

## MAYONNAISE

<https://simpleveganblog.com/>

Today there is excellent vegan mayonnaise available at supermarkets, but I'm including this, remembering a time when there wasn't



Prep Time: 5 minutes



Servings: ½ cup

½ cup unsweetened soy milk

1 tsp apple cider vinegar

½ tsp salt

1 cup canola/sunflower oil

Make sure the soy milk is at room temperature.

Place milk, vinegar and salt in the blender, and blend for about 5 seconds. Then gradually add the oil while the blender is going at a slow speed until it thickens, and then you can turn it gradually from low to high and let it go until well mixed. Try the mayo and add more salt if needed. If it's too thick, add more milk and if it's too watery, add more oil. Pulse again until the mayo has the perfect consistency. Use your vegan mayo immediately or store it in the fridge for a few hours until its cold.

Keep the leftovers in an airtight container or a jar in the fridge for about 4-7 days.

## NOTE:

Soy milk is the best choice to make this recipe because it acts as an emulsifier. Feel free to use other types of vinegar, especially if they have a neutral flavour, not balsamic vinegar.

You can add other ingredients to your vegan mayo recipe, such as garlic (you'll get a delicious vegan aioli), garlic powder, black pepper, Dijon mustard, or maple syrup for a richer flavor. It's also delicious with fresh or dried herbs like parsley or dill.

Use it to make a vegan salad dressing for your vegan potato salad, dip some fries in it, or add it to your sandwiches.

## MASHED POTATOES

Potatoes should be placed in cold water and only then heated up. When mashing potatoes, you must use a potato masher and mash by hand. If you use a food processor it comes out mushy and slimy. Reserve a little of the potato water to achieve the desired consistency.

Root vegetables should be placed in cold water to ensure even cooking. Vegetables that grow above ground need to be placed in boiling water. Either way reserve the water for soup or if it is not salted pour into your plants.

## EGG SUBSTITUTES

[https://www.kingarthurbaking.com/Rossi\\_Anastopoulo](https://www.kingarthurbaking.com/Rossi_Anastopoulo)

For detailed article, google internet site above.

### **AQUAFABA (liquid from canned chickpeas)**

**Sub for 1 egg:** 1/4 cup (57g) aquafaba

**How it performs:** According to the King Arthur vegan baking expert, Posie Brien, this is "hands down the best egg substitution," as it provides the most consistent results.

### **SPARKLING WATER**

**Sub for 1 egg:** 1/4 cup (57g) sparkling water

**Good for:** Light, fluffy baked goods such as cakes, cupcakes, muffins, and quick breads.

### **COMMERCIAL EGG REPLACERS**

**Sub for 1 egg:** Follow measurements and instructions on product package.

**Good for:** Almost any kind of baking.





Hofit 1996 Tova, Dani and Lopsy



## SALADS



- Yael Segoli's Cabbage Salad
- Cauliflower (Potato) Salad with Mayonnaise
- Potato Salad
- Strawberries and Spinach Salad
- Minted Zucchini Ribbons
- For Lior: Broccoli Salad
- Margalit's Cooked Carrot Salad
- Margalit's Mangold Salad
- Granny Gertie's Three Bean Salad



I have tried to include here salads that are a little different to the usual green salad or chopped vegetable salad.

## Yael Segoli's Cabbage Salad



Yael at the wedding of Michal and Moran

**Michal writes:** *This is a recipe that my mom used to make a lot.*

*Cut cabbage into small pieces. Season with soy sauce, silan (or brown sugar), olive oil, garlic, and balsamic vinegar (or lemon).*

*Before serving, add toasted pine nuts, hazel nuts and sesame seeds.*

**MICHAL WRITES:** *My Mom Yael's cooking.*

*My mother was an amazing cook. It always amazed me the diversity of dishes she was able to make. But this did not start until we were a bit older. When we were young, my mother, struggling between teaching, studying, and taking care of the family cooked the simplest improvised dishes repeatedly. We used to eat minced beef with beans from a can, pasta with ragout (Italian sauce with meat and vegetables), pizza on pitta, lots of salad and hummus.*

*Every Friday we would eat chicken with potatoes for dinner. Not that I complain—it was all tasty and we were not expecting anything else, but her talent and creativity in the kitchen only came into bloom later. By the time we had our own families and came for Friday dinners, she would make the most delicious and creative dinners. She would combine the Italian kitchen of her childhood home (my grandparents used to make their own ravioli and gnocchi), French cooking (France was my parent's; only destination for a vacation for many years), Asiatic (that she picked up from cooking programs), and more. Whatever she cooked was done to perfection and we would all gobble it up and lick the plates clean. Moreover, she invented dishes that I've never encountered anywhere else. For example, I've never seen anyone cook artichoke in soy sauce (a family favorite) and her cholent was different, but the best I ever tasted. Over the years she also became a big fan of dining out.*

*When we were young, she would consider it a waste of time and money. My parents always used to mention the one time we went to a Chinese restaurant as kids, and we didn't like any of the dishes and made a fuss till they decided not to take us out ever again. But as the years passed, she learned (like many others) to appreciate a good meal in a restaurant. She would take us to the best places (not necessarily the most fancy and expensive ones) and would always pick the best dish on the menu. Till today, I judge every bite I eat, through her eyes (Mom would have liked it, Mom would not have liked it...).*

*I miss you, Mom!*

**A saying by my Mom:** *French make the best cooking from the best ingredients, but Italians make the best cooking from the simplest ingredients.*

## CAULIFLOWER (POTATO) SALAD WITH MAYONNAISE

*When our family comes for Friday night supper, salads are always an important beginning to the meal. For a recent meal I cut penne pasta into small pieces and added tomato, basil, wine vinegar and olive oil for a salad. Another was Eitan's delicious lettuce salad with beet toppings and arugula from our garden, and the highly successful cauliflower salad, below.*

½ cauliflower head, cut into small florets  
2 Tbs capers, sliced  
3 pickled cucumbers diced small  
½ red onion diced small  
Chopped parsley  
1 tsp lemon juice  
\*Mayonnaise

Steam cauliflower until florets are just soft/al dente. Drain well and pat dry. Combine remaining vegetables with cauliflower and add about ½ cup mayonnaise to cauliflower mixture.

### NOTE:

You can add a diced boiled potato to the salad.

\*Vegan mayonnaise is widely available in supermarkets nowadays but in MISCELLANEOUS is a recipe if you need it.



Amit, Itamar, Limor, me, Dani, at Prato al Sole, San Pancrazio Italy 2019

## POTATO SALAD



Serves 8

4 large potatoes, washed but not peeled  
3 green onions, sliced thin  
\*Saba's French Dressing with spicy white vinegar  
Handful of chopped parsley  
2 dollops of mayonnaise (Optional)  
1 Tbs chopped capers  
1 large chopped onion  
Ground black pepper  
Good squeeze of lemon juice  
Cooked peas and carrots (Optional)

Boil potatoes in their jackets until cooked but not mushy. Cool, but while still warm, skin potatoes and dice into large pieces. Add green onions and sufficient Saba's French Dressing to seep potatoes. Leave for at least an hour to absorb flavours. The salad can be served like this, with a sprinkling of chopped parsley to add colour.

If you want, just before serving, add mayonnaise, lemon juice, pickled cucumbers, peas and/or diced carrots.

### **\*SABA'S FRENCH DRESSING**

*From A Potpourri of Memories*

1 tsp salt  
½ tsp freshly ground black pepper  
1 tsp dry Colman's mustard/ 2 tsp Dijon mustard  
1 clove garlic, crushed  
½ cup cider/white wine vinegar  
½ cup (canola) oil

Combine first 5 ingredients in a wide-necked jar. Close jar and shake well. Add three ice-cubes and shake again. Add oil and shake well. Dip a lettuce leaf in the dressing and taste. Adjust ingredients accordingly. Keeps for ages

## STRAWBERRIES AND SPINACH SALAD

*When we moved to Netanya one of our big worries was how were we (Saba) would continue growing salad greens. I vetoed Saba's idea of ripping up the back terrace and bringing in truckloads of sand. Instead we left it as it was and he now grows his peppers, tomatoes, mangold and spinach in a chest-high trough which means no bending down involved.*

*This salad was prepared when we picked our first crop of spinach. The strawberries we bought from a roadside vendor.*

Wash spinach and dry. Wash strawberries and remove stems. Cut strawberries into halves or quarters depending on size.

Slice a cucumber and some green onions. Combine all ingredients together. Pour some balsamic vinegar and olive oil. Delicious.

## MINTED ZUCCHINI RIBBONS

*Cooking with Herbs (Australian Women's Weekly Home Library)*



Serves 6

*My friend Dalia Lamdani, a food historian, and I in our ongoing discussions about food, would often come back to the fact that the way food is cut is of prime importance. The cutting of the zucchini in this recipe makes it novel and interesting.*

- 1 kg zucchini
- 1 medium red pepper, finely chopped
- 1 tsp cracked black pepper

### MINT DRESSING

- ¼ cup canola mixed with olive oil
- ¼ cup fresh lemon juice
- 1 tsp agave syrup
- 2 Tbs mint, chopped

Using a vegetable peeler, slice unpeeled zucchini into ribbon-like strips. Combine zucchini, red pepper and black pepper in a bowl.

Combine dressing ingredients in a jar and shake well. Pour over zucchini and toss lightly.

## GRANNY GERTIE'S THREE BEAN SALAD

1 can white (butter) beans  
1 can chick peas and/or Lima beans  
1 can red kidney beans  
100 g frozen green beans  
1½ onions, sliced thinly  
1 green pepper, chopped  
1 red pepper, chopped

Rinse and drain canned beans.

Place in bowl with onions, red and green peppers. all

chopped into large thumbnail-size pieces. Add green beans, no need to defrost.

Quantities are unimportant - it should look colorful and inviting and of course load the salad with ingredients you like best!



We are not sure whether Amit is tossing the salad for everyone or preparing to tuck in. Either way it looks delicious

### Marinade:

3 cups vinegar (half plain half cider is good)  
3 cups water  
1 Tbs sugar  
Black pepper  
1 tsp salt  
6 peppercorns  
6 bay leaves

Bring marinade mixture to boil and then taste - it should be sharp and taste of vinegar, but not so that you cough - adjust sugar, water and vinegar and pour over beans. If it is too vinegarish you can later add more boiled water. Store in fridge in glass container. Keeps for weeks.

## FOR LIOR: BROCCOLI SALAD

<https://cookieandkate.com>



Prep time: 20 minutes

Total time: 20 minutes (plus 1 hour marinating time)



Servings 6-7 servings

- 1/2 cup raw sunflower seeds or slivered almonds
- Broccoli florets from 1 head of broccoli, thinly sliced\*
- 1/2 cup finely chopped red onion
- 1/3 cup dried cranberries or dried tart cherries, chopped

### HONEY MUSTARD DRESSING

- 1/3 cup extra-virgin olive oil
- 2 Tbs apple cider vinegar
- 1 Tbs Dijon mustard/1/4 tsp Colman's mustard
- 1 Tbs agave
- 1 medium clove garlic, crushed
- 1/4 tsp fine sea salt

Toast the sunflower seeds in a pan over medium heat. Stir frequently. They will start to pop. When the popping stops and the seeds are golden pour the toasted seeds into a bowl and set aside.

\*The stalks of the broccoli should be peeled. The thicker stalks are good in soup or stir fries. Combine the chopped broccoli, onion and cranberries in a bowl with a lid.

Combine all of the dressing ingredients and whisk until well blended. Pour the dressing over the salad and stir until all the broccoli florets are lightly coated in dressing. Cover and set aside to marinate, at least an hour or even overnight.

When serving, sprinkle the toasted sunflower seeds over the broccoli salad. Leftovers will keep well for 3 to 4 days in the fridge, covered.





## MARGALIT'S SALADS

*We are very proud that our family represents Kibbutz Galuyot (Ingathering of the Exiles) in microcosm. Saba and I were born in South Africa. Our parents came from Lithuania, Byelorussia and South Africa. Our three children were all born in Israel as were their partners. Of our eight grandchildren, Dani and Zoe were born in the States and Lior was born in France. Aviv Ron's mother Tova (see Tova's Original Chopped Liver in Holidays) came from Czechoslovakia and his father Haim was born in Berlin. Michal's grandparents came from Romania and Italy. And Margalit and Rafi Sadeh, Limor's parents came from Morocco, Margalit from Rabat and Rafi from Casablanca. The recipes that appear in this cookbook reflect the varied traditions that we each bring to the table.*



Margalit and Itamar sharing a hilarious joke



## MARGALIT'S COOKED CARROT SALAD

Peel and cut ends off a bunch of carrots. Cook in boiling salted water until just soft. Drain and when cool cut into ½ cm slices. Set aside.

In a jar with a lid cut a pickled lemon\* into little pieces and place in jar. Add ¼ teaspoon cumin, salt and black pepper to taste, a little canola oil and lemon juice, ½ of a big lemon or if small, all the juice. Lastly add 1 teaspoon honey. Close the lid and shake well. Pour over carrots together with chopped parsley. Keeps in fridge for a week.

\*See AVIV'S MOROCCAN LEMON PRESERVE under COUSCOUS

**AMIT WRITES:** *My grandma from my mom's side, Margalit, is an amazing cook. She always loved to cook and even worked for a while as a cook at a kindergarten and her food is always loved by both kids and adults.*

*Until I started being vegetarian and then vegan, she didn't really cook any plant-based food but she always tries. The thing is, for her, being vegan is like being diabetic, it's ok to have a bit: "there's only one egg in the entire cake" or "only a small piece of chicken." Those misunderstandings, however, never stopped her from learning and cooking amazing and vegan food.*

## MARGALIT'S MANGOLD SALAD

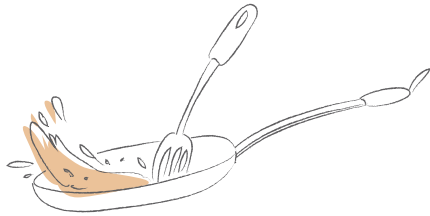
Wash a bunch of mangold very well. Place the mangold in a pot of water and bring to the boil. When just soft, drain and rinse under cold water. Drain again and then slice. In a frying pan place 3 tablespoons of canola oil, and 2-3 cloves of garlic. Cook over medium low heat until just golden. Add mangold, salt and pepper, a little cumin ½ teaspoon zhug or ¼ teaspoon paprika, the juice of 1 lemon and stir. Serve at room temperature.



At the wedding of Aviv and Limor, our family together with Margalit, Rafi and Kinneret and Tova and Denise



## APPETIZERS



BEAN SALAD WITH RED WINE VINAGRETTE  
ROASTED BEETROOT  
LIMOR'S ONION LOAF  
BRAISED FENNEL WITH CAPERS AND OLIVES  
LIOR'S TUNA SALAD  
SAVOURY TARTE TATIN  
EASY STUFFED MUSHROOMS  
STUFFED MUSHROOMS WITH SPINACH AND POTATO  
AMIT'S STUFFED VINELEAVES

### BEAN SALAD WITH RED WINE VINAGRETTE

*The Occasional Vegetarian by Karen Lee with Diane Porter*

I like to prepare it at least a day ahead to allow beans to absorb flavours.

½ tsp salt  
2 tsp red wine vinegar  
½ tsp freshly ground black pepper  
1 Tbs olive oil  
1 cup cooked white beans with 1 Tbs cooking liquid or stock  
1 green onion, white and green parts/½ cup chopped red onion.

Dissolve salt in the vinegar. Add the pepper and oil. Whisk or shake in a tightly covered jar until blended. It can be refrigerated several days ahead

Add the beans along with 1 tablespoon of liquid and green onion. Toss well. Serve at room temperature.

## ROASTED BEETROOT

6 firm smallish beetroots  
2 Tbs olive oil  
2 Tbs balsamic vinegar  
1 Tbs lemon juice  
2 cloves garlic, crushed  
Generous sprinkling of freshly ground black pepper  
Rosemary and thyme sprigs

Preheat oven to 200°C. Peel beets and either halve, quarter or cut into sixths depending on size. Place in ovenproof dish. Combine olive oil, balsamic vinegar, lemon juice, garlic and black pepper and pour over beets, turning to coat. Scatter sprigs of rosemary and thyme on top. Seal with aluminum foil. Roast for about 45 minutes until tender, turning beets occasionally. They become tender but not soft. They can be served as a hot side dish, or at room temperature as an appetizer. Serve over a bed of greens and broken walnuts.

### NOTE:

The leafy tops of beetroot can be cut off and planted in a pot. The leaves grow and are a delicious addition to any salad.



Tina Drui, relative in Estonia, see Family Website [www.eitanlevy.com](http://www.eitanlevy.com)

## LIMOR'S ONION LOAF

*Daughter Vered was coming for lunch and I was planning a hamburger lunch – both meat and vegetarian – when Saba started talking about an onion loaf. I seemed to remember that onion bread should be made with dried onions and spent a good few hours looking for alternatives. Then Someone (Saba?) began placing printouts of Onion Loaf recipes on my desk.*

*Oh, not a loaf of onion bread! So a few more searches for Fried Onion Loaf only used a pancake mix. But I don't use packaged mixes.*

*Then I remembered that Limor had made onion rings. This is her recipe. Great success and not oily.*



Zoe cuts onion



Serves: 4

3 large onions

Oil for frying

1 cup all-purpose flour

Salt and pepper

At least  $\frac{3}{4}$  cup beer/soda water. But beer is best

Peel the onions, leaving the roots in place; they hold the onions together while slicing. Then slice thinly. I used the thickest cut on my mandolin. Separate the rings and place in a bowl. In the meantime heat a large pot with vegetable oil until bubbles appear around a wooden spoon when placed in the oil.

In another bowl whisk the flour, salt, pepper and beer to make a thick mixture. Then pour it over the onions and mix well. Adjust the consistency if necessary, adding more beer or flour so batter just coats onions rings. With tongs grab rings and place them in the hot oil. They stick together in clumps. Turn over to brown on both sides, brown but slightly soft. Then remove to a paper-lined plate.

Cover with foil and keep warm until ready to serve. You can also put them in a loaf pan and heat in a warm oven for about 8 minutes.

## BRAISED FENNEL WITH CAPERS AND OLIVES

*Adapted from <https://ottolenghi.co.uk/recipes>*

### Delicious



Serves: 10

2 fennel bulbs

3 Tbs olive oil, plus extra for drizzling

Salt and black pepper

4 large whole garlic cloves, sliced

1 Tbs lemon juice mixed with 2 Tbs red-wine vinegar/4 Tbs Verjuice

1 medium tomato, cut into 1 cm dice

250ml vegetable stock

20g capers, drained and chopped

25g Kalamata olives, pitted and chopped in half

1 Tbs chopped thyme leaves

2 tsp sugar

Pinch of salt

First prepare the fennel. Trim off and discard the bottom and tops (reserve any leafy fronds for garnish) and cut each bulb in half from top to bottom. Take out the hard core. Slice the fennel into slices about 2.5 cm wide.

In a large frying pan for which you have a lid, heat the olive oil on a medium to high heat. Add the fennel with an eighth of a teaspoon of salt and some black pepper. Cook for five or six minutes, turning from time to time so all the fennel is cooked and turning brown. Remove from the pan.

Keep the empty pan on the heat, pour in a little more olive oil, add the garlic and fry for three minutes, tossing occasionally. Lower the heat to medium, carefully (it spits!) add the lemon juice and vinegar and cook for a couple of minutes until it is reduced to about two tablespoons of liquid. Add the tomato, 100ml of the stock, the capers, olives, thyme, sugar, a quarter-teaspoon of salt and some black pepper. Bring to a simmer, cook for two minutes, and then return the fennel to the pan. Add the remaining stock, pop on the lid and leave to simmer for about 20 minutes, turning from time to time until the fennel is soft and the sauce has thickened. (You may need to remove the lid and increase the heat for the last two or three minutes to reduce sauce.)

Serve warm or at room temperature topped with a drizzle of good olive oil.

## LIOR'S TUNA SALAD

- 1 can of chickpeas, drained
- 1 sheet of Nori
- 1 stalk of celery, finely chopped
- 2 stalks of fresh dill, leaves only
- A handful of parsley, leaves only
- ½ onion, chopped
- 1 large pickled cucumber, sliced
- 1 ½ tsp lemon juice
- 3 Tbs mayonnaise
- ½ tsp salt

Blend chickpeas in food processor until slightly chunky.

With a scissors cut the sheet of Nori into small pieces, making sure to keep it dry. Set aside.

Combine the celery, dill, parsley, onion, pickled cucumber, lemon juice and mayonnaise and process in food processor until fine. Transfer to a large bowl with the chickpeas and Nori and mix well.

Adjust flavours. If not 'fishy' enough you may add more Nori, lemon juice, pickled cucumber or salt.



**LIOR WRITES:** My name is Lior Hayley Ron I am 24 years old and I am vegan since I was 13.

I became vegan very surprisingly and very spontaneously- I came across a random YouTube lecture and I found myself fascinated by the idea and I was intrigued and inspired to see if I can succeed in being vegan for ideology and environmental reasons. And I am vegan since 😊

After Covid I came up with a project called "Lior's Dips" and I wrote 8 recipes for vegan savory dips which I sold at fairs and through social media.

Food has a very big place in my family (the Ron family) as we love to cook together and for each other and we enjoy eating together as a family in an "American" style dinner where we all sit together and talk about our day and enjoy our company. Also- my mom and

dad have always cooked at home really cool and creative delicious things with passion and an open mind which I think has opened my mind to the whole world of food and cooking which I now love!

I feel that food has always been a binder in our family (Levy-Ron-Segoli) and I love our big family get togethers and reunions where we gather around with tons of food with a huge variety when each family brings their own unique food cooked and made with love! ❤️



## SAVOURY TARTE TATIN WITH WHIPPED RICCOTA

Based on <https://www.delicious.com.au/>

*When I got mixed up between Yom Yerushalyim (which we don't celebrate) and Shavuot, I was up at 3.00am preparing for a festive dinner for Vered and Aviv, Louise, and friends Caroline Livneh and Morris Kahn – and I had forgotten that our dish washer was on the blink. The following week (with dish washer repaired) we had the Rons with Gal, and Moran and family over to celebrate Shavuot. This tarte was prepared by Maayan. The tarte is impressive to look at and very tasty. Good at room temperature.*



## WHIPPED RICOTTA

250g Tofutti cream cheese

¼ cup vegan cream

2 thyme sprigs, leaves only

20g vegan Parmesan, finely grated

Finely grated zest of ½ lemon

Place all ingredients into a food processor, season, and blitz to a smooth, spreadable consistency. Refrigerate until needed.

## THE TARTE

4 small beetroots, with young leaves to serve\*

3 sprigs thyme

2 Tbs olive oil

2 Tbs water

Salt and pepper

40g butter-flavoured margarine

2 Tbs soft brown sugar

¼ cup white balsamic vinegar

1 sheet chilled pastry, cut into a disc to easily cover the pie dish

Preheat oven to 220°C.

Place the beetroot in an ovenproof dish together with the thyme, olive oil, water and season with salt and pepper. Cover with aluminum foil and seal but leave a few openings in the foil.

Roast for 35-40 minutes until tender. Allow to cool enough to handle, and then peel away skin. Halve each beetroot, if really small or slice into 2.5 cm pieces.

In a 20 cm ovenproof non-stick frypan, place margarine, sugar and vinegar and cook over a medium heat for 2-3 minutes until sugar has dissolved and syrup thickened.

Place beetroot cut-side down in syrup. Make sure the bottom of the pan is



Maayan turning over Tarte Tatin

covered with the beetroot pieces. Top with pastry disc, tucking in the edge of pastry and removing any overlapping pieces.\* \*

Bake 20-25 minutes or until golden. Rest 5 minutes, then flip onto serving dish. Place balls of whipped ricotta and beetroot leaves strategically around the tarte. Best if cut it with a pizza cutter.

NOTE: \*The beetroots we find at the supermarket are always large and need to be quartered at least before roasting. Remove leaves and save for garnish.

\*\* Roll out left over pastry and cut into round or squares, top with a sharp grated cheese, a slice of tomato and black pepper and bake with tarte.

## EASY STUFFED MUSHROOMS

<https://myquietkitchen.coAm/>



Prep Time: 15 minutes



Cook Time: 20 minutes



Serves: 7-8

15 medium/large button mushrooms, white or shitake  
3 Tbs olive oil, divided  
½ cup shredded vegan cheese  
1/3 cup breadcrumbs  
2 cloves garlic, crushed  
2 Tbs finely chopped parsley  
¼ tsp salt  
Black pepper

Preheat oven to 200°C and line a baking sheet with parchment paper. Prepare the mushrooms by wiping away dirt with a damp paper towel. Carefully pluck out the stems. If some stems are difficult to remove, I find that it helps to run the handle end of a spoon around the inside of the cap (outside of the stems), then pry it out. Rub the outside of mushroom caps with about 1½ tablespoons of the olive oil, place on the baking sheet and sprinkle lightly with salt. In a bowl combine the cheese, breadcrumbs, garlic, parsley, salt, pepper, and remaining 1½ tablespoon olive oil. Stir very well. Stuff the mushrooms with about 2 teaspoons of filling. Try to mound the filling up slightly. Bake for 20 to 22 minutes or until the mushrooms are sizzling hot and the breadcrumbs are golden.



Dani with mushroom project in Amazon

**DANI WRITES:** A little bit about myself—I'm 28 and I am a biology student at Ben Gurion University, and I have a BA in sustainability and governance. I love travelling, exploring new places and collecting experiences from all over the world. My main interest and passion are mushrooms, I also love plants, but my true passion is mushrooms and fungi. When I was doing my BA, I studied one semester abroad in the Galapagos Islands where I spent three months and I also spent a month in the Amazon rainforest in Ecuador. These experiences have made me understand how much I am connected to nature and what an amazing effect it has on me.

I was the happiest and most fulfilled I was in my life. This is where my fascination with mushrooms took a large step forward— after researching them for a month in the rainforest I understood how amazing, special and underrated they are and I developed a very special interest in them.

Today I am studying biology so I can work with them or research them. I also love music, dancing and I go often to parties and festivals in nature. I love spending time with my family and friends.

## STUFFED MUSHROOMS WITH SPINACH AND POTATO

Based on <https://theprettybee.com/>



Serves: 10

20 large button/shitake mushrooms, wiped and stems removed /

1 ½ cup mashed medium potatoes

4 Tbs melted margarine divided

1 tsp parave chicken soup powder

¾ cup frozen chopped spinach, thawed, drained well and chopped

1½ cups breadcrumbs/panko, crushed

1/8 tsp garlic powder/¼ tsp garlic crushed

1 Tbs grated vegan parmesan cheese

Pinch salt and freshly ground black pepper



Granny Doreen with mushrooms about to go into oven

Preheat oven to 175°C. Line a baking tray either with a silicone pad or baking paper for easy cleanup. Lightly oil the caps and place them on the silicone pad.

Mash the potatoes with 2 tablespoons of melted margarine and parave chicken soup powder. Add the spinach, mix well then spoon into the mushroom caps.

Mix the breadcrumbs with the remaining 2 tablespoons melted margarine, garlic, cheese, salt and pepper and pile on top of each mushroom.

Bake for about 25 minutes. Keep an eye on them so the breadcrumbs don't get too brown. Serve immediately.

## AMIT'S STUFFED VINE LEAVES

[mobile.mako.co.il](http://mobile.mako.co.il)



Serves: 10

40-50 vine leaves, fresh or pickled

### STUFFING

2 cups round rice

1 onion, finely chopped

1 tomato, finely chopped

4 stalks green onion, sliced thinly

Bunch of parsley, chopped

2 celery stalks, chopped

30 mint leaves, chopped

¼ cup olive oil

Juice of 1 lemon

1 Tbs baharat

Salt

### LIQUID TO COVER

4 Tbs pomegranate syrup

4 Tbs olive oil

Juice of 1 lemon

Salt

Water

If using fresh vine leaves, boil them for three minutes, drain and place in iced water and then lay them on a kitchen towel to dry. If using pickled vine leaves soak them in hot water for 10 minutes, rinse them and redo this twice to remove salt. Then lay them on a kitchen towel.

Combine all the stuffing ingredients in a bowl.



## TO STUFF

Place one vine leaf with veined side up and place 1 teaspoon of filling on leaf. Fold both sides to cover the filling. Roll the leaf upwards and close the leaf. Repeat this with all the leaves. Pack the vine leaves closely in a pot, with the closed side facing downwards.

In a bowl mix the pomegranate syrup, olive oil, lemon juice and enough water to cover the leaves. Shake and pour over the leaves.

Place a saucer on the leaves, so they won't float. Bring the pot to a boil, cover and cook for 30 minutes on a low flame.



3rd family reunion. St. Thomas V.I our 30th wedding anniversary Moran, Saba, me, Vered, AvivL, Fern, AvivR



## PICKLES, HOT SAUCES AND PESTO



MA'S PICKLED CUCUMBERS

EITAN'S FAMOUS PICKLED PEPPERS

MORAN'S ZHUG –FIERY PEPPER SAUCE

MORAN'S BASIL PESTO

CORIANDER PESTO

AVIV'S MOROCCAN LEMON PRESERVE: See COUSCOUS RECIPES

### MA'S PICKLED CUCUMBERS



*My mother Gertie Glazer was famous for her hot quick pickled cucumbers. I love to make them and see how the bowl of cucumbers is almost finished even before we sit down to eat.*



2-3 packets small cucumbers/1- 1 ½ kilo small cucumbers  
A few sprigs of dill  
1 ¼ cups vinegar  
4 ¼ cups water  
1 ½ Tbs coarse salt  
6 cloves garlic  
10 peppercorns  
6 bay leaves  
3 cloves, whole  
1 Tbs mustard seeds (Optional)

Wash small firm cucumbers and cut off both ends. Place in heatproof bowl. Place a few sprigs of dill over cucumbers.

Bring rest of ingredients to a boil and pour over cucumbers. Cover with a plate and something heavy, making sure all cucumbers are covered by vinegar. Ready to eat the next day.

**GRANNY WRITES:** *Growing up in Apartheid South Africa, I never went into the kitchen except to ask the cook to make me something to eat or bring me a cup of tea. We had a separate dining room where we ate all our meals. Although most (white) South Africans had a small bell to call the maid from the kitchen when needed, we had a buzzer that you activated by pressing on it with your foot. It was considered very smart.*

*Could my mother cook? I don't know as I have no memories of her in the kitchen or cooking with her, although when she came to Israel she was always collecting recipes.*

*So when Saba and I got married I had to learn to cook, and quickly. No internet, no TV shows then. I learnt from recipes books. Fortunately I could usually tell whether a recipe would be something we'd like. Grandpa Hayman suffered from diabetes and was always asking me to make him a sugarless cheesecake. The sugar-free ingredients then were very sparse and I never made a cake that I liked. Today it is much easier. I find that when using a sweetener, it is important to mix various sweeteners together so that there is no aftertaste.*

*I've had some awful failures. The first time I had to make a meal for my late dad – great grandfather Maurice, I decided to make something with sausages – what could go wrong? Poor guy, he had heartburn for a week.*

*The only time I remember Saba refusing to eat something that I made was when I made him cold vegetable marrow soup. Since I was used to thick soups, I threw away the liquid and gave him the mush of marrows. Ugh! He wouldn't eat it.*





An engagement photo: Louise and Melly Braverman, my mother Gertie Glazer, Saba's father Hayman Levy and his wife Ray, my dad Maurice, Dave Zolty best man, Fern, me and Saba

## EITAN'S FAMOUS PICKLED PEPPERS

*Based on Victory Garden Cookbook by Marian Morash*

**ILAY WRITES:** *Even though I was never a fan of spicy food until I turned 15, I always loved Saba's pickled peppers, so much so that I had to at least try to make them myself, I asked Saba for the recipe, and they didn't taste the exactly the same as Saba's, but they were still delicious. I tried other vegetables like carrots and it was really good. Saba and I made them together once and I absolutely loved making it, I think that everything tastes better with other people.*

Granny: Everyone wants Saba to make peppers. Ilay was the only one who wanted to make them as well.



2 cups hot water  
1/4 cup kosher salt  
2 cups vinegar  
About 600 g hot green peppers\*  
1 clove garlic, crushed  
1/4 tsp dill seed  
2 sprigs of dill  
1-1 1/2 Tbs mixed pickling spice \*\*

\*Choose peppers that are as straight as possible for easy removal of seeds. Wash jars well with boiling water.

Prepare the pickling brine of hot water, salt and vinegar. It's best to use hot water to dissolve the salt easily.

Take out the seeds and white insides of the peppers then slice the peppers into rings, Put into a 1 liter jar (preferably glass).

Add the crushed garlic, dill seed, dill sprigs and mixed spices.

Pour the brine into the container.

Close the container. Place in refrigerator.

The peppers will be ready in 7-10 days.



ilay with Saba's help



## **\*\*PICKLING SPICE**

Saba: Look for pickling spice at a supermarket or spices shop (I like McCormick) or make your own:

1 Tbs whole allspice  
1 Tbs whole black peppercorns  
2 Tbs whole mustard seeds  
1 Tbs whole cloves  
2 tsp whole coriander seeds  
2 tsp ground dried ginger  
2 bay leaves crumbled  
1 cinnamon stick smashed/crumbled  
Shake ingredients in a jar and keep closed.

**SABA WRITES:** *My mother Queenie loved playing poker. She was part of a group of about 10 women poker friends of whom seven played 3 or 4 times a week at the various homes. I know they played for money but I don't know the stakes. No less important than the game was the full dinner buffet and of course the gossiping the next morning about the other women.*

*Poker was so important to my mother that I wanted to find out what the attraction was all about. So one evening, in my pajamas, when I was supposed to be in bed, I crawled under the dining table before the game started. The table cloth covered the sides so no one could see me. I intended to stay a short while but there was no way I could get out without being seen so I had to stay under the table for hours listening to something unintelligible to me until everyone went home.. To make matters worse the aroma of the delicious food was mouth-watering and I couldn't eat any of it.*

*When all of them had gone home – usually with a woman taxi driver who was privy to all the gossip – I quietly went to bed none the wiser.*



Saba with his mother Queenie and Fern

## MORAN'S ZHUG –FIERY PEPPER SAUCE

**ITAMAR WRITES:** A few years ago when my family and the Segolis were eating a wonderful lunch at your house in Netanya, Saba suddenly took out a jar full of small, red peppers that he'd been proudly growing in his garden and told us that they were extremely spicy, like "Habanero Peppers".

And I, as an avid enjoyer of all hot spicy foods, did not dare to pass up the opportunity to try it out, but not without your stern warning that I should try just a tiny bite at first before anything else.

I cautiously picked up the bright red pepper, and bit a tiny piece of it, and I did not feel a thing, not spicy at all!

So, in my shrewdness, thinking that the pepper is no big deal, I just ate the entire pepper at once.

The next thing I remember was me, mouth, throat and ears on fire, chugging down milk and water, and dry heaving over the kitchen sink.

To this day it was the hottest thing I've ever eaten, and hopefully, it will remain that way!

**Saba writes:** "We thought we'd have to take you to hospital"!

A fiery sauce that goes with anything needing extra spice. You can freeze it in small containers.



10-20 hot peppers

A bundle of herbs made up of coriander, basil and mint leaves (with the majority being coriander)

2 garlic heads

Heaped tsp of salt

In a blender/food processor insert all ingredients and blend until finely chopped.  
Don't rub your eyes for at least a day after dealing with fiery peppers!



There is a tongue twister "Peter Piper picked a peck of pickled peppers..."  
But Saba not only pickled them but also grew them.

## MORAN'S BASIL PESTO

*In my first cookbook we had a list of all the people mentioned in the book. One day Saba came to me puzzled, saying that he didn't know we had written so much about our friend Basil (Sandler). Only then did we realize that most references referred to fresh basil leaves.*

**MORAN:** *Easy recipe for basil pesto that can be used as a pasta sauce or sandwich spread. I usually make it when I have a lot of basil, and freeze it in small containers and use it for months. It can last a few days in the fridge, but the top starts to turn brown. You can delay the browning by putting a layer of olive oil on top.*

2 packed cups of fresh basil

½ cup olive oil

1/3 cup pine nuts (do not substitute with walnuts)

½ head of garlic (less if you are not a garlic lover), peeled

Salt and pepper

Dry fry the pine nuts in a frying pan over medium heat, stirring and being careful not to let them burn. You don't have to, but it adds flavor.

In a blender/food processor insert the garlic at the bottom, on it the basil leaves, salt and pepper, and pour the olive oil on top. Turn on blender and process until all the ingredients are finely chopped.

Add the pine nuts and blend until the pine nuts are crushed, but not finely.

## MORAN'S CORIANDER PESTO

Excellent sandwich spread, cracker/bread dip or pasta sauce. If you have a lot of coriander – you can make and freeze in small containers.

1/3 cup blanched almonds (you can substitute with pine nuts)

½ head garlic (use less if you are not a garlic lover), peeled

2 packed cups of fresh coriander\*

Salt and pepper

½ cup olive oil

1/4 cup red onion

Dry-fry the almonds, as above (you don't have to).

In a blender/food processor place the garlic at the bottom, on it the coriander leaves and red onion. Season with salt and pepper, and pour the olive oil on top. Blend until all the ingredients are finely chopped.

Add the almonds and blend until the almonds are crushed, but not finely.

\*NOTE:

1 cup packed coriander leaves if making as a pasta sauce

**MORAN WRITES:** As an adult – I started to cook since I liked to eat a lot. I lived in Tel Aviv and eating out was expensive. So I started to learn how to cook. I started with the simple stuff –salad, pita with schnitzel and continued to the more complicated stuff – Burekas, stir-fried food, biltong. And then I started inventing my own stuff (See “Moran’s Chinese burekas or Israeli egg-rolls” on page 143 in *A Potpourri of Memories*).

The first time I invited friends for a full cooked meal – I made onion soup. I always remember Mom’s story of the first cooked meal that she made in Israel (see Louise’s Chocolate Mousse on page 206 in *A Potpourri of Memories*). So when I invited some friends over for a Saturday dinner, I wanted to be well prepared. I started to cook in the morning, taking note to finish all the little things – so nothing would be left for the last minute. By 15.00 everything was ready; friends were invited for 20.30. By the time everybody came most of the food was either overcooked or burned!

Today – I cook by recipe recommendation. I read the recipe (mostly only the ingredients section), and then start cooking and replace half the ingredients. My favorite cooking method is to start frying onions – and then look to see what there is in the kitchen. I can start making a stir-fry and it will be a soup by the time I finish.

Since I was a kid, food was an important part of my life. And I think that the introduction of *A Potpourri of Memories* describes it so well. I always tell people that my Mom wrote a cookbook – so we would read the stories of our history. Till today – my family is united around food. If it is cooking or eating eat. We do it together (mostly the eating). Cooking and eating is probably our favorite hobby.





## SOUPS



- CARROT SOUP WITH CARAMELIZED PUMPKIN SEEDS
- BEANS AND BARLEY SOUP
- RED LENTIL SOUP (WITH SPICED OIL, OPTIONAL)
- RED PEPPER SOUP
- TOFU NOODLE SOUP
- AVIV RON'S PAPAPYA GAZPACHO
- WATERMELON GAZPACHO WITH CHERRY TOMATO SALAD
- VICHSSOISE SOUP

*Although I never add soup almonds to soup, it seems it is essential for our grandchildren. The problem of the soup almonds not being fresh enough was finally solved when Osem began to produce them in small packets*

## CARROT SOUP WITH CARAMELIZED PUMPKIN SEEDS





*To celebrate our 55th wedding anniversary we had some friends over for cocktails and a light buffet. The evening ended with everyone imbibing Vered's delicious Mojitos and enjoying the prepared banquet. Food was plentiful and delicious but the carrot soup was a particular success.*



Serves 10

2 Tbs olive/canola oil  
1 heaped tsp ground coriander  
1 heaped tsp ginger  
1 heaped tsp mild curry powder  
½ tsp cinnamon  
2 sliced onions  
3 cups unpeeled sliced carrots, washed  
2 sweet potatoes, peeled and cubed  
2 peppers, red/yellow/orange (grilled and skinned) \*  
½ tsp black pepper  
1 Tbs vegan soup powder  
7- 8 cups boiling water  
Chopped parsley/dill to garnish  
Vegan cream

Heat oil and fry coriander, ginger, curry and cinnamon until fragrant. Add onions and sauté until wilted, 3- 4 minutes. Add carrots, sweet potato, peppers, ground black pepper and chicken soup powder. Stir. Add water and bring soup to boil. Simmer for 20 minutes. Blend soup and strain for extra creaminess. Return to pot and adjust seasonings and desired thickness. Serve with vegan cream preferably infused with saffron for the colour, chopped parsley or dill and caramelized pumpkin seeds if you are feeling energetic.

#### NOTE:

\* The soup tastes much better if peppers are charred and skinned before adding. They can, however, be thickly diced and fried until soft; if not fried until well done and soft they will give a raw taste to the soup.

I chop and change all ingredients when I cook, but have found that at least 1 sweet potato in this recipe is essential for a great taste.

## CARAMELIZED PUMPKIN SEEDS

- 1 Tbs oil of your choice
- 60g pumpkin seeds
- 1 Tbs maple syrup
- ½ Tbs soft brown sugar
- ½ tsp salt
- 1 pinch ground black pepper
- 1 big pinch cayenne pepper

Preheat the oven to 180°C. Line an oven tray with a silicone liner or baking parchment and brush with oil. Put the pumpkin seeds in a bowl with all the other ingredients, spread over the tray so they don't clump and bake for about 15 minutes, stirring a few times, and roast to a nice, golden colour. Leave to cool down.

## BEANS AND BARLEY SOUP

- 2 Tbs oil
- 1 large onion chopped
- 2 cloves garlic, crushed
- 3 carrots, grated thickly
- 2 celery ribs chopped
- 6 cups water
- Vegetable or parave chicken soup powder to taste, about 5 tsp
- 3 cups white beans (canned or prepared at home)
- 1 can cut tomatoes
- Handful chopped parsley (Optional)
- (Salt) and black pepper
- \*1 cup raw barley, cooked separately

Heat oil in a large pot over medium heat. Fry onion until transparent and then add the garlic. Add carrots and celery and fry for a few minutes more. Add water and soup powder and cook for 5 minutes. Add beans and cook until almost soft, then finally add chopped tomatoes and parsley. Adjust seasonings. Add barley just before serving.

NOTE: When cooking beans add tomatoes and salt only after the beans are soft otherwise they lengthen cooking time. Most recipes say to cook barley in the soup. I like to cook it separately as it absorbs much of the soup liquid. To cook barley, rinse one cup of barley and cook for 20 minutes in 1 ½ cups water. Heat and add to soup bowl when serving.

## RED LENTIL SOUP (WITH SPICED OIL OPTIONAL)

*Gourmet Magazine 1991*



Serves: 6

This is really delicious.

- 1 cup red lentils
- 2 onions, chopped
- 2 Tbs oil
- 5 garlic cloves, crushed
- 4 tsp ginger root grated peeled
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3 cups (parave) chicken/ vegetable broth
- 1 cup drained canned tomatoes
- Freshly ground black pepper and salt to taste

Wash the lentils in several changes of cold water until the water runs clear and drain them in a fine sieve. In a large heavy saucepan cook the onions in the oil over moderate heat, stirring, until they are softened, add the garlic and the ginger root, and cook the mixture, stirring, for 1 minute. Add the cumin and the ground coriander and cook the mixture over moderately low heat, stirring, for 1 minute. Add the lentils, the broth and the tomatoes; cover and simmer for 15 to 20 minutes, or until the lentils are really tender. Add pepper and salt as necessary. Serve as is or with vegan yoghurt and fresh coriander. The soup may be made 3 days in advance and kept covered and chilled. Reheat the soup and thin it, if necessary, with up to 1 ½ cups water.

### SPICED OIL

- 2 Tbs vegetable oil
- 1 ½ tsp finely chopped seeded fresh red chili/ ¼ tsp hot red pepper flakes
- ¼ tsp cumin seed
- ¼ tsp turmeric
- (Vegan yoghurt)
- (Fresh coriander to garnish)

In a small frying pan heat the oil over moderately high heat until it is hot but not smoking, add the chili, the cumin seed, and the turmeric, and fry the spices, stirring, for 10 to 15 seconds until fragrant. Remove the skillet from the heat. Heat the soup over moderate heat, stirring, until it is hot and ladle it into bowls. Place a dollop of yoghurt in center of bowl and drizzle the spiced oil with a spoon over the soup and garnish with coriander.

## RED PEPPER SOUP

*The colour of this soup is magnificent and brings to mind strawberry daiquiris sipped while watching a Caribbean sunset.*

- 1 Tbs oil or enough to coat bottom of pan
- 1 tsp curry
- ½ tsp ginger
- 1 large onion, chopped
- 5 large red peppers, chopped
- 1 apple, chopped
- 1 large piece cooked pumpkin, chopped
- 4 cups parave chicken stock

Heat oil over moderate heat; Add curry and ginger and sauté until fragrant. Add onions and sauté for two minutes then add remaining vegetables, stirring occasionally. Fry about 15 minutes. Add stock and fry 15 minutes more.

Hand Blend or liquidize. When cool pass through strainer. Can be served hot, warm or cold.

Garnish with vegan yoghurt steeped in saffron or a little turmeric.

NOTE: Can be prepared with yellow peppers too.

## TOFU NOODLE SOUP

<https://ilovevegan.com/> by Brittany



Serves: 4

- 1 block firm tofu, pressed
- 2 Tbs soy sauce
- 1 Tbs olive oil
- 2 cloves garlic, crushed
- ½ tsp ground ginger
- 1 Tbs soy sauce
- 1 carrot, peeled and chopped
- 1 rib celery, finely chopped
- 1 cup kale, destemmed and finely chopped/spinach/mangold
- 5 cups vegetable broth
- 1 cup mushrooms, sliced
- ½ cup frozen peas
- 2 cups cooked soba noodles/ whole wheat pasta

Cube the tofu, add some soy sauce, and mix gently and set aside. Heat olive oil in saucepan over medium-high heat; add the cubed tofu and sauté until evenly browned on all sides. Add the garlic, ginger and soy sauce, stir and cook for another minute. Add the carrot, celery, kale, and vegetable broth. Simmer for 5 minutes. Add the mushrooms and frozen peas. Simmer for another 5 minutes or until vegetables are almost tender. Cook noodles separately and spoon into bottom of 4 bowls. Pour in soup and serve immediately.

## AVIV RON'S PAPAYA GAZPACHO



Serves 4

1 semi-ripe, firm-fleshed papaya, peeled, seeded and diced  
1 cucumber, peeled and diced  
½ bunch basil leaves chopped  
200g (about 4 slices) sliced white bread or baguette, crusts removed  
½ cup olive oil, plus extra for drizzling  
1/3 cup red wine vinegar  
2 Tbs red nokoss (recipe below) \*  
Salt to taste  
Handful of mustard greens, to garnish  
3 Tbs roasted cashews, coarsely chopped, to garnish  
Toasted baguette slices, for serving

Combine papaya, cucumber, basil and bread in large bowl. Add olive oil, red wine vinegar, red nokoss and salt to taste. Mix well, cover tightly and refrigerate for 24 hours.

Reserve a few pieces of marinated papaya for garnish, then purée papaya mixture until very smooth. For an extra-smooth consistency, strain mixture through a sieve. If mixture is too thick, add water to achieve desired consistency. Taste and add salt, if necessary, then place in the fridge until cold.

To serve, divide gazpacho among bowls. Garnish with the reserved papaya pieces, mustard greens, coarsely chopped cashews and a drizzle of olive oil. Serve chilled, with thin slices of toasted baguette.



### **\*RED NOKOSS**

- 1 sweet red pepper
- 2 mild red chilies
- 1 small red onion
- 1 tomato
- 3 cloves garlic
- 2 Tbs minced ginger
- 2 sprigs thyme
- 2 sprigs parsley
- 1 Tbs miso paste

Blend all ingredients until smooth.  
Keeps refrigerated for up to a week.

## **WATERMELON GAZPACHO WITH CHERRY TOMATO SALAD**

- 500g watermelon
- 2 cucumbers, peeled, seeded and diced
- ½ can chopped tomatoes/ 4 large tomatoes, peeled
- 1 red pepper, seeded and diced
- 2 Tbs Sherry vinegar
- 4 Tbs olive oil
- Salt and pepper

Combine ingredients in a blender or food processor. Strain and chill.

### **TOMATO SALAD**

- 8 cherry Tomatoes quartered
- 1 small red onion, finely chopped
- 6 basil leaves, torn
- Black pepper
- Salt

Mix all ingredients and leave to sit 10 minutes  
Divide tomato salad into 4 large bowls. Pour chilled watermelon gazpacho on and serve immediately.

## VICHSSOISE SOUP

*Easy and delicious*

*Soup is good food, a comforting food. Following the horrendous attack by Hamas on innocent revellers at a music festival and the slaughter and kidnapping of civilians, children, women and elderly on 7 October 2023, we needed much comfort. We went to a market of produce brought from the Gaza Envelope and came back with a large amount of fennel; obviously I was going to make fennel soup for Shabbat dinner at the Rons. When I learnt that Dani doesn't like fennel I also made, for the first time, Vered's Vichyssoise Soup as we had also bought leeks. Dani was delighted. She had spent the day as a volunteer picking tomatoes and besides being exhausted had an allergy, and potato and leek soup was exactly what she wanted.*

- 1 Tbs olive or canola oil, enough to cover the bottom of the pot
- 3 leeks, white parts only, sliced into rings
- 1 onion, sliced
- 5 medium potatoes, peeled and chopped
- White pepper to taste
- 1 bay leaf
- 1 teaspoon mustard powder/prepared mustard
- 5 cups parave chicken broth
- Snipped chives or parsley for serving

Heat oil in a large pot over medium heat. Add leeks and onion and sauté until wilted. Stir in potatoes; season with white pepper. Add bay leaf and mustard and stir well; cook for about 10 minutes stirring occasionally.

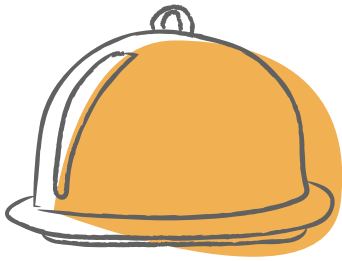
Pour in broth. Bring to a boil; reduce heat, and coat; cook for about 30 minutes.

Remove bay leaf. Cool slightly then puree. It's okay to have a few chunks of potato. If served hot, sprinkle with chives or parsley. Can also be served at room temperature.





## HOLIDAYS



- SWEET VEGAN CHALLAH
- TOVA'S ORIGINAL CHOPPED LIVER
- GREEN LENTIL CHOPPED LIVER
- SABA'S PASSOVER CHRAIN
- VEGAN "HONEY" CAKE
- POTATO LATKES
- UNBELIEVABLY DELICIOUS VEGAN SUFGANIOT
- HAMENTASHEN
- VERED'S MATZO CAKE
- AVIV'S SHAVUOT OREO CREAM PIE
- VEGAN CHEESECAKE



Lior is the official candle lighter at our family gatherings, although she shares a candle with Zoe if she is also present. This picture, taken on a Friday night has my Green Lentil Chopped Liver in the foreground, my pickled cucumbers behind it and a bottle with Saba's pickles in the background.





## SWEET VEGAN CHALLAH

<http://vegweb.com/recipes/sweet-vegan-challah-bread>



Amit and Itamar

*I adapted this recipe from one I found in *Cooking Light*. When vegetarianism and veganism became more popular, I had to find a solution for Friday night challah that would be light and tasty but not have eggs. Suggestions to use chickpea flour were less successful. It took a bit of tinkering but I think I finally got it right! Enjoy!*

2 ¼ tsp dry yeast  
1 cup warm water  
3 Tbs agave syrup  
3 Tbs margarine, melted and cooled  
1 Tbs ground flaxseed mixed with 3 Tbs water  
or egg replacer for 1 egg\*  
1 cup bread/all-purpose flour  
2 ½ cups whole wheat flour\*\*  
1 tsp salt,  
1 tsp vanilla

Dissolve yeast in the warm water in a large bowl; stir in agave. Let stand for 5 to 10 minutes. Add melted margarine and flax seed; stir well with a whisk.

Place flours and salt in bowl of mix master. Pour in yeast mixture and with the dough hook mix until a soft dough forms. Cover and let stand for 15 minutes.

Pour in 1 tsp vanilla. Mix about 7 minutes until smooth and elastic, adding either a little more flour or water if necessary. Dough will remain very soft, but no longer tacky. Place dough in a large oiled bowl, turning to coat.

Cover and let rise in a warm place, free from drafts, 1 hour or until doubled in size. To check if dough is ready, gently press a finger into dough. If indentation remains, the dough has risen enough.

Punch dough down. Divide into three equal balls, cover and let rest 15 minutes. Working with 1 portion at a time, on a lightly floured surface, roll each portion into a 25 cm rope with slightly tapered ends. Place ropes lengthwise on a large baking sheet, pinch ends together to seal. Braid ropes.

When braiding, I usually begin by very lightly joining the strands together. After braiding I undo the beginning and re-braid it to give it an even look. Pinch loose ends to seal and tuck underneath.

Cover and let rise 40 minutes or until almost doubled in size. Paint with soy milk or a little oil mixed with maple syrup or agave. Sprinkle with poppy seeds or sesame. Preheat oven to 170°C. Bake for 30 minutes or until bread sounds hollow when lightly tapped, let cool for 20 minutes and then dig in!

**NOTE:**

\* I grind the flaxseed finely then pass it through a sieve before mixing with water.

\*\*If making with white flour only, add ¼ tsp turmeric with flax seed to give it a yellow color

If braided bread looks a little stringy dip your finger into a little water and smooth dough down to give it an even look.



Lior, Dani and I prepare challah



## TOVA'S ORIGINAL CHOPPED LIVER



Serves: 8

*This version is from Tova, Aviv's mother. She first made it especially for Vered before she and Aviv got married. It is vegetarian decorated with grated egg yolks. To make it vegan all we had to do was to replace the eggs with pickled cucumbers.*

- 1 Tbs oil
- 4 onions, sliced
- 1 ¼ cups walnuts
- 1 Tbs vegan mayonnaise
- ½ tsp mustard
- Grate of nutmeg
- ½ tsp black pepper
- ½ tsp salt
- 1 can large garden green peas, drained

Heat oil in a large frying pan and fry onions until dark, stirring frequently. In food processor blend walnuts until finely ground. Add remaining ingredients, blending until smooth. Adjust seasonings.

To serve, spread it out on a plate and serve garnished with parsley, pickled cucumbers, etc. Best prepared the day before. Keeps well for days.

For the full text of what AvivR wrote, together with the eulogy in Hebrew see Tova's Memorial Page on [www.eitanlevy.com/Tova-Ron.html](http://www.eitanlevy.com/Tova-Ron.html)

**AVIV WRITES:** *Because this is a cookbook, I will mention the role the kitchen had in our home. The famous saying my mother had, when it turned out there was a piece of information, she was not aware of, was: "I am always in the kitchen, so I never know what's going on."*

*We must remember that in those days kitchens were quite different from the open and central spaces they are today in modern houses. Our kitchens were typically small rooms with enough place for one person, and this person was my*

mother. We occasionally came in to peel apples or lick the remainder of whipped cream from the mixer, but for the most part – dishes just came out complete to the dining table served by my mother.

She was a wonderful cook and became famous amongst the grandchildren before they became vegan for her schnitzels, which she used to beat until they became the thinnest ones on earth, her puree with fried onions, her incomparable fried cauliflower, the soups, and many of the cakes, especially Floumen kuchen – plum cake, which I love to make from time to time.

In our days people adopted the Mediterranean tradition of taking lunch breaks from work, usually from 14:00 to 16:00. I always remember my mother rushing from work, cooking a hot meal for us, washing up and then running out again to complete her workday while we were off to a little siesta.

I remember fondly our Saturday breakfasts. In my house it was not allowed to wake anybody up for any reason. Orit and I, like any young adult, could sleep quite late on Saturdays, but no matter when we did – the table was set with a full breakfast setting, including, grapefruit, challah and coffee. This was a treat I will always cherish.

I absolutely adored the relationship between Vered and Tova. From day one my mother loved Vered like a daughter and this love just kept growing, together with respect and even admiration for Vered's evolving career while being the amazing parent and wife that she is. On her side, Vered adopted Tova as the grandmother she did not have since losing Granny Gertie at the age of seventeen.

I enjoyed and appreciated very much how Tova became part of the Levy family – she was always welcome at the famous Levy Reunions and Holiday celebrations, and everyone treated my mother with respect and love. I will always be grateful to Doreen and Eitan and the entire family for this precious relationship.



We don't know what holiday is being celebrated, or what Itamar is preparing to eat, but it is such a beautiful picture we had to include it.

## MY GREEN LENTIL CHOPPED LIVER

*Originally crafted to eat on Holidays, we often have it for Friday night dinners, with enough left over for the vegans and vegetarians to take home.*

Yield: 3 cups

1 cup dried green lentils  
2 cups parave chicken broth  
1 cup walnuts, lightly toasted  
2 Tbs vegetable oil  
1-2 green marrows finely sliced  
1 medium yellow onion, sliced  
1 Tbs almond butter  
½ tsp Wellington's Worcestershire sauce (vegan)  
Salt and pepper

Bring lentils and parave chicken broth to a boil in pot. Cover and reduce to simmer. Stir occasionally for 30 minutes or until tender. Leave lid off to dry lentils, drain.

Heat walnuts in a frying pan, tossing from time to time until just beginning to turn deep brown. Switch off heat; when cool place in blender.

In the same pan sauté marrow in canola oil for a few minutes, then add sliced onions, stirring from time to time until vegetables are soft. Because the marrow is more moist, it takes longer than the onions to turn brown.

Process walnuts in food processor, then onions and marrow and lastly lentils, processing until smooth. Add almond butter and Worcestershire sauce.

Add salt and pepper to taste.

Can be eaten immediately but best if refrigerated overnight. Get the youngest member of the family to spread the liver over a large plate and decorate with slices of pickles.

### NOTE:

This is a very forgiving recipe. Marrow not essential but adds moisture. When mixture is smooth you can add vegan mayonnaise, soy sauce, mustard, or parave chicken broth to taste.

## SABA'S PASSOVER CHRAIN

Using the quantities below you will have a lot of chrain left over for the rest of the year. Consider using half the quantities.

300g horseradish root (hazeret).  
½ cup white/cider vinegar  
1 Tbs lemon juice  
2 Tbs sugar  
1 tsp salt  
1 Tbs olive oil (optional)  
150g beetroot, peeled and cubed\*

Peel the horseradish and finely grate or chop in a blender. (You may want to wear ski glasses and a mask!)

Add vinegar, lemon juice, sugar, salt and oil and mix well in a blender. Add the beetroot and mix well.

\* For extra punch (what Doreen calls 'klep in noz' as she hits her forehead) use half (or even less) of the quantity of beetroot.

Add a little warm water if too thick.

(Some like white horseradish so you can put half aside before adding the beetroot, and then continue with half the amount of beetroot.)

The chrain will be ready in about an hour. It must be stored in a tightly closed glass container in the refrigerator.

Store in the fridge for months. You can add sweet cream and use as a sauce for the vegan steak or fried fish recipes.

## VEGAN "HONEY" CAKE

<https://theveganatlas.com/>



Prep Time: 15 minutes



Cook Time: 45 minutes



Serves:

1 Tbs ground flaxseed + 2 ½ Tbs water

1 1/3 cups all-purpose or spelt flour

½ Tbs baking powder

1 tsp baking soda

½ Tbs cinnamon

¼ tsp ground ginger

¼ tsp ground cloves ground allspice

½ cup agave or maple syrup, or half of each

½ cup applesauce

¼ cup canola oil

1 tsp vanilla

½ cup dark or golden raisins (Optional)

¼ cup sliced almonds for topping

Preheat the oven to 170°C.

Cut a piece of baking parchment to fit the bottom of large loaf pan. Lightly oil the sides. Or lightly oil a 22 cm square or round cake pan.

For a flax "egg," combine the ground flaxseed with the water in a small bowl, stir well, and set aside.

Combine the flour, baking powder, baking soda, cinnamon, ginger, and cloves in a mixing bowl and stir until completely blended.

Combine the agave and/or maple syrup, applesauce, oil, vanilla, and flax mixture; make a well in the center of the dry ingredients and pour in.

Stir together until the wet and dry ingredients are thoroughly combined. Use a wire whisk for best results. Stir in the raisins.

Pour the batter into the loaf pan and sprinkle the almonds evenly over the top.

Bake for 40 to 45 minutes, or until a knife inserted in the center of the loaf tests clean. Take care not to overbake.

Allow the cake to cool completely to room temperature. The cake is tender, so don't cut while warm. Use a knife to go around the sides of the loaf to loosen if need be, and then carefully remove it from the pan by tipping it into your hand, then setting on a platter. Make sure to peel away the parchment if it sticks to the cake. Once cool, cut the loaf into 12 slices to serve.

## POTATO LATKES

<https://www.cookshideout.com/>



Prep Time: 20 minutes



Serves: 24 latkes

### LATKES

8 medium potatoes, peeled

2 medium onions

¼ cup all-purpose flour

2 tsp baking powder

4 Tbs parsley, finely chopped

Salt and pepper to taste

Vegetable oil for frying

Serve with applesauce or vegan yoghurt

Grate potato and onion using the large holes on the grater or food processor. Place the grated veggies in a colander that is in turn placed on a plate or bowl to catch the excess liquid. Use your hands to squeeze as much as liquid as you can from the grated potato & onions. Collect the drained liquid and let it stand for a

few minutes so that the potato starch settles in the bottom.

Add the squeezed out potato & onions to a mixing bowl. Add the flour, baking powder, chopped parsley, salt and pepper. Add enough potato liquid to combine ingredients and mix well.

Heat oil in a nonstick pan on medium heat. Scoop  $\frac{1}{4}$  cup of potato mixture into the skillet and spread it into an evenly flat pancake. Cook until the bottom is golden, about 2~3 minutes. Press with spatula lightly to crisp up the edges. Flip gently and continue cooking until golden and crispy on the second side, about 2 minutes.

Remove the pancakes onto a paper-lined plate. Serve immediately with applesauce and vegan sour cream.

## **APPLESAUCE**

4 tsp oil

4 medium apples, peeled and chopped

$\frac{1}{2}$  tsp cinnamon

Pinch ground cloves

1-2 Tbs water

2 Tbs sugar

2 tsp lemon juice

Heat oil in a sauté pan on medium-high flame; add apples and cook for 2 minutes. Then add the ground cinnamon and cloves mix well. Cover, lower the heat to medium-low and cook for 15~20 minutes.

Add 1~2 tablespoons water and break the apples lightly. Uncover and cook for 10 more minutes or until the applesauce thickens.

Stir in sugar and cook for 2 more minutes or until the sugar has dissolved. Finally add the lemon juice and turn off the heat. Cool completely and store in the fridge for later use.

**NOTE:** Make sure to squeeze all of the water from the grated potatoes, using your hands or a paper towel.

Do not touch the latkes while cooking to make sure that they crisp up evenly. Gently press on them with a spatula to ensure they cook up crispy.

These vegan potato latkes can be made ahead of time. Completely cool cooked pancakes, store in an airtight container in the fridge for 2 days and in the freezer for up to 2 months. When ready to serve, bake them in the oven at 175°C for about 7~10 minutes or until heated through and crispy.

Use crisp sweet-tart apples.





Michal, Maayan and Lotem prepare latkes

## VERED'S UNBELIEVABLY DELICIOUS VEGAN SUFGANIOT

*This recipe is translated from a recipe on ynet by Ugilia Dolsa.*

*Vered invited us to join her family together with Moran's family to light the first Chanukah candle. She had seen a suitable recipe on the internet\* and the kids were going to help her prepare the doughnuts. Since both her daughters are vegan the thought of vegan sufganiyot was not appealing. How wrong we were. They were arguably the best sufganiyot we have ever tasted – light and tasty. This recipe makes 20 medium sufganiyot (jelly doughnuts).*

1 kilo white flour  
2 Tbs instant dry yeast  
1/3 cup sugar  
1 tsp grated orange zest  
½ cup canola oil  
3 cups non-dairy milk  
1 tsp salt  
2 Tbs brandy/Grand Marnier/ Drambuie

### **FOR FRYING**

1 deep and wide pan  
2 liters canola oil

### **TO SERVE**

Icing sugar  
Jam  
Chopstick, knife, teaspoon



In a mix master combine flour, yeast and sugar. Combine grated orange zest, oil and milk and add to flour, mixing on lowest speed until mixture comes together. Add salt and brandy and mix for 10 minutes more until dough is pliable and slightly sticky. Transfer to a large oiled bowl and cover with nylon wrap or a slightly damp towel. Let rise for 1 hour or until doubled in size.

Place a sheet of baking parchment on an oven tray and oil it lightly. Flour a working surface. Roll out the dough to 2 cm thickness. With a floured 6 cm round biscuit cutter or a drinking glass cut out rounds. Cover again.

Heat canola oil in large round pot to 150°C degrees or when a wooden spoon is placed in the oil small bubbles appear by the shaft of the spoon. If the bubbles are large the oil is too hot so reduce flame and wait two minutes.

Carefully place sufganiyot in oil, making sure that the side that was upmost on the tray is placed down into the oil. Let the sufganiyot fry for two minutes, making sure they don't turn over. When there are no more bubbles by the dough carefully turn them over and continue frying until the bubbles again disappear.

Remove from oil with a slotted spoon and place on paper towels.

If you need to fry the sufganiyot in two rounds make sure to heat the oil again before placing the second round in the oil.

When ready to serve dust lightly by passing icing sugar through a sieve. Let guests make their own holes in the sufganiyot with a chopstick and fill with jam of their choice – strawberry or red fruits are best.

## PURIM



Purim is a big holiday not only for the Oznei Haman which are displayed in shops months before the holiday, but also as a chance to get dressed up. Here's pretty Ilay dressed as a baker. I'm sure her hamentashen were good.

## HAMENTASHEN

<https://theveganatlas.com/>



Prep Time: 40 minutes



Cook Time: 12 minutes

2 ½ cups all-purpose flour, plus more as needed

¾ cup sugar

1 tsp baking powder

½ tsp salt

¾ cup butter-flavoured margarine

½ cup applesauce

1 tsp vanilla



Zoe prepares hamentashen

## **FILLINGS (USE ANY, OR A COMBINATION)**

1 tsp of any jam

1 tsp of prune, poppy seed, & cocoa filling (see Notes)

Combine the flour with the sugar, baking powder, and salt in a mixing bowl. Add the margarine, divided up into bits, along with the applesauce and vanilla. Work together with a pastry blender or large fork; or, truth be told, it's easier to work together with clean hands. If the dough isn't holding together, add a little more butter or apple sauce until it does.

Once the dough holds together smoothly, wrap it in plastic wrap and refrigerate for at least 30 minutes; 15 minutes in the freezer works, too.

When ready to make the cookies, preheat the oven to 175°C.

Divide the dough in half and roll out evenly on a well-floured board to about ½ cm thickness. With a cookie cutter or a wine glass cut into approximately 7-8 cm circles. Repeat with the remaining dough; combine scraps of dough together until it's all used up. (Continue to flour the board generously as you gather up and roll out the dough.)

Put a teaspoon of filling in the center of each circle of dough. Fold the bottom up over the filling, then the left and right sides over the filling, creating an open triangle with the filling visible. Pinch the corners to hold the shape and secure the filling. Pinch closed a bit more than you think you'll need to, as the cookies open up a bit as they bake. (Dampening your fingers helps, too.)

Arrange the cookies on a lightly oiled parchment-lined baking sheet. Bake for 12 to 15 minutes, or until the bottoms are golden. Don't overbake! Allow to cool thoroughly on racks or plates before serving.

## **PRUNE POPPYSEED AND COCOA**

¾ cup moist prunes

¼ cup ground poppy seeds

2 Tbs cocoa

2 Tbs maple syrup/agave

Pinch of cinnamon

Combine these ingredients in a food processor until smooth, with the consistency of a thick jam.

*We are not a religious family but we hold to traditions – lighting Shabbat candles is a given, even though we do it just before Kiddush when everyone gathers around the table, and not before the traditional sundown. What is Rosh Hashanah without soup and kneidlach and apples and agave? Purim without Hamentaschen? Most of all we all love Pesach with its foods and traditions. Even AvivL in Eilat reads the hagadah – even if it is underwater!*



## VERED'S MATZO CAKE

*Adapted from Potpourri of Memories*

8 pieces matzo

½ cup sweet wine

½ cup fruit juice (like from canned peaches)

### CHOCOLATE CREAM

300g dark chocolate (non-dairy)

200 ml vegan sweet cream

Break the chocolate into cubes. Bring the cream to a gentle boil and switch off heat. Add the chocolate cubes to the hot cream and mix constantly until it's fully melted

You can melt the chocolate and cream in a bain marie, or in the micro.

Combine wine and juice. Dip matzo in liquid to dampen, one at a time. It should be very wet but not be soggy.

Place one moistened matzo in the center of a small tray or plate. Using a spatula spread the matzo generously with melted chocolate mix, covering the whole surface of the matzo. Place another layer of matzo on top of it with another layer of chocolate mixture and repeat until all the matzos are covered. You can add more matzo layers if you have chocolate sauce left.

Coat the sides with chocolate sauce when done. Decorate it with coconut, sprinkles or fruit.

Place in the refrigerator for at least an hour. But take out of the fridge about 30 minutes before eating it, so it's not too cold and hard.



Rael and Itamar celebrate birthdays during Pesach



Oreo the Eilat Levy's dog with their cat

## AVIV'S SHAVUOT OREO CREAM PIE

**AVIV WRITES:** *With two fanatical vegan daughters, Dani and Lior, making tasty desserts without access to eggs, milk, butter, cream cheese or honey is not an easy task.*

*During Shavuot this is especially challenging and difficult*

*So we always return to the excellent Oreo Cream Cake. It is simple and quick to prepare and needs no cooking; it is vegan, kosher lemehadrin (for those of you who are observant) and best of all extremely tasty.*

Prepare all the ingredients.

Butter a 24 cm spring form cake tin/pie pan/ Pyrex with margarine.

### THE BASE

250g Petti Bur biscuits, crushed

3 Tbs coconut oil

About 10 Tbs non-dairy milk of your choice; Lior likes Oatly Barista.

### THE CREAM FILLING

250g container non-dairy cream, preferably Rich's (at least 18% fat)

1 packet instant vanilla pudding

2/3 cup non-dairy milk

About 8 Oreo cookies or other parave biscuits, broken into small pieces

1-2 tsp sugar (Optional)

### THE MOUSSE

1 carton or can of coconut cream, 17% fat

200-250g parave chocolate (para aduma) broken into small pieces

1-2 tsp sugar (Optional)

## THE BASE

Combine the biscuit crumbs with 3 tablespoons of coconut oil and 8 tablespoons of non-dairy milk, either in the baking tin or a bowl.

With your hands rub the mixture until a dough-like mass forms. If necessary gradually add more milk, to make the mixture stick together.

Flatten and spread the biscuit mixture, pressing it to the bottom of the cake tin. The back of a tablespoon is good for this. Cover with plastic wrap and freeze.

## THE CREAM FILLING

In a deep bowl pour in the cream, milk and instant pudding. Beat for 5 minutes until the mixture is stable. Start at a low speed, gradually increasing the speed. Spread the Oreo cookies over the cream and gently incorporate them with a spatula.

## THE MOUSSE

Pour the cream into a small heavy bottomed saucepan. Place over medium heat and heat until small bubbles appear at the sides of the pan, just below boiling point. Remove from the flame. Add the chocolate and stir until it melts and forms a ganache.

For those who like sweet things, now add 1-2 teaspoons of sugar and stir well to combine.

When mousse is cool and still liquid, but not hot, pour over cream.

Cover again and place in freezer for 1-2 hours until everything sets.

NOTE: Instead of mousse, you can simply grate chocolate over the cream pie.

## VEGAN CHEESECAKE

*Based on the recipe by <https://www.noracooks.com/>*

*With three vegans and two vegetarians in the family, Shavuot, when milk products are traditionally eaten, was a challenging time. This cheesecake, without cheese, had even the carnivores calling for more.*

## THE BASE

1 ½ cups fine oats, ground almonds and cornflakes

70g (coconut) margarine

¼ cup sugar (if needed)

A little orange juice if needed



## **THE FILLING**

2 containers Tofutti vegan cheese  
1 container (200 ml) coconut cream  
1 cup sugar  
3 Tbs cornflour  
1 tsp vanilla  
2 Tbs lemon juice

Preheat the oven to 170°C. Prepare a 22 cm spring form pan covering the bottom and sides with aluminum foil. Butter the pan.

## **THE BASE**

Grind oats, almonds cornflakes in food processor. Add melted margarine and sugar, if necessary.

With a spoon pat down crumbs evenly in pie pan. Sprinkle with a little orange juice if too dry. Place in oven for 10 minutes.

## **THE FILLING**

Place Tofutti in bowl of mix master. Beat cheese until light and fluffy.

Now add the coconut cream, sugar, cornflour, vanilla and lemon juice and beat until smooth, scraping down the sides and bottom of the bowl as needed. Taste to be sure it is sweet enough

Once it's completely smooth, pour into prepared pie pan.

## **TO BAKE**

Place the cheesecake in the oven and bake for 50 minutes. Do not open the oven door during this time. The cheese should be set, but slightly soft to touch. Turn off the heat, and let it sit in the oven for 10 more minutes

Remove from the oven, and let it cool before moving to the refrigerator to cool for at least 4 hours, uncovered, preferably overnight.

To serve, bring back to room temperature, slice and serve as is or with strawberry coulis or blueberry swirl.

## **STRAWBERRY COULIS**

300g strawberries  
1 heaped Tbs sugar  
Few drops lemon juice  
1 Tbs water

Wash and hull strawberries. Place in saucepan with other ingredients and simmer gently for about 10 minutes until strawberries are squishy squashed. Add more sugar if not sweet enough. Blend and strain. Keeps well in fridge or freezer.

## BLUBERRY SWIRL

2 cups blueberries, fresh or frozen  
1/3 cup sugar  
1 tsp fresh lemon juice  
1/4 cup water  
4 tsp cornflour

Cook blueberries, sugar, and lemon juice in a small pot over medium, stirring often, until blueberries release liquid and sugar dissolves, about 4 minutes. Stir together 1/4 cup water and cornflour in a small bowl. Add to blueberry mixture; cook over medium, stirring constantly, until thick and glossy, about 40 seconds. Remove from heat, and set aside.

When ready to serve add 1/4- cup dollops of warm blueberry swirl over cheesecake; swirl together using the tip of a knife.

### NOTE:

If you don't have a spring form pan, or want a smaller cheesecake, you can halve the cheesecake filling ingredients and use a regular 22 cm pie pan instead. It will still need about 40-50 minutes to bake.



"Together is our favourite place to be" is not only a cute slogan on our 26th Family Reunion T-shirts but a reality, strengthening these family gatherings. Hannukah Sde Boqer 2020 and our 56th wedding anniversary



## FISH AND SHRIMP



AMIT'S CHRAIME  
VEGAN FISH STICKS  
TOFU SALMON  
MAAYAN'S VEGAN SHRIMP  
CELERIAC FRIED FISH  
TARTAR SAUCE



Aviv at Coral World

### AMIT'S CHRAIME

<https://juvsvegantips.wordpress.com>

**AMIT WRITES:** *I became vegan because I have always loved animals and I do not think you have to eat them in order to eat delicious food!*

### PATTIES FOR CHRAIME

1 packet firm tofu  
3 Tbs breadcrumbs  
1 bunch cilantro, chopped  
1 small red onion, chopped  
1 garlic clove, crushed  
4 Tbs olive oil  
1 tsp cumin  
1 tsp sweet paprika  
Salt



## **SAUCE**

¼ cup canola/olive oil  
10 garlic cloves, crushed  
1 red bell pepper, thinly sliced  
1 carrot, thinly sliced  
1 small hot pepper, chopped (Optional)  
1 bunch cilantro with stems, chopped  
6 ripe tomatoes, coarsely chopped  
2 Tbs paprika  
1Tbs cumin  
1 tsp sugar  
Salt  
3-3 1/2 cups water  
Cilantro to garnish

Preheat oven to 190°C.

## **PATTIES**

Squeeze tofu to get rid of liquid. Mix all the patty ingredients in a bowl and make into patties, slightly bigger than a ping-pong ball. You might have to add a few drops of water when blending.

Place on a baking tray lined with parchment paper and bake for 15 minutes, until firm and golden (I lowered the heat after 15 minutes and baked for 10 minutes more).

## **SAUCE**

Heat the oil in a big, deep pan or wide pot, and sauté garlic, red pepper, carrot, hot pepper and cilantro for 5 minutes.

Add the tomatoes, paprika, spices, sugar, salt and cook for 5 more minutes; add the water and bring to a boil. Then lower the heat and cook for 20 minutes.

Put the baked patties in the sauce and cook for 15 more minutes.

Serve 2-3 patties in a bowl with sauce, with fresh cilantro on top.

## VEGAN FISH STICKS

<https://www.thespruceeats.com/>



Prep Time: 5 minutes



Cook Time: 40 minutes



Serves: 4-6

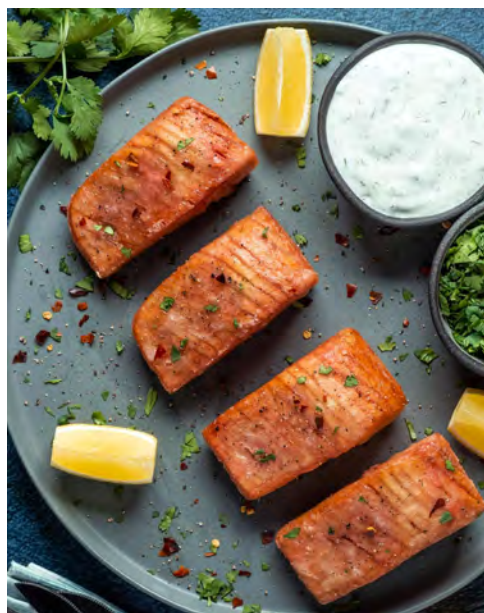
2 blocks firm tofu, pressed  
All-purpose flour  
¼ cup soy milk  
2 Tbs soy sauce  
2 Tbs lemon juice  
1 cup breadcrumbs  
2 Tbs nori seaweed, crumbled  
1 tsp lemon pepper

Preheat oven to 175°C.

First cut the tofu into 5-6 slices, then cut the tofu slices into sticks about 2 cm wide and pat dry again. Coat well with flour.

In a pie plate or shallow bowl, whisk together the soy milk, soy sauce, and lemon juice. In a separate bowl or pie plate, combine breadcrumbs, nori seaweed, and lemon pepper.

Carefully dip floured tofu in soy milk mixture, then coat well in breadcrumbs. Bake for 40 to 45 minutes, turning over once, until crispy and golden brown. Or pan-fry on both sides in a bit of oil. Serve immediately.



## TOFU SALMON

<https://lovingitvegan.com/>

400 g firm tofu, pressed\*  
1 nori leaf  
¾ cup beet juice  
2 Tbs rice/cider vinegar  
2 Tbs tamari/soy sauce  
2 Tbs olive oil  
¼ tsp liquid smoke (Optional)  
½ tsp garlic, crushed  
approx. 4 Tbs cornflour  
3-4 Tbs vegetable oil for frying  
Salt and pepper to taste

\*It is best to freeze and thaw the tofu beforehand so it loses more liquid and can better absorb the marinade.

Pat the tofu very dry and cut into 4 salmon fillets as shown in the picture above. Slightly score the top and sides of the tofu fillets diagonally so they look like real salmon fillets. Then place flat side down in a sealable container or freezer bag.

Cut 4 strips from the nori sheet so that they fit on the bottom of the tofu fillets as a "salmon skin" and set aside for the next day.

Chop the remaining nori leaf and mix with beet juice, rice vinegar, tamari, olive oil, liquid smoke (Optional) and garlic powder in a small container. Pour the marinade over the tofu fillets, seal well and let sit in the refrigerator for at least 8 hours or overnight, drizzling from time to time.

The next day, dip the nori strips in the marinade to help them stick. Attach to the tofu fillets, and then roll the fillets in the cornflour.

Heat the oil in a skillet over medium-high heat and fry the fillets until golden brown and crispy on all sides.

The vegan salmon fillets taste best when served immediately.

### **Serving suggestions:**

Boiled potatoes, lemon slices, fresh parsley and/or Hollandaise sauce

### **NOTE:**

You can also cook the tofu fillets in the oven. Just spray generously with oil beforehand, until evenly covered. Then bake at 200°C for about 20 minutes until golden brown.

Leftover marinade can be frozen for 3 months and used again for the next time.



### **MAAYAN'S VEGAN SHRIMP**

<https://thehiddenveggies.com/> by Monica Davis

*When Maayan comes for dinner I always try some complicated recipe that needs his help to prepare. Vegan shrimp had him and Saba discussing how to cut the mushrooms to make them look like seafood. Maayan, with Itamar next to him, is reading something from [A Potpourri of Memories](#). It has always been a great pleasure to see the warm relationship between Itamar and Maayan. We never failed to be amazed that when sitting next to each other there was a period that they spoke through their phones.*



Prep Time: 40 minutes



Cook Time: 6 minutes



Serves: 4

- 2 packets king oyster mushrooms\*
- 1/3 cup water
- 1/2 tsp kelp flakes/a sheet of nori
- 1/2 tsp old bay seasoning\*\*
- 1/2 tsp salt
- 1 Tbs butter-flavoured margarine
- 1 clove garlic, crushed
- 1 squeeze lemon juice



Cut the brown caps off the top of the king mushroom as well as the hard bottoms. The caps can be roasted with other vegetables in the oven

Slice the mushroom stems into rounds about 1 cm thick. Then cut the circles into the shape of a shrimp.\*\*

In a saucepan, heat the water, 1/2 teaspoon kelp flakes, 1/2 teaspoon of Old Bay seasoning, and 1/2 teaspoon of salt. Heat until it starts to boil then take off the heat and pour the broth over the cut mushrooms.

Allow the mushrooms to marinate in the broth for about 20 minutes.

Heat vegan butter in a skillet until melted, add the garlic then add the drained and marinated "shrimp." Sprinkle with sweet paprika to give them a red colour.

Sauté the shrimp over medium heat for about 3 minutes on each side. Top with a squeeze of lemon juice.

Serve as you would shrimp with a vegan sauce or toss them into your favorite recipes that call for shrimp.

#### NOTE:

\*The king oyster mushrooms we get in Israel are small and preparing them as suggested above was a lot of work. I would have sliced the stems in half and then cut each half into a shrimp shape. I was outvoted by Maayan and Saba.

\*\*We don't have Old Bay seasoning, so I placed a bay leaf and some celery into the marinade.



## CELERIAC FRIED "FISH"

<https://lovingitvegan.com/> Author: Alison Andrews

*This is the ideal fried fish for those who don't like a fishy taste. Celeriac is delicious in itself and with tartare sauce and French fries it a very tasty meal.*



Prep Time: 30 minutes



Cook Time: 20 minutes



Serves: About 5

### "FISH"

1 Large Celeriac (leaves are great in soup)

1 tsp salt

2-3 Nori Sheets

### DUSTING

¼ cup white rice flour

### BEER BATTER

½ cup all-purpose flour

Scant ¼ cup white rice flour

¼ teaspoon salt

1 tsp baking powder

3 Tbs nori, cut finely

½ bottle cold beer

¼ cup sesame oil/olive oil

### "FISH"

Peel the celeriac and cut it in half. Slice each half into 1 cm thick pieces.

Add 1 teaspoon of salt to a pot of water and bring it to the boil. Add the celeriac pieces to the boiling water and cover the pot. Boil the celeriac for about 5 minutes, until fork tender.

Carefully remove the celeriac pieces from the pot and place them onto a wire rack to cool slightly.

When the celeriac pieces have cooled slightly, place each piece onto a nori sheet, so that the nori sticks to one side of the celeriac. Use scissors to trim the nori, leaving you with a piece of celeriac with nori skin on one side. Then place the celeriac piece back onto the wire cooling with nori side upward.



## **DUSTING**

Add ¼ cup of rice flour to a flat bottomed container.

Gently dip each piece of celeriac in the rice flour, coating it lightly with rice flour on all sides.

Place all the coated pieces back onto the wire cooling rack.

## **BEER BATTER AND FRYING**

Mix all-purpose flour, rice flour, salt, baking powder and chopped nori in a flat-bottomed bowl.

Add cold beer and gently whisk until the flour is just mixed in and you have a fairly thin batter. Don't overmix.

Add 2 tablespoons of oil to a frying pan and heat on medium heat until hot.

Dip pieces of celeriac into the batter, coating it well on both sides. Add it to the hot pan with the nori skin side down.

Fry for around 3 minutes until the nori side is crispy and golden brown, then gently flip the celeriac pieces and fry for about 2-3 minutes on the other side until crispy and golden brown.

Once cooked transfer the celeriac pieces to a plate lined with paper towels, to absorb any excess oil.

Serve with \*vegan tartar sauce, lemon wedges, fresh parsley and fries on the side.

## **NOTE:**

Don't let the boiled celeriac cool too much. After the celeriac boils in the hot water, you want to let it cool until it's warm to the touch and still moist. This way the nori sheets will stick to it easily. If it's too hot, the nori will just recoil from it, but if it's ice cold and dried out then the nori won't stick at all. So it should be warm and slightly moist.

The oil must be hot before you add the celeriac pieces. Cold oil will result in soggy batter; it must be hot for the batter to get crispy and delicious. The battered celeriac pieces should sizzle when they hit the pan.

**RICE FLOUR** is key to crispy beer battered vegan fish. The rice flour makes it super crispy while the all-purpose flour makes the fish golden in color.

Best eaten immediately, but it will keep in the fridge for 2-3 days. Reheat in the microwave or in the oven on a greased baking sheet at 175° for around 10 minutes or until heated through.

## \*TARTAR SAUCE

- 1 cup vegan mayonnaise
- 2 Tbs pickled cucumber, finely chopped
- 1 Tbs dill
- 1 Tbs finely grated onion/½ tsp onion powder
- ½ tsp Dijon mustard
- 2 Tbs lemon juice, freshly squeezed
- 1/8 tsp salt
- 1/8 tsp ground black pepper

Add mayonnaise to a mixing bowl along with the finely chopped pickled cucumber, dill, onion, Dijon mustard, lemon juice, salt and ground black pepper. Mix together well. Place into the fridge for at least 30 minutes to chill and for the flavors to blend together.

This is ideal to make ahead of time as the flavors get even better after a day chilling in the fridge. Leftovers keep very well in the fridge for up to a week.



Eilat Mitzpe 2012. All 16 members present



## MEAT AND BURGERS

VEGAN STEAK

KING OYSTER MUSHROOM STEAKS WITH PESTO AND ALMOND AILLADE

VEGAN BURGERS

VEGAN STEAK

<https://lovingitvegan.com/> Recipe adapted from *Bosh with The Happy Pear*. Surprisingly easy to prepare and tasty. Doesn't taste like steak but a very good substitute.



Prep Time: 15 minutes



Cook Time: 30 minutes



Serves: 6-8

### VEGAN STEAKS

- 123g canned chickpeas, drained
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- 1 tsp onion powder/finely grated onion
- ¼ tsp cumin
- ¼ tsp ground coriander
- ½ tsp oregano
- 2 Tbs soy sauce
- ¼ cup tomato paste
- 1 tsp paprika
- ¼ tsp black pepper
- 1 Tbs Dijon mustard
- ¼ tsp liquid smoke/smoked paprika (Optional)
- ½ cup vegetable stock + a little more if necessary to bring it together
- 1 ¾ cups vital wheat gluten \*



## **MARINADE**

¼ cup soy sauce

1 tsp paprika

2 Tbs light brown sugar

2 Tbs tomato paste

1/8 tsp liquid smoke

## **FRYING**

1 Tbs olive oil or other oil

\*There are so many ingredients, don't be put off. Also DON'T add the vital wheat gluten until after the chickpea mixture is in a bowl!

Add the chickpeas, nutritional yeast, garlic powder, onion powder, cumin, coriander, oregano, soy sauce, tomato paste, paprika, black pepper, Dijon mustard, liquid smoke and vegetable stock to the food processor and process until well mixed.

Transfer to a mixing bowl and only then add the vital wheat gluten. Stir in with a spoon briefly and then with your hands mix it into a dough. Knead the dough for around 2 minutes. You want it to go from sticky and soft to firm and stretch. I needed about 1 tablespoon more soup to bring it together. Make sure you don't over-knead it because that will cause your steaks to become very tough.

With your hands flatten the mixture to a 2 cm thickness then cut it into 6 roughly equal sized pieces and shape into steaks.

Wrap the steaks individually in aluminum foil and then steam them for 20 minutes. Don't wrap them too tight as they will expand while steaming. You can steam them in a steamer basket over a pot of boiling water.

While the steaks are steaming, prepare your marinade sauce by adding all the ingredients to a bowl and whisking them together. Let it sit for a little while and then whisk again. You want it to be nice and smooth and it can take a couple of minutes for the brown sugar to dissolve properly.

After steaming for 20 minutes, unwrap the steaks and place into a square dish. Pour the marinade sauce over the steaks and use a brush to make sure the steaks are properly covered. Turn them over in the sauce a few times.

Heat a pan with a little olive oil (or other oil; 1 tablespoon is fine) and then fry the steaks flipping them regularly and brushing more marinade sauce on them every time you flip them, until they are nicely browned and caramelized.

Serve with a side salad, baked potatoes with vegan sour cream, and if you like sauces with your steaks, then a creamy mushroom sauce goes wonderfully well with this! (see recipe in MISCELLANEOUS)

**NOTE:**

These steaks keep very well in the fridge for 5-7 days and leftovers can be sliced, heated in the microwave, sprayed with a little water and served as shawarma. If you want to make these in advance, you can prepare them up to the stage where they have finished steaming, and then remove from foil and place them in a sealed container with the marinade sauce and then leave them for a day or two in the fridge. Take them out of the fridge an hour before frying as above.



*When the grandchildren were young we were very aware of vegetarianism – Vered had been vegetarian for a number of years when she studied in the States. But of all our grandchildren, this picture of young Amit shows the revolution that occurred among our granddaughters, from omnivores to strict vegans. We know that you had to give up many foods that you loved. We are proud of each and every one of you.*

# KING OYSTER MUSHROOM STEAKS WITH PESTO AND ALMOND AILLADE

<https://www.foodandwine.com/>



Prep Time: 35 minutes



Cook Time: 20 minutes



Serves: 6

## ALMOND AILLADE

½ cup raw almonds

¼ cup olive oil, divided

1 garlic clove, coarsely chopped

1 tsp grated lemon zest/ 1 Tbs fresh lemon juice plus more zest for garnish

1 ¾ tsp kosher salt, divided, plus more to taste

## MUSHROOMS

6 king oyster mushrooms (about 1 kilo), trimmed and halved lengthwise

6 Tbs olive oil, divided

1 tsp black pepper, divided

1 ¼ cups refrigerated pesto

Flaky sea salt, to taste

## ALMOND AILLADE

Toast almonds in a pan over the stove, stirring until lightly toasted.

Coarsely chop almonds. Place almonds, 2 tablespoons olive oil, garlic, lemon zest, and ¼ teaspoon kosher salt in a food processor. Pulse until mixture is finely chopped, about 12 pulses. Transfer mixture to a small bowl. Stir in remaining 2 tablespoons extra-virgin olive oil; add kosher salt to taste. Let stand at room temperature at least 30 minutes.

## MUSHROOMS

Score the cut sides of each mushroom half in a diamond pattern. Heat 3 tablespoons olive oil in a large cast-iron skillet over medium-high. Place 6 mushroom halves, cut sides down, in hot oil. Sprinkle with ½ teaspoon kosher salt and ¼ teaspoon pepper. Wrap the bottom of a second large cast-iron skillet with aluminum foil, and place on top of mushrooms. (If using a lighter skillet, weight down with canned goods.) Reduce heat to medium; cook mushrooms, weighted down with skillet, until golden brown, 5 to 7 minutes. Remove top skillet; flip mushrooms, and sprinkle with ¼ teaspoon kosher salt and ¼ teaspoon pepper. Continue cooking mushrooms, weighted down with skillet, until tender and golden on both sides, 4 to 6 minutes. Remove mushrooms from skillet. Return skillet to medium-high,

and repeat process with remaining olive oil, mushrooms, kosher salt, and pepper. To serve, spoon about 3 tablespoons pesto on each of 6 plates. Top evenly with mushroom halves and almond aillade. Drizzle with lemon juice; sprinkle with flaky sea salt to taste, and garnish with additional lemon zest.

## VEGAN BURGERS

*Today there are many good vegan burgers sold in the supermarkets. This wasn't always so, and years ago when our granddaughters became vegan, I spent many hours and attempts to make a suitable vegan burger.*



Saba at his favorite restaurant KFC

## THE ULTIMATE BURGER

<https://www.americastestkitchen.com/>



Serves: 8



*This burger was rated the Ultimate Burger by American Test Kitchens. It makes a huge amount. Halve recipe and there will still be enough with plenty to freeze. Saw it sitting frozen in freezer for ages. When finally thawed and lightly fried, it was still delicious.*

- 1 ½ cups boiling water
- 2/3 cup medium-grind bulgur, rinsed
- Salt and Pepper
- 1 large beetroot (255g) peeled and shredded
- ¾ cup walnuts, toasted
- ¼ cup fresh basil
- 2 cloves garlic
- 1 can black beans, rinsed and drained\*
- 1 small jar carrot baby food \*\*
- 1 tsp salt and lots of black pepper
- 1 Tbs whole grain mustard
- 1 ½ cups panko
- 6 Tbs canola oil plus extra as needed
- 8 burger buns

Pour 1 ½ cups boiling water over bulgur. Stir in a pinch of salt and let stand until tender, 15-20 minutes. Drain well.

Pulse beets, walnuts, basil and garlic until finely chopped. Add black beans carrot, 1 teaspoon salt, lots of black pepper, mustard and pulse to combine. Transfer to large bowl; stir in panko and cooled bulgur. Add a little water (about 2 tablespoons) if too thick. Adjust seasonings.

Divide beet-bulgur mixture into 8 equal portions, and then tightly pack each portion into a ¾-inch-thick patty.

Adjust oven rack to middle position and heat oven to 90°C. Set wire rack in rimmed baking sheet.



Heat 3 tablespoons oil in 30 cm nonstick skillet over medium-high heat until shimmering. Place 4 patties in skillet and cook until well browned and crisp on first side, about 4 minutes. Using 2 spatulas, gently flip patties and continue to cook until well browned and crisp on second side, about 4 minutes, adding extra oil as needed if skillet looks dry. Transfer burgers to prepared rack and keep warm in oven. Wipe skillet clean with paper towels and repeat with remaining 3 tablespoons oil and remaining 4 patties.

Serve burgers on buns with lettuce, onion and tomato; hummus, thina, and pickled cucumber on the side. Also Limor's Onion loaf.

#### NOTE:

You can add Hoisin Sauce or Wellington's Worcestershire Sauce and parave chicken soup to mixture for extra flavor. Granddaughters loved it.

\* The original recipe calls for pinto beans, I used red beans but black beans will give the right colour and flavor.

\*\* I couldn't find carrot food so I boiled then mashed ½ cup of carrots and it was just fine.

Uncooked patties can be refrigerated for up to 3 days. To freeze, transfer patties to parchment paper-lined rimmed baking sheet, cover with plastic wrap, and freeze until firm, about 1 hour. Stack patties, separated by parchment paper, wrap in plastic wrap, and place in zipper-lock freezer bag. Do not thaw patties before cooking.)



Patio 807 Eilat 2004



## VEGETABLES



- Yael Segoli's Artichokes in Soy Sauce
- Vegan Moussaka with Zucchini and Potatoes
- Aviv Ron's Ashkenazi Mafroom – Potato Lasagna
- Basmati Rice with Leeks and Cauliflower
- Red Bean Sauce
- Roast Vegetables

### GROWING VEGETABLES

*Saba and I are not big on growing flowers – but growing vegetables and fruit is not only a hobby but a passion.*

*When we lived in Hofit and the Rons lived overseas – it was our delight when Dani and Lior went to our garden and picked fruit and vegetables, first thing in the morning, when everything was fresh. Living in the States we wanted them to know that these things grow in the soil and don't just appear on the supermarket shelves.*



### Yael Segoli's Artichokes in Soy Sauce

**MICHAL:** A family favourite. Never saw it anywhere else.

Use small artichokes. Remove stems then cut each artichoke into half and clean well, removing hard outer leaves and hairy chokes.

Fry in a pan with olive oil and cut garlic cloves. Add plenty of soy sauce and boiled water to cover. Cook until all the water evaporates.

**LOTEM WRITES:** *What place food has in my family: In my family, food brings us together. Each one of us could be in their room on their phone and the second dinner starts we gather around the dining table and the conversation flows and it's always fun. We all love trying new foods and on vacations I always look forward to lunch and dinner.*

## VEGAN MOUSSAKA WITH ZUCCHINI AND POTATOES

*Based on recipe from <https://minimalistbaker.com/>*

*As a rule of thumb I have not included recipes that are very complicated or demand exotic ingredients. But this is so tasty, it had to be included. Because I am allergic to eggplant, I've found that zucchini makes a fine substitute. (Gal's Shakshuka is the only recipe containing eggplant!). There are a number of stages but it is a really impressive dish. The cashews should be soaked overnight.*



Prep Time: 1 hour



Cook Time: 1 hour



Serves: 8

### ROASTED GARLIC

1 head garlic, average size

1 tsp olive oil

### ZUCCHINI

5 zucchini/4 large vegetable marrows cut into long 1cm thick slices

Salt for sprinkling

Olive oil

2 potatoes peeled and sliced thickly (Optional)

### BECHAMEL SAUCE

1 cup raw cashews, soaked

2 Tbs olive oil

1 Tbs nutritional yeast, plus more to taste

¼ tsp salt, plus more to taste

¾ cup water

Good grate of nutmeg

Good squeeze vegan cooking cream (Optional)

## **FILLING**

1Tbs oil

1 cup onion, chopped

3 cloves garlic, crushed

1 packet of Wondermeat mince, defrosted see\* NOTE

1 cup diced Polpa tomatoes

¼ tsp each salt and black pepper. plus more to taste

1 tsp dried oregano (or 2 tsp fresh)

Good grate of nutmeg

Start by soaking cashews overnight or in very hot water for 40 minutes.

## **ROAST GARLIC**

Heat oven to 200°C

Slice off the very top of the head of garlic and set on a piece of foil. Drizzle the top with oil and wrap to cover. Then roast in oven for about 50 minutes, or until the cloves are tender, fragrant, and light golden brown.

## **ZUCCHINI**

Salt slices on both sides and place over a colander. Set aside for 30 minutes to draw out moisture. After 30 minutes, rinse and press between paper towels to pat dry. Transfer to large baking sheet together with sliced potatoes on silicon baking mat or baking parchment paper and brush both sides of vegetables with olive oil. Then bake at 200°C for 15-20 minutes or until slightly golden brown.

## **BECHAMEL SAUCE**

Drain soaked cashews and add to a small blender along with roasted garlic (cool slightly then squeeze up from the bottom to the top to remove cloves), olive oil, nutritional yeast, salt, water, nutmeg and vegan cooking cream, if using. Blend on high until creamy and smooth.

Taste and adjust seasonings as needed, adding more salt to taste or nutritional yeast for cheesiness. Set aside.

## **FILLING**

Heat a large skillet over medium heat. Once hot, add oil and onions and sauté until golden brown and slightly caramelized, about 5 minutes. Stir occasionally.

Add the garlic cloves and sauté for 3-4 minutes more, stirring occasionally. Reduce heat as needed if browning too quickly.

Add Wondermeat and break it up with a sturdy fork. Add crushed tomatoes. Season with salt and pepper, oregano, and nutmeg (optional). Simmer for 15 minutes, uncovered. Taste and adjust seasonings as needed, adding more oregano for herbal notes, nutmeg for nuttiness, or salt or pepper to taste.

## ASSEMBLY:

Oil a 28x20 cm pan. Line the bottom with 1/3 zucchini slices, then top with 1/2 of the "meat" mixture and spread into an even layer. Then top with another 1/3 of the zucchini and top with potatoes if using. Then add the remaining meat mixture, and top with the remaining 1/3 of the zucchini. Pour over the béchamel and smooth into an even layer.

Bake at 200°C for 30-40 minutes, or until the edges are bubbly and the top appears slightly dry and golden brown on the edges.

Let cool for 10 minutes before serving. Store cooled leftovers in the refrigerator for up to 3-4 days, or in the freezer for up to 1 month.

## NOTE:

To reheat, spray with a little water if it looks dry, cover with foil and reheat in oven.

\*Replace Wondermeat with 1 1/2 cups cooked green or brown lentils and add them with the crushed tomatoes

## AVIV RON'S MAFROOM aka POTATO LASAGNA

**AVIV:** *I am not sure what to call this recipe. It started with a desire to prepare potatoes in a way I never tried before, so I thought about mafroom, but since I've never made it before and other than the exotic name, didn't know what it was, I started to cook and created my own version. At the end, and after consulting with Lior, the lasagna expert, I realized it was really a vegan lasagna, just with boiled potatoes replacing the pasta.*

*Anyway – it came out delicious and is worth making.*

6 medium potatoes

1 large onion, diced

4 garlic cloves, crushed

2 Tbs canola oil

One package of Tivol mince

1/2 small package of tomato paste

One can of tomato sauce

Bunch of coriander /parsley

Spices: sweet paprika, vegan chicken soup powder, salt, hot paprika or chili if you like hot.

Boil water with 1/2 teaspoon salt in a large pot. Wash the potatoes well and clean them. Peeling is preferable, but not a must. Slice potatoes on the long side to 1/2 cm slices. Add potatoes to boiled water until just soft (about 15 minutes) and in the meantime prepare the filling:

Heat oven to 160°C

Dice onion and crush garlic. Heat about 2 tablespoons oil in a pan

Add onion and stir, sauté until soft

Add garlic and stir

When almost transparent, add the vegan ground meat (can be frozen, it will thaw in the pan). Fry for 5 minutes. Add the tomato paste and tomato sauce

Add nice portion of coriander/parsley and the spices, stir, taste and adjust the salt, pepper, paprika, and turmeric. Continue to stir and sauté until fully cooked.

Drain the boiled potatoes and dry them.

Lightly oil an oven-proof dish or spread some of the tomato sauce on the bottom. Build the first layer – boiled potatoes to cover the surface

Layer 2 – spread about ½ cm of the meat and onion. Repeat building 2 more layers until you finish all the ingredients. The last layer is of potatoes. Sprinkle paprika on the top.

Put in the preheated oven for about 30-40 minutes. Potatoes must be nicely browned, not burnt.

Optional – shredded vegan cheese on top, can be added in the last 5 minutes.

Last 1-2 minutes, use the broiler for nice browning, but make sure not to burn the cheese.

**BON APPETITE**

## BASMATI RICE WITH LEEKS AND CAULIFLOWER



Serves: 8

2 ¼ cups water

2 cups basmati rice

1 ½ tsp salt

4 cardamom pods

3 cups leeks, sliced ½ inch thick

1 Tbs olive oil

½ tsp ground anise

1 head cauliflower broken into small florets

½ tsp ground black pepper

1 cup vegetable stock

Red Bean Sauce (see below)

Wash and drain the rice. In a medium saucepan with a tight-fitting lid bring the water to a rolling boil. Stir in the rice and add 1 tsp of the salt. Return to a boil. Add the cardamom pods, cover and turn the heat to low. Simmer for 15 minutes. Remove from heat and allow the rice to relax, covered for 15 minutes.

Meanwhile in a large heavy-bottomed saucepan, sauté the leeks in the olive oil until they soften, about 5 minutes. Add the anise and stir for a few seconds. Add the cauliflower and toss. Stir in remaining  $\frac{1}{2}$  tsp salt and pepper and stock. Bring to a simmer, cover and simmer over medium heat until the stock has evaporated and the cauliflower is cooked through, 4-5 minutes.

Stir the rice into the vegetables. Spread the red bean sauce on individual plates and top with the rice and vegetables. Serve hot or at room temperature.

## RED BEAN SAUCE

1 cup small red beans or kidney beans, soaked and strained see \*NOTE

2 cups water

1 medium onion quartered

1 unpeeled carrot

1 celery stalk

1 bay leaf

$\frac{1}{4}$  tsp ground black pepper

1 Tbs olive oil

1 Tbs chopped garlic

1 tsp dried oregano

1 Tbs chopped fresh sage/1 tsp dried

$\frac{1}{8}$  tsp freshly ground black pepper

$\frac{1}{2}$  tsp cumin

1 tsp salt

In a medium saucepan, combine the beans, water, onion, carrot, celery, bay leaf and pepper; cook until the beans are soft, 45 minutes to 1 hour. Remove the bay leaf, onion, carrot and celery. Drain beans and reserve liquid.

Place a skillet over high heat for 1 minute, and then add olive oil. Reduce heat to low, add the garlic and stir. Add the oregano, sage, pepper, cumin and salt. Sauté until garlic begins to colour, about 2 minutes.

Put the contents of the skillet, the beans and 1 cup of cooking liquid into a food processor or blender. Process until the beans are smooth. You may need up to another  $\frac{1}{2}$  cup liquid until beans are smooth. Serve hot.

## NOTE:

\*I would use canned beans and cook then in 1 ½ cups water with the onion, carrot, celery, bay leaf and pepper for 20 minutes. Then remove the onion etc., drain the beans, reserving the liquid and continue with the recipe.



Levys, Rons and Bravermans with Donny together for lunch

## ROAST VEGETABLES

Whenever we have Friday night dinner everybody always tells me that I never make enough roast potatoes. The recipe is simple.



AvivR preparing veggies

Potatoes – 2 potatoes per person  
Olive oil  
Coarse salt  
Freshly ground black pepper  
Lots of sprigs of fresh rosemary (dried also okay)

Wash and dry the potatoes; best is the day before. Then without peeling, quarter the potatoes or divide into sixes if very large. Place in an oiled roasting pan; drizzle with olive oil, salt and pepper and sprinkle with the rosemary leaves. Cover the pan with foil and roast in a 200° C oven for 40 minutes. Remove foil and roast until crisp, about another 20 minutes. The potatoes can be taken out at this stage and covered again with foil to keep them warm.



I always roast the potatoes separately from other vegetables but the photo of Aviv shows that it is not necessary. Zucchini, beetroot, potatoes, sweet potatoes, fennel, carrots and garlic bulbs with the tops cut off are all good.



Kiryat Hasharon Netanya at outbreak of Covid 19, July 2020. Before everyone had arrived, Moran heard that he had been in contact with someone with corona. Within minutes their family left for home, leaving us with an almost family reunion.



## CURRY



AMIT'S FAVORITE RED CURRY RECIPE  
FOR DANI - CURRIED TOFU  
VERED'S SWEET POTATO CURRY  
OKRA CURRY FROM THE ANDAMAN ISLANDS  
GRANNY'S CAULIFLOWER CURRY  
YELLOW SPLIT PEA DHAL

### AMIT'S FAVORITE RED CURRY RECIPE

- 2 Tbs of red curry paste
- 1 Tbs sesame oil
- 1 can (400ml) of coconut cream
- 300g of tofu, cut in to cubes
- 3 Tbs oil
- 2 medium sweet potatoes, diced
- 1 red bell pepper, diced
- 2 onions, diced
- 3 garlic cloves, crushed
- 3 Tbs of cornflour + half a cup of water

In a small pan put the red curry paste and sesame oil on medium heat for a minute. Add in the coconut cream and mix well. Fry the tofu in a pot with oil and medium high heat until yellowish, and then add the sweet potatoes, bell pepper and onions and fry for five minutes. Add the garlic. Then add the coconut cream mixture. Cook for about 15 minutes. When the sweet potato is soft add the cornflour and water mixture and mix well for a few minutes until the curry thickens.



## FOR DANI - CURRIED TOFU

- 1 block firm tofu
- 2 Tbs oil
- 2 tsp mild curry powder or hotter if you choose
- 1 tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 twists black pepper
- ¼ teaspoon red pepper flakes, optional
- 1 medium onion chopped
- 2 cloves garlic grated
- 1 Tbs grated ginger
- 1 cup parave stock
- ½ cup crushed tomatoes
- ½ cup coconut cream
- 1 cup green peas/ lady fingers/ cauliflower
- 1 Tbs jam – orange or apricot
- 1 teaspoon garam masala optional, to add at the end

Remove the tofu from its package and pat it dry. Dice it.

Heat oil in a large pot over medium heat. Add the curry powder, turmeric, cumin, coriander, black pepper and red pepper flakes (if wanted) and sauté until fragrant. Add the chopped onion and gently sauté it for 3 minutes, then add grated garlic and ginger and fry gently for another minute.

Add the tofu cubes and continue frying, turning the tofu over a few times.

Add vegetable stock, crushed tomatoes, coconut milk, and your vegetables of choice.

Bring the mixture to a simmer, cover and cook for 30 minutes, stirring occasionally. At this stage add more cut tomatoes or coconut cream or water. If sauce too thin cook without a lid. The sauce should turn creamy.

A couple of minutes before turning off the heat add the garam masala. Taste and adjust for salt and spices and you are ready to serve it.

Serve with rice, chopped cilantro or parsley.



Dani and me enjoying curry in Berlin

## VERED'S SWEET POTATO COCONUT CURRY

**VERED WRITES:** *We all love Asian food, and we prepare a wide variety of Asian foods at home. It is also our favorite cuisine when ordering in. As the girls grew up in the US, we go there often, and we have many favorite places we go back to time after time. This recipe is from Blossom, a vegan restaurant in NY that the girls like. I bought the cookbook and have made quite a few things from this book. This recipe is particularly easy to make and is very tasty. Over the years, I've enhanced the recipe and prepare it with tofu and it comes out delicious. I also like making it because it's one that Saba Eitan enjoys eating, as he loves Sweet Potatoes (and I share his passion for them!) Almost any vegetable you like can work (we like it with zucchini too); the secret is to grill the vegetables in the oven before. Serve it with rice.*

1 package firm tofu, drained, pressed and cut into small cubes

### MARINADE

½ cup soy sauce  
1 tsp grated ginger  
1 grated garlic clove  
1Tbs Mirin sauce  
1tsp rice vinegar  
1 Tbs sesame oil

Put the tofu in the marinade in a plastic container; shake well occasionally and marinate for at least an hour.

Prepare 1 cup of rice

## CURRY SAUCE

- 2 medium sweet potatoes peeled and chopped into cubes
- 4 Tbs olive oil, divided
- 1 tsp green curry paste (1 heaped teaspoon for a spicier taste)
- 2 chopped garlic cloves
- 1 medium onion, finely chopped
- ½ tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp ground coriander
- 1 Tbs sugar (Optional)
- 2 cups coconut milk
- 1 tsp miso paste (melted well in a bit of boiling water)

Preheat the oven to 180°C. Prepare a baking sheet lightly oiled.

Mix the sweet potato cubes with 2 Tbs olive oil and bake in the oven for about 30 minutes until lightly browned. Or grill in the oven until soft and slightly browned (~30 min).

In a medium pot, heat the remaining 2 tablespoons of oil over low heat.

Add the green curry paste and sauté for 2 minutes while mixing (careful not to burn it). Add the garlic and onion and sauté until soft. Add the cumin, turmeric, coriander and sugar, sauté for 1 minute more.

Add the coconut milk, miso paste, sweet potato and tofu and cook gently for 10 minutes. Serve over rice.

## OKRA CURRY FROM THE ANDAMAN ISLANDS

**DANI WRITES:** *When I was travelling India, I spent almost a month in the Andaman Islands and two weeks on an island called Niel. In Niel, every morning the people working in the kitchen used to ask me what I want for lunch and at what time I would like to eat, so they could prepare it in advance.*

*I noticed that most of the times when I saw okra on a menu in India, it was usually fried, and they never made stews (תבשילים) from it. So, I asked the kitchen to make up a dish for me – I asked them to take the okra and the sauce from the vegetable curry and combine them and make an okra coconut curry. At first, they were surprised because they never heard of making okra in a stew, but they made it and it was delicious, prepared with fresh coconut and curry leaves. It became my favorite meal and the one I had for lunch every single day for two weeks straight, with plain naan and sometimes rice.*

*I started talking about it so much with friends from the Island that local people came to the guesthouse to try this special dish, and it became so popular that the guesthouse manager said that he would consider putting it as a dish on the next menu.*

## THE OKRA RECIPE

Okra  
Onion  
Garlic  
Oil

Whole spices: coriander seeds, cumin seeds, fennel seeds, black pepper seeds.  
Ground spices: ground coriander, cumin powder, turmeric powder, paprika. And  
garam masala,  
Coconut cream

Serve over rice

### HOW TO MAKE

Cut up okra pieces into half, chop one large onion and garlic to taste (I like about 3-4 cloves garlic). Start by frying the mixture of whole spices for about 20-30 seconds in hot oil, releasing their fragrance and making them more potent. When fragrant, add the garlic and onion and fry till golden. Add okra and fry a bit till almost crispy. Add the ground spices and coconut cream. In this step you will add the spice powders because in the beginning we only put in the seeds. The quantity of spices depends on how intense and potent in flavor you like your curry. If you want it very Indian you must put a lot of everything!!!! Mix and simmer on low heat. Cook for a few minutes to make sure the spices open up and come together. In the meantime, cook the rice. Best rice recipe- rinse rice and soak in water for a few minutes, drain.

Then fry the rice for about 2 minutes in a little oil and add 1 1/2 cups of water to every cup of rice. Bring to a boil over high heat, then lower heat to a simmer, add salt and mix one time. Reduce the heat to low, close the pot and don't mix, touch or open for 15 minutes. When ready, let sit for a few minutes then fluff with fork and eat with curry and enjoy!!!!



Dani plays cricket in India

## GRANNY'S CAULIFLOWER CURRY

1 cauliflower, rinsed, drained and cut into florets  
2 Tbs oil  
3 Tbs curry\*  
1 Tbs cumin  
1 Tbs coriander powder  
½ tsp turmeric  
1 Tbs grated ginger/1 tsp ginger powder  
½ tsp hot red pepper or more to taste  
1 tsp cinnamon  
1 onion, diced  
3 cloves garlic crushed  
1 carrot, peeled and diced  
1 cup diced tomatoes  
Salt and lots of black pepper to taste  
Boiling water to cover/1 cup coconut cream  
1 Tbs Garam Masala (Optional)

Heat oil over medium heat in a large pot. Add the spices and stir until fragrant. Add the onion, stir and sauté until just translucent. Add garlic and sauté for a few seconds more. Add cauliflower, carrots and other vegetables, if using. Mix well. Add tomatoes, salt and pepper and water to just cover. Cook for 15 minutes. Taste. To adjust seasoning you can add a spoonful of apricot or orange jam and/or parave chicken powder to enhance flavor.

Add garam masala just before serving.

Serve with boiled rice, chopped cilantro, chopped salad and chopped prunes in vegan yoghurt or sour cream.

### NOTE:

\*We collect curry powder from all over the world – from mother-in-law curry to mild curry. Choose how hot you would like it, adjusting the red pepper flakes to your spicy tolerance. Vegetable curry is not usually very hot.

Saba likes curry with okra and peas, which I always add except when making dhal.

## YELLOW SPLIT PEA DHAL

1 Tbs oil  
1 Tbs cumin  
1 Tbs coriander power  
1 tsp mustard seeds (Optimal)  
1 tsp ground ginger  
Chili according to taste  
1 medium onion, chopped finely  
2 cloves garlic, crushed  
1 cup yellow split peas, rinsed and few times and drained  
1 Tbs parave chicken soup powder (Optional)  
About 2 cups water

Heat oil in pot over medium heat. Add spices and sauté until fragrant. Add onion then garlic. Add split peas, 2 cups water and parave powder. Cover and cook for about 30 minutes or more until tender. Adjust taste.

*Saba and I lived in Durban in South Africa before we married and came on Aliyah in 1964. The Jewish community in Durban was a strong and embracing community. Very few were particularly religious and we, the young people, went to synagogue for the social meetings. We were members of and madrichim in Habonim a Zionist Youth Movement, which was often more of a home than our family life offered.*

*We lived in Apartheid South Africa. Durban, besides the English, Afrikaans and Jewish communities had a majority of Africans (with virtually no rights) and a large community of Indians. The Indian workers were brought in 1890 to work the extensive sugar cane fields in the region. Traders and their families also came and Durban became the largest Indian community outside of India. Of interest is that Mahatma Gandhi began his political activity in South Africa.*

*Durban had a huge colourful Indian Market, where we would go to buy fruit and vegetables and spices. You would tell the spiceman what curry you wanted and he would take a little of this, a lot of that and a pinch of something else, and it was always delicious. The most famous curry was Mother-In-Law curry, so hot it was said to be able to do away with your mother in law if you didn't like her.*

*There was also a large area of Indian shops and restaurants, called Grey Street. Our favorite was to go to a specific roadside cafe and order samosas, light and airy and spicy, the best we have ever tasted.*

*When already living in Israel I met my cousin Frankie on a visit in Durban and*



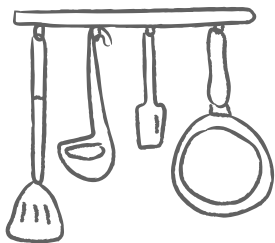
*we decided to go for lunch to an Indian restaurant. Restaurant after restaurant declined to let us in. Finally, frustrated we asked one owner, "Why?" He looked at me, darkly tanned, and said I was okay, but my friend was a little on the white side! In Apartheid South Africa white people and others of colour were not allowed to mix socially.*



16th Reunion South Africa, Remembering Fern 2010  
With Winnie, Charles and Sheenagh Levy



## ASIAN FOODS



MAAYAN'S LAZY TOFU

SWEET AND SOUR ZUCCHINI

VEGETABLE STIR FRY

See ORIENTAL in *Potpourri of Memories* for more recipes

### MAAYAN'S LAZY TOFU

**MAAYAN WRITES:** "It's a completely different dish than firm tofu. It's more a tofu hummus kind that you eat with a sauce over rice. It's super healthy and tasty but it's not a replacement for tofu, just a different thing you can do with soybeans."

Attached is a picture of me with the dish. It came out very tasty but I do note that it requires a good blender or some patience to blend the soybeans and water.

Making real tofu from scratch is very very hard and arduous. This recipe will get you something close to that homemade flavor with a lot less effort. I have seen that this recipe is also possible with green soybeans (edamame) though I haven't tried it myself. If using green, skip the soaking step.



200g dried yellow soybeans

1 liter water

750g green leafy vegetables (e.g.: Chinese cabbage, spinach, Swiss chard)

2 Tbs oil

2 tsp parave chicken soup powder

Salt, pepper, sugar to taste

Rinse and soak the soybeans overnight

Blend the soybeans and the water until they have a soymilk-like consistency. You might need to blend in several batches depending on your blender.

Boil your leafy vegetables until completely soft, rinse and squeeze out any excess moisture, mince finely.

In a pot, bring soybean mixture to rapid boil. Lower heat and cook for at least 10 minutes. If the reducing is too fast add more water. Continue stirring to prevent sticking.

Once the mixture becomes thick and bubbly with little lumps add the vegetables and cook for an additional 2 minutes.

Add seasoning and turn off the heat.

You should be left with a thick paste with a lumpy "thina" consistency. This mixture is super versatile and can be eaten as a dip or over rice with different sauces.

### **TRADITIONAL SAUCE**

250g fresh mild chilies

2 tsp soy sauce

½ tsp rice vinegar

1 clove of garlic, pressed

2 tsp toasted sesame oil

10g green onion, chopped

3 Tbs water

Salt and parave chicken/vegetable soup powder to taste

Roast the chilies at 190° C for 30 minutes, flipping halfway through.

Remove stems and seeds from chilies, chop up into a paste and mix with the rest of the ingredients.

**MAAYAN WRITES:** *Although I am omnivorous I do cook and eat vegetarian and vegan dishes, more commonly I will put less focus on making dishes vegetarian than vegan. Firstly both my sisters are vegetarian and start to complain whenever I make too many dishes they can't eat in a row. Secondly: I like the taste of many dishes that happen to be by chance vegetarian. Lastly, although I am not a vegetarian I am aware of the environmental impact of the meat industry so I like to limit my meat and beef consumption even if I don't eliminate it entirely. I love to cook and have loved to cook for as long as I can remember. For me, cooking is very relaxing (unless it starts going wrong) and allows me to focus on one thing at my own leisure with no distractions. I think it's almost akin to meditation but unlike meditation you get to eat great food as a byproduct! It also grants me a sense of independence to rely on myself for much of my cooking especially now*

that I'm living alone. Among my family I am infamous for my cooking idiosyncrasy being that I only cook any meal once and no more! For me, cooking a meal is very similar to watching a movie, and even though I very much enjoy a film, it would be much more interesting to watch a new film I've never seen than to keep watching the same one over and over again.

For the past few years now, I have set myself the task of trying to cook everything from Granny's cookbook. Part of it stems from my "completionist" personality in cooking and otherwise. The primary reason I chose that book in particular is threefold:

Firstly, it is a great cookbook with a great variety of dishes and cuisines. Secondly, as I'm completing the recipes I also am reading the accompanying stories which gives me a greater sense of understanding of my family and its history and all its characters whether new things I'm learning about family members or learning about family and friends I've never met.

Lastly, unlike most cookbooks, with this one I can easily call the cookbook's author at any time on my phone and am sure to get help and advice on any of its recipes

Food is of great significance in my family. Every time we visit Granny's

house it's a given that someone helps with the cooking. Also at home every time someone offer to help taste everything and anything.



Young Maayan, who was short for a long time, already cooking from my cookbook,

## SWEET AND SOUR ZUCCHINI

[doramg@haaretz.co.il](mailto:doramg@haaretz.co.il)

750g zucchini\*

2 Tbs olive oil

¼ cup raisins (whatever color you like)

¼ cup apple cider vinegar (or other vinegar)

3 Tbs pine nuts, lightly roasted in a dry frying pan

Small bunch of mint or basil leaves, finely chopped

1 Tbs sugar

¾ tsp salt

Black pepper

Wash the zucchini, trim the ends and cut lengthwise into quarters. Cut these long sticks into pieces 2-3 cm. long.

In a frying pan, heat the olive oil and when it is very hot, stir-fry the zucchini in it until they start to turn golden brown (about five minutes). Add the raisins, vinegar, sugar, salt and pepper to the pan and cook until the sauce thickens slightly. (This takes about three minutes. Be careful not to overcook the zucchini; they should remain firm).

Remove from the fire and add the roasted pine nuts and chopped mint or basil leaves.

NOTE: \*Vegetable marrow is not a good substitute in this recipe as it becomes mushy too quickly.



We are very fortunate that our whole family loves food. So preparing tasty dinners is always a challenge and fun. This picture of Lior and Dani, so enjoying their food at JP Lee when they lived in New Jersey expresses the principled strength of our vegan and vegetarian grandchildren, who despite loving certain foods, never touch them

## VEGETABLE STIR FRY

<https://elavegan.com/> by Michaela Vais

*During Fern's 60th birthday celebrations we went to JP Lee, a Chinese restaurant in Maplewood NJ for supper.*

*Three year old Lior, who wanted so much to be big, was quite an expert ordering her own food. Already for a year she would choose her own sushi eating only the insides, and make her own choice for the Mongolian grill.*

*The fun part of the meal was when everybody read out their fortune cookies. We were delighted that that year Dani could read her own cookie. Lior refused to let anyone read her fortune cookie. She sagely looked at the typed message on the strip of paper, which she couldn't read and then 'read': "If you eat this you'll be sick."*



Prep Time: 15 minutes



Cook Time: 10 minutes



Serves: 4

225g noodles\*

1 Tbs sesame/canola oil

1 onion, diced

½ heaped Tbs fresh ginger, grated

3-4 garlic cloves crushed

200g fresh mushrooms, chopped

1 large carrot sliced

1 red bell pepper sliced

1 medium zucchini/vegetable marrow, sliced

Salt and black pepper to taste

Green onion to garnish

Sesame seeds to garnish

### SAUCE

2/3 cup vegetable broth or water

3-4 Tbs tamari/soy sauce,

2 Tbs rice vinegar

2 Tbs agave or more to taste

1 Tbs cornflour

1 pinch of red pepper flakes (Optional)

Peanut butter (Optional)

Cook noodles in salted water until al dente (do not overcook them).  
Meanwhile, heat oil in a skillet or wok and sauté onion over medium heat for about 2 minutes, stirring frequently. Add ginger and garlic. Add mushrooms, carrot, red pepper, zucchini, and spices and sauté for about 5 minutes or until the veggies are softened, stirring frequently. You can add a splash of water or veggie broth to avoid burning.

To make the sauce, simply combine all sauce ingredients in a medium bowl and stir with a whisk. Alternatively, add the sauce ingredients to a jar with a lid and shake.

Pour the sauce into the pan and simmer for about 1 minute.

Add the drained noodles and toss to combine. Cook for a further 1-2 minutes, Taste it and adjust seasonings by adding more salt/pepper/tamari/sweetener, etc. if needed. If you like it creamier, add a few spoons of peanut butter!

Garnish with green onions and sesame seeds, serve, and enjoy! Store leftovers covered in the fridge for up to 3 days.

#### NOTE:

**\*Noodles:** Use rice noodles, ramen, udon noodles, buckwheat noodles, linguine, spaghetti, etc.

**Veggies:** Feel free to use different veggies, like broccoli and green peas.

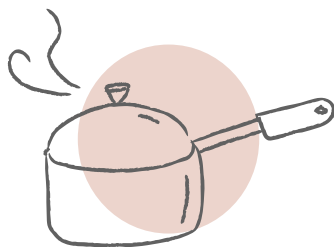
**Protein:** You can also add cubed tofu for additional protein.



Celebrating Fern's 60th in Maplewood New Jersey 2002



## COUSCOUS AND TAJINE



MICHAL'S COUSCOUS SOUP  
COUSCOUS  
COUSCOUS AND HOT PEPPER  
COUSCOUS SALAD  
LEMON PASTE  
AVIV'S MOROCCAN LEMON PRESERVE  
MOROCCAN VEGETABLE TAGINES

### MICHAL'S COUSCOUS SOUP

Cut onion, celery, pumpkin or sweet potato, potatoes, and vegetable marrow into cubes and crush a few cloves of garlic. Sauté everything in a little olive oil for a few minutes. Add spices: cumin, paprika, parave chicken soup powder, salt and pepper to taste and pour in boiling water to cover. Simmer for about an hour. Add drained chickpeas and a bunch of chopped cilantro and cook a few minutes more. Eat soup over prepared couscous.

Couscous from a packet: Place couscous in a large frying pan. Season with a little salt and 1 tablespoon of olive oil. For every cup of couscous add 1 cup of boiling water. Cover and set aside for 5 minutes then fluff with a fork. Reheats well in microwave.



Maayan in a pot. Obviously his parents told him to learn how to cook ... or be cooked



**MICHAL WRITES:** *When I was a teenager, cooking was one of my main hobbies. Back then, we could not get any recipe we wanted from the internet within seconds, so the only way for me to learn systematically was from cookbooks. I remember one birthday party when I received half a dozen cookbooks as presents. I would then make each and every recipe in the book. With time, I became confident enough to improvise freely in the kitchen. Till today cooking is one of my favorite house “chores” and I see it as a type of therapy. Luckily for us, years after, Ma’ayan adopted this hobby as well. He is cooking gourmet meals on a regular basis, and currently challenging himself to cook every recipe from Doreen’s previous cookbook: [A Potpourri of Memories](#). He has already prepared many recipes to our enjoyment.*

## COUSCOUS

*From my cookbook [A Potpourri of Memories](#)*

*The vegetables for the sauce should include root vegetables and pumpkin. Green peas have no place here. I only make couscous from a packet, preferably whole grain and coarse. Our daughter-in-law Limor makes her couscous from semolina. It is delicious.*



Serves: 6

### SAUCE

- 1 large onion, cubed
- 3 stalks celery, sliced
- 2 carrots, cubed
- 1 parsnip, cubed
- 1 turnip, cubed
- 300g pumpkin in chunks
- 2 fresh tomatoes, chopped
- 1 Tbs oil, or enough to cover bottom of pan
- 1 tsp turmeric
- 2 tsp cumin
- 1 tsp ground coriander
- Black pepper and (salt)
- 2 cloves garlic, crushed
- 2 Tbs tomato paste
- Water, parave vegetable or chicken stock to cover
- 1 can chickpeas \*

Cut vegetables into large chunks that will hold their shape during cooking. Wipe a heavy pot with oil. Stir-fry turmeric, cumin, coriander and pepper over medium heat until fragrant, Add onion and cook a few minutes, stirring frequently, add garlic. Add tomato paste and cook, stirring until it smells sweet. Add vegetables and enough water to cover; bring to a simmer and cook for 20 minutes. Add drained chickpeas and cook 15 minutes more. Taste and adjust seasonings and enough soup powder to make a tasty sauce. Serve over steamed couscous and serve with fresh chopped coriander, pickles, hot sauce, finely chopped vegetable salad and a fennel and orange salad.

**NOTE:**

\*The liquid from the can of chickpeas is called aquafaba. See MISCELLANEOUS.

## **COUSCOUS AND HOT PEPPER**

*From my cookbook A Potpourri of Memories*

- 1 Tbs olive oil
- 1 Tbs ground cumin
- 1 Tbs ground coriander
- 1 Tbs chili powder
- 1 medium onion chopped
- 1 large red pepper, diced
- 1 medium green pepper, diced
- 1 hot pepper, finely chopped
- 1 clove garlic, crushed
- 2 cups parave chicken or vegetable broth
- 2 Tbs lime/lemon juice
- 2 cups couscous
- ¼ cup sultanas
- ½ cup frozen peas, thawed
- 1 large firm-ripe tomato chopped
- ¼ cup sliced black/Kalamata olives
- 2 Tbs chopped coriander/parsley

Heat oil in saucepan over medium heat. Add cumin, coriander and chili powder and sauté until fragrant. Add onion, red and green and hot peppers and stir fry until golden. Add garlic and sauté a few seconds more. Add broth and lime juice and bring to a boil. Add couscous and sultanas and stir well. Cover and remove from heat and let stand for about 5 minutes until the liquid is absorbed.

Mix in peas, tomato, olives and chopped coriander. Cover and let stand for about 3 minutes to blend flavours.

Serve with a chopped tomato-based salad with olive oil and lemon dressing.

**NOTE:**

You can substitute 1Tbs sweet paprika for the chili powder and hot pepper

## COUSCOUS SALAD

*Adapted from <https://recipesfromapantry.com/> Author Bintu Hardy*



Prep Time: 15 minutes



Serves: 8

- 1 cup couscous
- Salt
- 1 cup boiling water
- 2 Tbs lemon juice
- 8 Tbs orange juice
- 5 large oranges peeled, pitted and finely chopped
- 1/2 cup pistachios chopped
- 1 cup dried cranberries
- 4 large spring onions, finely chopped
- 2 large handfuls of chopped mint
- Seeds from one pomegranate



Fez restaurant enjoying tajine

Place the couscous in a frying pan. Add the salt and water then cover with a lid. Let it stand for 5 minutes. Then stir it and cover for another 5 minutes. Using a fork, fluff up the couscous.

When it is cool add the rest of the ingredients and mix well.

**NOTE:**

To adjust quantities, to every cup of couscous add 1 cup of boiling water.

An orange or lemon juice dressing with olive oil and salt and pepper goes well.

## LEMON PASTE

Lemon paste has a thick texture and lemon flavor, which makes it a perfect substitute for preserved lemons. It is made with only lemons and salt. This versatile paste is used in salad dressings, marinades, sauces, desserts, and cocktails. You can buy or prepare lemon paste at home with fresh lemon and salt.



To make a lemon paste, cut the ends of the lemon and slice into thin rings. Add the lemon rings to a pot together with one tablespoon of salt and 4 tablespoons of lemon juice. Then, cover the pot and cook on low heat for 10-15 minutes until the rind becomes soft and translucent. Cool it and blend to get a paste texture.

You can substitute 1 teaspoon of lemon paste with  $\frac{1}{2}$  preserved lemon. You can also store your lemon paste in an airtight container covered with a thin film of olive oil.

## AVIV'S MOROCCAN LEMON PRESERVE

About 6 lemons + 2 for lemon juice – preferably small to medium.

Kosher salt

2 tsp hot red paprika

$\frac{1}{2}$  cup olive oil + more to cover lemons

Wash the lemons.

Sterilize a jar. To sterilize, boiling water should be enough, or place wet jars for one minute in the microwave. Use a jar that will fill the quantity nicely to the top. Slice lemons into thin slices, remove seeds. Dip each slice in salt, remove excess salt and place the slice in the jar. Continue and arrange the lemons tightly, squeeze them just a bit for some juice. Pour lemon juice from 2 lemons into the jar.

Mix 2 teaspoons of paprika in  $\frac{1}{2}$  cup olive oil and pour into the jar and shake gently. Add one slice of lemon as a cover to everything and pour olive oil over it up to the top of the jar. This will prevent oxidation.

Close tightly and leave outside the fridge for a 3-7 days, shake gently every day. After opening the jar, keep it in the refrigerator. They are ready to enjoy after about a week; they keep getting better with time up to a few months.

To keep it from going bad – don't take lemons with your fingers - use a clean fork to do that.

## MOROCCAN VEGETABLE TAGINE

*After buying a tajine in Fez I had to attend a cooking class in Marrakesh on how to use the thing. The hotel concierge wrote down the address of the hotel and said I should pay the taxi 50 Dirham. The taxis outside wanted 100 Dirham and when I refused, he called over another man who agreed to take me for 50 Dirham. Well pleased with myself, I followed him to his taxi.*

*Off he drove and after a time he stopped. "Where's Riad Manceau?" I asked. He waved airily in the direction of a somewhat seedy looking alley and wanted me to get off. "Don't you have a map?" he asked. I did and I also knew the general area of the hotel. I gave him my map and asked him to show me where he was dropping me off. He had no idea where to find it on the map. I got out and started walking. Half an hour later, asking about 15 people for directions and nearly stepping on the snake charmer's snake in the main square, some-one helped me find the hotel on Google maps. It seems that half price was also half the distance! But at no time did I feel threatened or uncomfortable. Just hot.*

*The hotel Riad Manceau was down a small alley and simple enough. Gasping I asked for a bottle of water and was taken to a large room with a stove, an oven and a large table with settings for 3 people in addition to the instructor. There was no air conditioner and it was very hot. Spices and vegetables were all prepared. The instructor showed us in what order to prepare the ingredients and place them in the tajine.*





- ¼ cup olive oil
- 1 Tbs ras el hanout/ harissa
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- 2 onions, chopped
- 4 cloves garlic
- 1 wedge of cabbage
- 2 large potatoes, peeled and quartered lengthwise
- 2 large carrots
- 2 vegetable marrows
- 1 parsnip
- 1 large sweet potato
- A handful of green beans
- ½ tomato
- 1 cup vegetable broth
- 1 can chickpeas, drained

Heat olive oil in the Tajine \* over medium heat until just shimmering. Add ras el hanout, coriander, cinnamon and turmeric and cook until fragrant. Add onions and increase heat to medium-high. Sauté for 5 minutes, tossing regularly, then add garlic.

Remove the tajine from the stove. Place the wedge of cabbage in the center of the tajine and if possible arrange the potatoes, carrots, marrow, parsnip and sweet potato around the cabbage (mine all collapsed). Then spread the green beans around. Top with the cut tomato, and then add the cup of vegetable broth. Cover the tajine, return it to the stove and cook on low heat for 25 minutes. Add the chickpeas and cook for another 5 minutes.

Adjust seasoning. Serve with preserved lemon pickle, chopped vegetable salad and hot sauce.

NOTE:

\*You may want to place a heat diffuser on the stovetop if using an actual tagine and not a heavy pot with a lid

*I decided if 50 Dirham got me half way, on the way back I would pay 100 Dirham to get back to our hotel. I was instructed to walk this way and turn that way until I would see horses and carriages and that there were taxis there too. I found the horses but there were no taxis in sight. I negotiated to pay 100 Dirham for a horse and carriage to take me back to the hotel. But it was so hot and I felt so bad about the horses that when I recognized where we were, I got off and walked the rest of the way back to the hotel; straight into a cold shower.*

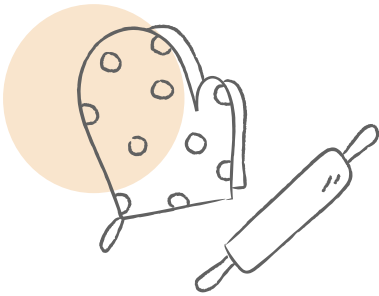


Henna Celebration before wedding of Aviv and Limor, Eilat 1998

Back row, Racheli and Sarah Olkinitzsky, Fern, Avigail and Caroline Livneh, Aviv, Tova, Moran, Vered, Rael and Denise  
Front row Saba, Limor, Dani, Louise and I (AvivR took the picture)



## PIES AND PASTRY



VERED'S CORN AND ONION CRUSTLESS PIE  
MUSHROOM AND LEEK PIE  
CRECY PIE  
AMIT'S SHEPHERD'S PIE  
VERED'S SWEET POTATO PIE  
BEST WHOLE-WHEAT PASTRY



Dani, Michal, Lior and Vered in Sde Boqer

## VERED'S CORN AND ONION CRUSTLESS PIE

**VERED WRITES:** *Having grown up with Granny Doreen, who is a wonderful cook, and with Saba Eitan, who moments after breakfast is starting to think about lunch plans, food was always an important part of my life. I enjoy eating, like trying new flavors and foods, and am crazy about deserts. I especially love the gathering around food.*



When starting my own family, together with Aviv, we continued the tradition of keeping food at the core of the daily routines and the celebrations. Family dinners are really important to Aviv and I and we enjoy eating them with the girls. Family and friends are always invited and it is always fun!

Although I enjoy eating, I am less into the cooking and rather view cooking as something that needs to be done. Having two daughters who enjoy food, I'm always looking for recipes that have the right balance of being tasty, yet simple to make.

I like making meals for the family and love it when they enjoy what I prepared. Aviv enjoys cooking so it's good we are partners in cooking.

The girls have been vegan for about 10 years now and making vegan food requires preparation and planning. As I don't like touching meat or fish, this is fine by me. I'm proud of the girls for being vegan and spend time making food for them when I can.

There is always food at our house and always enough for anyone who wants to join.

This recipe I started preparing when the girls were each in the Air Force doing their military service, tasty as a main course or a side dish and can be prepared in advance (warning: it won't last long!)

1 Tbs oil to cover bottom of pie pan.

2 Tbs olive oil

5 big onions, chopped

1 cup ready to eat chickpeas (from can or defrosted), drained

1 can of corn (strained)

1 cup lentil flour or chickpea flour (can use regular flour)

½ cup canola oil

¼ cup nutritional yeast (Optional)

½ cup water (add slowly, it needs to be gooey, don't add too much)

1 teaspoon baking powder

Salt and pepper to taste.

Preheat oven to 175°C. Lightly oil a pie dish.

Heat olive oil in a frying pan. Sauté onions until well done and golden.

In a food processor mash the chickpeas until smooth. Add the remaining ingredients and mix well. Place in the oiled pie dish and bake in oven for an hour. It needs to cool down 10 min before eating.

## MUSHROOM AND LEEK PIE (Phyllo Dough)

*This is a combination of two recipes. I wanted to make my vegan granddaughters something special for Friday night dinner, similar to a fish pie I had made the previous day for a brunch for friends.*

¼ cup couscous/1 cup cooked rice/ bulgur  
5 Tbs olive oil  
225g mushrooms, sliced  
2 cups leeks, white and light green parts, cut lengthwise and sliced into half moons  
1 cup diced fennel  
2 tsp fresh thyme leaves, chopped  
2 cloves garlic, crushed  
1 tsp tomato paste  
¼ cup chopped dill/parsley/cilantro  
Salt and pepper  
2 Tbs soy sauce/hoisin sauce  
1 tsp white wine vinegar/cider vinegar  
½ cup creamy almond butter

1 packet vegan puff pastry (phyllo), frozen and thawed in fridge.  
Melted margarine as needed

Place couscous in a bowl and just cover with boiling water then let sit.

In large frying pan heat 3 tablespoons olive oil over medium high heat and add mushrooms, stirring occasionally, until softened. Add an additional 1 tablespoon olive oil, leeks and chopped fennel and cook until the fennel is soft, turning often. Stir in thyme, garlic, tomato paste, herbs, salt and pepper and cook for a few more minutes.

Add soy sauce and vinegar to deglaze, loosening browned bits from bottom of pan. Remove from stove and let cool.

Add couscous and almond butter to mushrooms. Mix well and adjust flavourings if necessary.

On a floured surface place puff pastry and roll out to a 35 cm square. Then cut it into two rectangles one 16 cm wide, the other 19 cm. Melt some margarine. Now pack mushroom mixture along middle of narrow piece, leaving about 2.5 cm edge all around. Brush margarine along the edges.

If you have a lattice cutter roll it firmly down the middle of the wider piece. If not just make slits lengthwise along the pastry with a sharp knife or scissors. Carefully pick it up and place it on top of the other piece.

Turn sides of pastry up and press down with a fork. Brush everything with melted margarine and place in oven for about 45 minutes until golden brown. It looks and tastes fantastic.



Dani, Lior and I anticipate a tasty meal



## CRECY PIE

*The Crank's Recipe Book and copied in A Potpourri of Memories*

*Before I became lazy and only made crustless pies, this was one of my favorite pies. It is delicious, good hot or cold and freezes well.*

*Melly Braverman, our ex-brother-in-law took me to Cranks Restaurant in London. Up until then vegetarian cooking was unappetizing. It changed my life and my way of cooking.*

1 unbaked pie shell\* (see recipe at end of chapter)

50g margarine

350g onion, chopped

350g carrots, grated

½ tsp dried thyme

1 Tbs flour

1 tsp soy sauce

1 tsp Wellington's Worcestershire sauce

(Salt) and black pepper



A lovely picture of Ilay at the Segoli's house in Sde Boqer preparing to make a pie

Melt margarine in a frying pan and sauté onions until translucent. Add carrots and thyme and sauté gently for about 10 minutes stirring frequently. Stir in flour; combine soy and Worcestershire sauce and add. Season to taste. Leave to cool.

Roll out slightly more than half the pastry to fit a 20 cm pie plate. Spoon mixture into pie plate. Cover with remaining pastry. Seal edges and crimp. Make two slashes in center of pie and bake in a preheated 200°C oven for about 30 minutes, or until pastry is golden.

## AMIT'S SHEPHERD'S PIE

### POTATO TOPPING

- 8 potatoes
- 2 Tbs vegan butter or olive oil
- ¼ cup unsweetened soy milk
- 1 tsp nutritional milk (mixed with soy milk)

### MEAT MIXTURE

- 2 Tbs olive oil
- 300g vegan mince, defrosted (Amit's favorite is Sensational)
- ½ cup brown lentils
- 1 large onion, diced
- 3 cloves garlic, crushed
- 1 carrot, diced small
- 1 large stalk celery, cut into small pieces
- 3 Tbs tomato paste
- ¼ cup parave soup/boiling water
- 1 tsp soy sauce
- 1 tsp each sweet and spicy paprika, cumin and Baharat (Optional)
- Salt and pepper to taste

### POTATO TOPPING

Peel and cube potatoes evenly. Place in a large pot of cold water with salt and cook until very tender and soft. Combine soy milk and nutritional yeast. Drain potatoes and transfer to bowl. Add vegan butter and gradually add a few tablespoons of soy milk mixture while mashing potatoes as smooth as possible. The mashed potatoes need to be silky but still firm; add more soy milk if needed. Taste and add salt if needed; put aside.

### MEAT MIXTURE

Place lentils in a small pot and cook until al dente, then drain and set aside. In a large pan, pour in olive oil and heat on medium heat. Add onion and sauté until it starts to turn golden brown. Add celery and carrots and sauté for a few minutes until veggies start to 'sweat'. Add garlic and mix until fragrant. Transfer mixture to a big bowl. In the same pan on medium high heat, add the defrosted mince and crumble with a spoon. Add more olive oil, if needed. Sauté for about 5 minutes, making sure to break up the big chunks. When the mince has browned and in fine pieces, add the cooked vegetables and lentils and the spices and soy sauce.

Mix the water and tomato paste, then add to pan and mix well.  
Cover and cook on medium heat for about 20 minutes, stirring occasionally.

## TO ASSEMBLE

Preheat oven to 190°C.

Coat an ovenproof dish with vegan butter or olive oil.

Place a very thin layer of potatoes on the bottom and flatten it. Pour in the meat mixture then top with the rest of the potatoes; flatten and make lines on potato with a fork.

Spray a bit of olive oil on top and bake in oven for about 4 minutes until the mashed potato has browned.

\*Instead of frozen mince, I have made this with one pack of grated firm tofu and an additional half cup of lentils. It comes out amazing. Just make sure to sauté the tofu well and add a little bit less water or broth.



Itamar, Amit and Ilay arriving from a concert in Athens

## VERED'S SWEET POTATO PIE

**VERED WRITES:** A favorite day off from work or a birthday treat for us is to go into Tel Aviv and enjoy brunch at Anastasia – one of Tel Aviv's first all-vegan restaurants. We go there, enjoy the tasty food and casual warm atmosphere, then go and get a foot massage, followed by some Dizengoff shopping. These are such memorable and fun days!

Anastasia restaurant does not share nor publish recipes, but I have learnt to mimic several of them, and over the years, have improved them further to the girls' taste. This pie is served with a vegan yogurt sauce and is a festive addition to the table for vegans and non-vegans alike.



For the crust, I use a readymade pie (defrost "Batezk Parich"), or you can use any pastry recipe.

Prepare and bake the pie crust in a round pie dish for about 7-8 min so it's not soggy.

## **VEGETABLE FILLING**

2 onions cut into quarters and separated into the leaves

2 large sweet potatoes cut into cubes.\*

Olive oil

100g vegan goat or mozzarella cheese, cubed

Preheat oven to 180°C.

Toss onions and sweet potatoes in olive oil and bake on a baking sheet in the oven until soft (Note: usually the onion 'leaves' are ready first, so take them out before they burn)

\*Also great with broccoli or cauliflower that is sautéed with sliced onion until soft.

## **CASHEW CREAM:**

1 cup cashew (need to first soak 30 min in boiling water, then drain)

3 Tbs nutritional yeast

1 tsp dried garlic (or 2 cloves fresh)

1 tsp salt

Ground pepper

$\frac{3}{4}$  cup water

Few sprigs of thyme leaves (Optional)

Blend ingredients adding enough water to make it creamy.

Arrange sweet potato cubes in the pie dish, and in between the cubes, place the onion leaves and small pieces of vegan cheese. If you've fried onions with broccoli or cauliflower add now. Combine the thyme leaves with the cashew cream and pour over cashew cream over vegetables in the pie dish.

Bake at 180°C for about 40 min until golden on top.

Serve with a green salad and yogurt sauce on the side:

## **YOGHURT SAUCE**

1 small plain vegan yogurt (unsweetened)

(If you don't have yogurt, you can use a soft cream cheese, or soak a cup of cashew overnight in water, drain, and then blend with  $\frac{3}{4}$  cup of water)

A pinch of salt

$\frac{1}{2}$  teaspoon garlic powder

Chopped fresh dill

A squeeze of lemon juice

A bit of water (so it's creamy)

Mix well

(See pie on the right side of the photo)



## \*BEST WHOLE-WHEAT PASTRY

1 ½ cups whole-wheat flour  
1 ½ tsp baking powder  
75g margarine  
2-3 Tbs cold water

Sift flour and baking powder into a bowl. With 2 knives or a pastry cutter cut margarine into flour until mixture resembles fine bread crumbs. Handle as little as possible. Add water and mix together. Allow mixture to rest 4-5 minutes after liquid has been added; if still too dry add 1-2 tablespoons of water. If too wet, add a little more flour. Flatten pastry with the heel of your hand, cover and chill. Take pastry out of refrigerator for at least 1 hour before rolling.

Make sure work surface is clean. Lightly flour surface and roll our pastry in one direction only. Turn it over and roll again at 90 degrees angle. Don't oil pie plate. Roll pastry over rolling pin and place in pie plate. Flute edges with a fork and then trim extra bits with a knife. Prick the bottom with a fork.

### NOTE:

If pastry sticks to work surface, roll dough out between two pieces of wax paper – it also makes placing the rolled pastry in the pan much easier  
For a more tender pastry replace 1 teaspoon of water with vinegar.



The 10th Family Reunion in Hofit, 2002.

AvivR, AvivL, Limor, Moran, Saba, Lior (hidden), Vered, Dani, Aunt Winnie Levy and I



## STUFFING



ALL-ROUND VEGETARIAN STUFFING  
STUFFED PEPPERS  
MEATLESS MONDAYS STUFFING  
STUFFED ZUCCHINI OR VEGETABLE MARROW  
STUFFED ONION  
STUFFED CABBAGE ROLLS

*Stuffed vegetables are delicious, even though they entail a lot of preparation. My two favorites are All-Round Vegetarian Stuffing from my cookbook and the other is based on a meat substitute (Wondermeat, Tivol, Beyond Meat etc.).*

### ALL-ROUND VEGETARIAN STUFFING

¾ cup burghul  
1 cup boiling water  
1 Tbs oil, enough to cover bottom of pan  
1 onion chopped  
2 cloves garlic, crushed  
1 carrot, finely grated  
¼-½ cup finely diced canned tomatoes  
2 Tbs chopped parsley  
1 tsp soy sauce  
1 tsp Wellington's Worcestershire Sauce (vegan)  
1 tsp balsamic vinegar  
Ground pepper  
Salt to taste

Place burghul in a bowl and just cover with boiling water. Set aside for 20 minutes then place in a sieve to drain.

Cover the bottom of a frying pan with olive oil and over medium heat stir-fry onion, garlic and carrot until they change colour. Add tomatoes, parsley and seasonings. Add mixture to burgul and mix well. The stuffing should be moist, without any excess liquid. Taste and adjust seasonings if necessary. Stuff vegetables and bake.

**NOTE:**

I recommend adding 2 tablespoons toasted pine nuts and/or 2 tablespoons toasted ground walnuts to enrich the flavor.

1 ½ cups cooked (brown) rice can be substituted for the burghul

Other additions are chopped sweet peppers and mushrooms.



We're stuffed in a corner

## STUFFED PEPPERS

8 shoshka red sweet peppers\*

Stuffing

\*Peppers can be any colour, round or long, but shoshka are so beautiful. The long ones should be as straight and as fat as possible. Cut off the tops and remove any seeds in peppers and tops, which are set aside. Make sure stuffing is fine enough to go into long peppers; blitz if necessary in a food processor.



### SAUCE

I usually find that about ½ cup diced canned tomatoes with 2 tablespoons of finely chopped basil, a little salt and pepper is good.

Lightly oil a baking dish then spread some of the tomato sauce over the bottom to cover. Stuff the peppers and lay them side by side in the pan, closing them with the saved tops. Spread the rest of the sauce over the peppers and spray with olive oil. Cover with aluminum foil.

They can now be refrigerated overnight or baked immediately at 175°C for 30 minutes with foil on and then another 15 minutes or so without the foil until the peppers have softened.

If refrigerated, remove pan from fridge an hour before to bring to room temperature before baking. Reheat well in the microwave.

## MEATLESS MONDAYS STUFFING

*When our dietician recommended we observe Meatless Mondays, I was challenged to find recipes that Saba liked. He doesn't like tofu or coriander. Meat substitutes were well received.*

1 container packet plant-based meat substitute

Oil to cover bottom of frying pan

1 onion finely chopped

2 cloves garlic, crushed

1 small carrot, finely grated

2-3 Tbs diced canned tomatoes

About 2 Tbs water mixed with a little vegan chicken powder

(A squeeze of ketchup if you want it a little sweeter)

Salt and pepper as needed

Defrost meatless.

Heat oil in large frying pan. Over medium heat fry onions and when they start to change colour add garlic and carrot. Add meat substitute and with a fork separate the block by mashing and turning it over to break it up. Add rest of ingredients, cover and cook for 10 minutes. Adjust seasonings if necessary. Stuff.

## STUFFED ZUCCHINI OR VEGETABLE MARROW

I think one can successfully use the stuffings above, but in my cookbook *A Potpourri of Memories* I substitute 3 green onions and 1 mashed clove garlic for the regular onion and added 1 small can unsweetened corn, 1 Tbs chopped basil and ½ tsp dried oregano.

Trim ends. Cut each in half lengthwise and scoop out seeds with a spoon/ Blanch zucchini in boiling water for 2 minutes, then drain. Spoon stuffing into zucchini/marrow. If you have vegan parmesan you can spread it over stuffing. Bake in a preheated moderate oven 180°C for 25-30 minutes

## STUFFED ONIONS

6 large onions, flattish if possible

Stuffing

Remove protruding roots and leathery skin from onions. Make an incision in the pointed center of each onion, leaving 2-3 outer layers and the base intact. Drop into boiling water and boil for about 15 minutes until the cut in the center expands. Remove from water and drain. When cool make a similar cut at right angles to the first and with a knife scoop out inner bulb.

Stuff onions fully. If they tear, patch with bits of scooped out onion leaves. Chop the remaining scooped out onion and add to any leftover stuffing.

Place onions in an oiled dish and sprinkle with vegan grated cheese if desired and bake in a preheated 180°C oven for about 30 minutes.

Serve the onions on a base of leftover stuffing and sprinkle with chopped parsley.

*I also have a recipe for Stuffed Eggplant, but as you all know I am highly allergic to eggplant and can't even copy the recipe out today without shivering.*

## STUFFED CABBAGE ROLLS

1 large cabbage  
Stuffing

Remove any wilted leaves from cabbage and then core it. Place the cabbage in a bowl large enough to cover with boiling water and leave for 15 minutes until cabbage leaves soften and can be removed easily. If necessary, thin down the center rib of each leaf so it can be easily folded. Use 2 leaves if they are small. Spoon about 1 tablespoon of stuffing onto the base of each leaf and roll halfway to enclose. Fold sides in then continue rolling. Place filled leaves, seam side down, in a large rectangular baking dish. Cabbage can be made a day ahead and refrigerated at this point.

Mix apple juice with ketchup, parave chicken soup powder and salt and pepper to taste. Pour over cabbage rolls and bake for 30 minutes in a preheated oven of 180°C. My mother Granny Gertie used to sprinkle dried apricots around the rolls for sweetness.

When my cookbook *A Potpourri of Memories* was in its final stages Gigi Steiner from the Sisterhood of the St Thomas Congregation suggested freezing the head of cabbage overnight. When defrosted, the leaves will be ready to stuff. I haven't tried it, but it is an interesting idea.



6th Family Reunion South Africa 1998



## RICE

TOMATO RISSOTO

A MORE COMPLICATED RISOTTO

MAKLUBA

PAELLA

BASMATI RICE WITH LEEKS AND CAULIFLOWER (See VEGETABLES)

## TOMATO RISSOTO

[https://theplantbasedschool.com/Nico Pallota](https://theplantbasedschool.com/Nico_Pallota)



Cook time: 20 minutes



Serves: 6

- 6 cups vegetable broth + more if needed
- 2 Tbs olive oil
- 1 white onion, finely chopped
- 2 cloves garlic, crushed
- 2 cups risotto rice, not rinsed
- 1 bottle passata tomato puree (700 grams)
- 1 tsp dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 15 leaves basil
- ½ cup non-dairy cheese, grated

Warm 7 cups vegetable broth and keep hot.

Heat olive oil over medium heat in a large skillet and sauté the onion for 3 minutes. Add the crushed garlic and 2 cups rice and fry 1 to 2 minutes.

Add 1 cup of vegetable broth, the passata, oregano, salt and pepper. Add one cup of vegetable broth at a time each time the broth is absorbed.

Cook the risotto on a gentle simmer until al dente (15 to 20 minutes). Stir with a wooden spoon almost continuously.

When the rice is al dente, turn the heat off and add ½ cup Parmesan cheese, a

drizzle of olive oil, and 15 leaves basil. Stir with the heat off for 2 minutes (this step is called mantecare in Italian).

Add more vegetable broth if the rice gets too thick. Risotto should be very creamy, not too thick or too runny. Serve on a flat plate topped with charred cherry tomatoes, and small basil leaves.

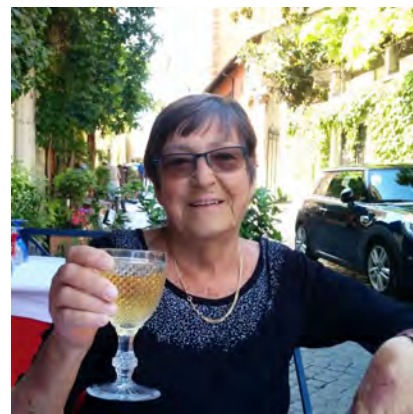
#### NOTE:

Transform leftovers into "riso al salto," a traditional recipe from the Milan region made with one to two-day-old risotto. Shape the left-over risotto into small patties then coat them in panko or breadcrumbs and fry them in oil.

#### **LOTEM WRITES:** *Why did I choose to be a vegetarian?*

*When I was around 12, I decided to try going vegetarian because even though I didn't entirely understand it, I knew it was a moral decision. I succeeded for almost two years but ultimately stopped because I felt I was missing out. In the following years I began to better understand why it's the moral option:*

*More resources are needed to raise animals than almost all plant-based substitutes; animal cruelty (although not my top concern is a big issue; by being vegan/ vegetarian I am raising awareness to environmental issues and showing the world that I care. I now know that reducing meat intake is just as helpful as eliminating it entirely from my diet, which is why in the past two years I put in effort into reducing the amount of animal products in our home, and a few months ago I decided to be a vegetarian again.*



Yael Segoli

## VEGETABLE RISOTTO

<https://theplantbasedschool.com/>



Prep Time: 5 minutes



Cook Time: 15 minutes



Serves: 6

800g vegetables of choice mushrooms, asparagus, artichoke hearts, zucchini, peas

1 onion, finely chopped

4 Tbs olive oil

420g risotto rice, not rinsed

1 glass white wine or 3 Tbs lemon juice

2 Tbs vegetable soup powder

8 cups water

Salt to taste

2– 4 Tbs margarine



Chop your vegetable of choice in small dice pieces and set aside.

In a pot, on medium heat, add a drizzle of olive oil and the chopped onion. Fry the onion for 1 minute, then add the risotto rice and fry for another minute.

When the rice is shiny and toasted add the white wine, stir, and let the wine evaporate completely. Add vegetable/parave chicken powder to the 4 litres of water. Now add 2 ladles of stock and your chopped vegetable of choice and stir. Finish cooking the risotto, stirring often and adding 2 ladles of vegetable stock each time the pan dries up. Keep the heat on medium to low. The rice should bubble very gently while it cooks.

After about 13 to 15 minutes, taste the rice and adjust for salt. When the rice is "al dente" or with a bite to it, turn off the heat off and continue stirring for another minute.

Now add the margarine and stir for one more minute, making the rice creamy. Your risotto is ready to be eaten.

If you want, garnish the risotto with some freshly chopped parsley and some vegan cheese on top.

## MAKLUBA

*Makluba is a Palestinian dish that is usually prepared with chicken, lamb or beef. Makluba means to turn over. I first tasted it when working as a tour guide I would take tourists to Rikmat Hamidbar in Laqiya, a center for the empowerment of Bedouin women. This is a vegan version that I prepared.*

¼ cup oil

3 large zucchini, sliced lengthwise

2 large potatoes, peeled and sliced thickly lengthwise

1 small cauliflower, broken into flowerets

3 onions, peeled and sliced thickly

3 carrots, peeled and chunked

1 large red pepper, seeded and cut into thick strips

2 tins red beans, drained

2 cups rice

2 cups hot water

Salt and pepper

1 tsp baharat/ras el hanout/1 Tbs parave chicken/vegetable soup powder

2 tomatoes

½ cup lightly fried pine nuts



Saba turning over pot of steaming makluba with Aviv and me looking on anxiously

Coat with oil the zucchini, potato, carrots, cauliflower, onion, carrots and red pepper and then place on a baking tray. Roast in the oven at 175°C for approximately 20 minutes until lightly golden brown.

Take a large pot with a thick base and line the bottom with a ring of parchment paper. Wipe the paper with oil. Lay slices of zucchini on bottom. Then add a layer of potatoes, onions, carrots, cauliflower, red pepper, 1 can of beans, rice and enough water to cover. Add salt and pepper and baharat. Add the other can of beans and top with the cut tomatoes.

Cover and bring to boil. Lower heat and simmer for 30 minutes. Switch off gas and let stand 10 minutes.

Remove lid and place large platter over pot. Carefully turn pot over and lift it up. The ingredients should be piled up like a cake. Sprinkle with pine nuts and serve.

## PAELLA

*Based on <https://veganhuggs.com/Author/Melissa/Huggins>*

*In my cookbook there is a Vegetarian Paella prepared years before we had any vegans in the family.*



Prep Time: 15 minutes



Cook Time: 30 minutes



Serves: 3

2 ½ cups vegetable broth

1 tsp saffron threads\*/ ½ tsp turmeric

3 Tbs olive oil, divided

1 onion, diced

½ red bell pepper, cut into strips

3 cloves garlic, crushed

Scant 1 cup round rice

1 large tomato concasse/ ½ cup canned tomatoes

½ tsp sweet paprika

1 can red beans, drained

Sprig fresh thyme

Fresh cracked pepper, to taste

½ cup frozen peas, thawed

Serve with lemon wedges, fresh-cut parsley, nori (Optional)

Pour vegetable broth into a medium saucepan and heat over medium-high heat. Add the saffron/turmeric to the pot.

Heat 2 tablespoons of oil in a large heavy saucepan over medium heat. Add the onions and red peppers. Sauté until softened. Add the garlic and sauté for 1 minute.

Add the remaining 1 tablespoon of oil to the pan and then the rice. Stir to coat well. Cook for 1 minute to lightly toast the rice and incorporate flavors. Stir to prevent sticking.

Now add the tomatoes, sweet paprika, beans and the fresh thyme; then slowly pour in broth. Add black pepper. Do not stir after this point or it will release starches and cause creamier rice.

Cover the saucepan. Bring the mixture to a boil then turn to a low simmer. You want to see some bubbles in the pan while the broth is cooking down (don't boil though). Simmer for 15-20 minutes until rice is al dente. Rotate the pan on the burner 1-2 times during cooking for even heat distribution.

If the rice is too dry add a little water and if too wet remove the lid and continue cooking.

Once the broth is nearly cooked off, you will need to pay close attention to the socarrat\*\* forming on the bottom of the pan (the golden rice crust). You will start to hear a snap, crackle, and pop, along with smelling a nutty aroma. This should take 1-2 minutes to form. Stick a fork or spoon straight to the bottom to test if it's forming. (If it smells like it's burning, remove from heat immediately) (\*see Note). Remove the pan from the heat. Add the peas to the top of the rice (don't mix in). Cover the pan and let the paella rest for 5-8 minutes. Top with crumbled nori, chopped parsley and lemon wedges. Enjoy!

#### NOTE:

\*Saffron gives the paella its distinct flavor which is somewhat earthy and floral. It's very subtle but really finishes the dish. It also turns the rice to a beautiful golden color. It's a little costly, so if it's not in your budget you can replace it with turmeric. It will have a different flavor, but will still be subtle and make the rice golden.

\*\*Sometimes you might not get the socarrat to form and that's ok. It all depends on the pan, fat content, heat source and experience. The more you cook paella, the better you'll get at reading the signs. I've had times where I left it too long and it burned. That is never fun, so it's better to have no socarrat than burnt socarrat. Your paella will still be delicious without it.

If you don't have a paella pan, I would recommend a large stainless steel pan (don't use non-stick).



Kerem Mahara! 2021, marking Itamar's compulsory enlisting into the army. Only Daniel, studying in the Galapagos is not present. No dogs because of the chickens.





## PASTA GNOCCHI



VEGAN LASAGNA

SEGOLI GNOCCHI

VEGAN RICOTTA CHEESE FOR STUFFED LASAGNA ROLLS

LIIOR'S STUFFED CANNELONI WITH SPINACH AND CASHEW CHEESE

DANI'S BEST PASTA AND TOMATO SAUCE

**VEGAN LASAGNA** <https://cookieandkate.com>



Prep Time: 35 minutes



Cook Time: 30 minutes



Serves: 9

### CASHEW CREAM

2 cups raw cashews, soaked for at least 4 hours, better overnight

1 cup water

2 Tbs lemon juice

2 tsp apple cider vinegar

$\frac{3}{4}$  tsp fine sea salt

$\frac{1}{2}$  tsp Dijon mustard

### VEGETABLES\*

2 Tbs olive oil

1 medium-to-large yellow onion, chopped

2 cloves garlic, pressed or minced

2 large or 3 medium zucchini (preferably) or vegetable marrow, sliced with a mandolin if you have

250g mushrooms, cleaned and sliced

$\frac{1}{2}$  tsp fine sea salt, to taste

250g spinach, roughly chopped; if frozen defrost, if fresh wash and dry

Freshly ground black pepper, to taste

1 bottle Passata/bottled tomato sauce,

9 no-boil lasagna noodles\*\*

Preheat the oven to 200°C.

If you soaked your cashews, rinse them and drain. In a blender, combine the cashews, water, lemon juice, vinegar, salt, and mustard. Blend until the mixture is smooth and creamy, stopping to scrape down the sides as necessary. If you're having trouble blending the mixture, slowly blend in up to ½ cup additional water, using only as much as necessary. Set aside.

In a large skillet over medium heat, warm the olive oil. Once shimmering, add the onion, garlic, zucchini, mushrooms, salt and several twists of black pepper. Cook, stirring every couple of minutes, until most of the moisture is gone and the vegetables are tender and turning golden on the edges, about 8 to 10 minutes. Add another splash of olive oil if necessary to prevent them from sticking to the bottom of the pan.

Add spinach to the skillet. Cook, stirring frequently, until the spinach has wilted, about 3 minutes. Remove the skillet from the heat and season to taste with salt and pepper.

Spread ¾ cup tomato sauce evenly over the bottom of a 20X20 cm baking dish. Layer 3 lasagna noodles on top (snap off their ends to fit, and/or overlap their edges as necessary). Spread 1 cup of the cashew cream evenly over the noodles. Top with half of the veggies. Top with ¾ cup tomato sauce.

Top with 3 more noodles, followed by another 1 cup cashew cream (save the leftover cream). Then add the remaining veggies.

Top with 3 more noodles, then spread ¾ cup tomato sauce over the top to evenly cover the noodles.

Top with: vegan Parmesan and fresh basil. Better still, with vegan mozzarella (see recipe in MISCELLANEOUS)

Wrap a sheet of oiled parchment paper or aluminum foil around the top of the lasagna, making sure sauce doesn't touch the top. Bake, covered, for 25 minutes, then remove the cover, rotate the pan 180° and continue cooking for about 5 to 10 more minutes, until it's steaming and lightly bubbling at the corners.

Remove the pan from the oven and let the lasagna cool for 15 to 20 minutes, so it has time to set and cool down to a reasonable temperature.

#### **NOTE:**

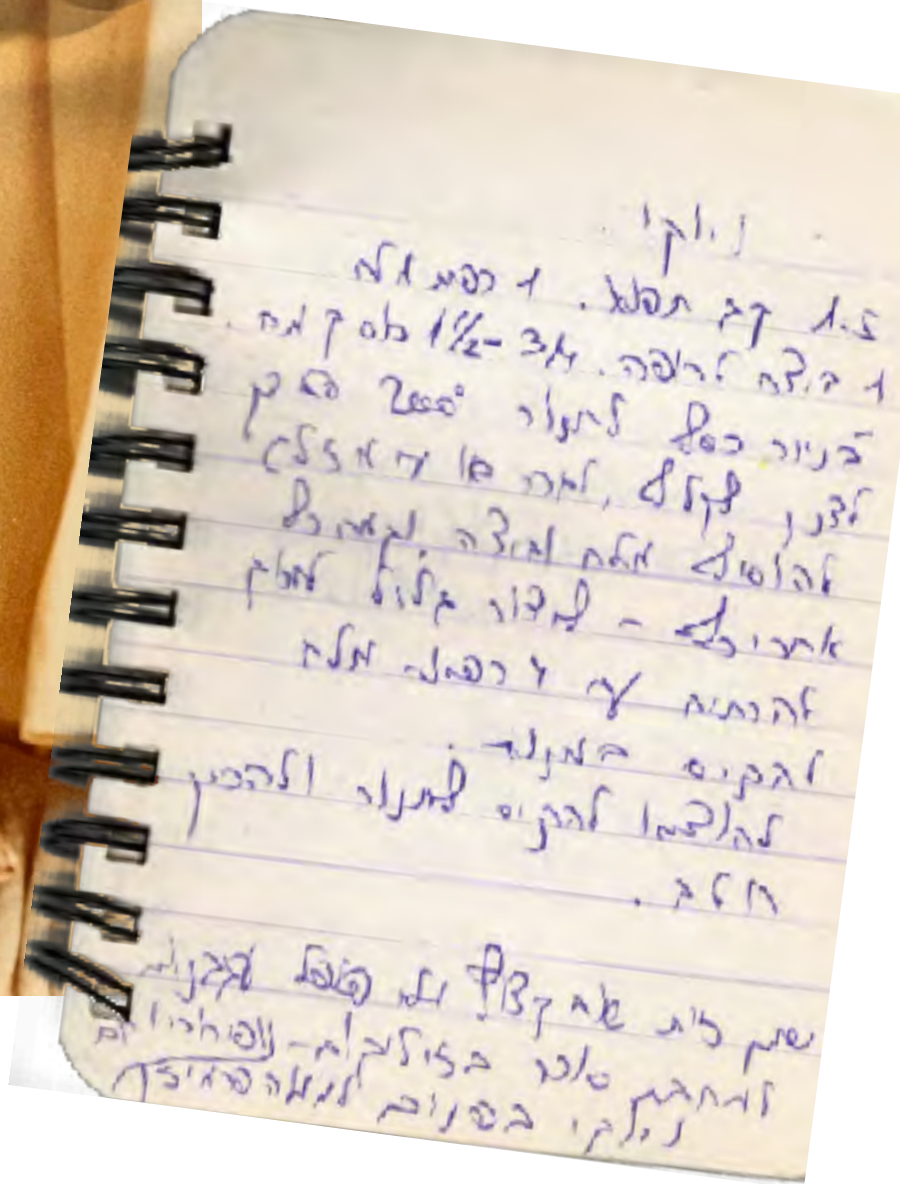
**\*VEGETABLES** You need about 3 cups chopped veggies total (excluding the onion). For Lior who doesn't like mushrooms, replace with sliced carrot and one red bell pepper.

#### **\*\*LASAGNA NOODLE**

**RECOMMENDATIONS:** I like to leave prepared lasagna for a few hours to let the noodles absorb liquid and soften, or just blanch them for a few seconds in boiling water

#### **STORAGE SUGGESTIONS:**

Leftovers will keep well in the refrigerator, covered, for about 4 days. Spray with water and gently reheat individual servings in the microwave or oven as needed. Or, freeze it for later—it's generally easier to reheat single servings than to defrost a big block of lasagna!



## SEGOLI GNOCCHI

**MICHAL WRITES:** My Italian Grandma Nella was the calmest person I've ever met. With plenty of patience, she taught me how to make gnocchi (among other Italian dishes). After cutting the dough into pieces, we would roll each and every one on a fork, to get a nice pattern that would show even after the gnocchi was cooked. This was a bit tricky as if you push too hard you squash it, and if you don't press enough, no pattern appears, but with time, I've mastered the technique. Years later I'm still rolling each gnocchi on a fork, thinking of my Grandma. The picture shows the recipe as written by my Mom.

## RECIPE

3 potatoes about 500g  
125g all-purpose flour  
1 tsp salt  
2 Tbs olive oil

Heat oven to 180°C. Bake the potatoes until soft. When cool, peel and mash. Gradually add the flour and knead until you get a soft dough. Salt and olive oil are optional.

Divide dough into 4 portions and roll each one. Cut 2-3cm squares, and then roll each piece on the back of a fork.

Cook in salted boiling water for a few minutes until they surface. Eat with any pasta sauce. We love it with pesto (see MORAN'S BASIL or CORIANDER PESTO under PICKLES).





**ZOE WRITES:** *At first I wanted to be vegetarian in order to benefit the environment. But I later understood that it really doesn't make a difference, nor does it help. But by then it was strange for me and disgusting to think that the food I was eating was previously an animal.*



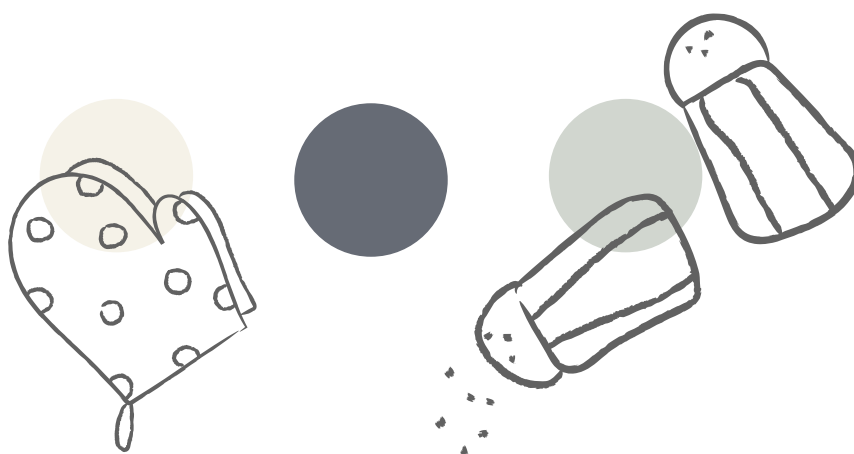
**GRANNY WRITES:** Zoe, you are wrong. It does help. The butterfly effect proposes the idea that everything in the world is connected and that even small changes can cause great changes.

**LOTEM WRITES:** A little bit about myself: I'm Lotem and while I love eating I wouldn't say that I'm the biggest fan of cooking.

I really like art- whether it be drawing, painting, jewelry making or anything else- and I also like robotics, math and science. I also like hiking and nature and so much more. All together I have a lot of hobbies so when I'm tired and want a calm, relaxing day I often enjoy setting the mood by making myself an aesthetically pleasing and tasty meal.

My issue is I like cooking only if I'm hungry, so it can never take too long to make or else I will finish the meal before its ready. I find most of my recipes online on blogs or on social media platforms because I don't think I'm very good at cooking without a recipe but that's something that I'm working on improving.

My friends love cooking and baking so we like making interesting stuff together, like desserts or ravioli with pretty designs on them.



## VEGAN RICOTTA CHEESE FOR STUFFED LASAGNA ROLLS

*I woke up one morning with the thought that I wanted to make stuffed calamari. We invited Vered and Aviv who were delighted to come. But what to make for the vegan part of their family? It also had to be stuffed something. This stuffed rolled lasagna was a winner. First you have to prepare the Vegan Ricotta Cheese.*

### VEGAN RICOTTA CHEESE

1 cup cashews soaked overnight (see NOTE)  
1 block firm tofu, pressed  
1-2 Tbs lemon juice  
2 Tbs nutritional yeast  
1 tsp salt  
Good grind black pepper

Soak cashews overnight in water then drain when ready to use.

In the food processor first blend the cashew nuts. Then add chunked tofu, lemon juice, nutritional yeast, salt and pepper. Process the mixture until smooth, scraping the sides of the food processor with a spatula as necessary. The final mixture should be creamy and fluffy, with a slight texture that melts in your mouth. Adjust seasonings if necessary.

Enjoy as-is as a dip or use in any recipe of choice! (Lasagna rolls below). Store leftovers in an airtight container in the refrigerator for up to 7 days or freeze for up to two months.

### NOTE:

If you forget to soak your cashews ahead of time overnight, you can either cover them in boiling water and let sit for 20 minutes, or cover them with water and microwave for 3 minutes, then let sit for 3-5 minutes before draining. If you have a cashew allergy, you can also replace the cashews with blanched slivered almonds, macadamia nuts, or pine nuts.

For a sweet ricotta reduce the nutritional yeast to only 1 tablespoon, leave out black pepper and add a little sugar to taste.

## LASAGNA ROLLS

12 lasagna noodles (Osem Perfecto 14x9 is ideal. Not Barilla)

1 ½ cups (360g) marinara sauce (see NOTE)

½ Tbs oil

1 onion sliced thinly

2 garlic cloves, crushed

3-4 fresh mushrooms, sliced thinly (optional)

½ Tbs soy sauce

100g leaf spinach fresh or frozen, squeezed well

200g vegan ricotta cheese (recipe above)

½ tsp paprika (Optional)

Salt and black pepper to taste

Grated vegan cheese\_for topping

Cook the lasagna noodles in a large pot (filled with salted boiling water) until al dente. Remove lasagna to a bowl of cold water, and then drain them on dish towels separating the leaves if necessary.

Ladle a layer of marinara sauce in the bottom of a 28x22 cm baking dish Set aside.

While the lasagna noodles cook, heat oil in a pan over medium heat and add the sliced onion, garlic and mushrooms. Sauté for about 4 minutes. Then add soy sauce and spinach. Cook until spinach wilts (if fresh) or liquid evaporates (if frozen).

Spread a heaped teaspoon of ricotta cheese on each lasagna leaf and squash it down. Top it with the spinach mixture. Roll up each lasagna noodle lengthwise and place it seam-side down in the baking dish, one roll next to the other.

Ladle the remaining marinara sauce over the lasagna noodles. Top with grated yellow vegan cheese. Cover with aluminum foil.

The lasagna can be made ahead of time to this point and refrigerated until needed.

Heat oven to 175°C and remove lasagna pan from fridge. Bake for 20-25 minutes then uncover, and bake 10 minutes more.

### NOTE:

You can use your favorite tomato sauce instead of marinara sauce. We added some vegan cream to smooth out the taste

If you aren't a fan of mushrooms, simply leave them out.

# LIOR'S STUFFED CANNELONI WITH SPINACH AND CASHEW CHEESE

## TOMATO SAUCE\*

5 peeled tomatoes  
1 tsp paprika  
2 tsp chopped basil  
1 tsp dried oregano  
½ tsp garlic, crushed  
½ tsp dried thyme  
Soup powder to taste  
¼ tsp mustard  
1 heaped tsp strawberry jam  
Salt and pepper  
2 Tbs chopped parsley  
1 packet cannelloni

## TOMATO SAUCE

Place the tomatoes in hot water for a few seconds until the skin peels off easily. Scoop out the indented part. Cut and place in blender together with all the other ingredients, except the parsley and blend well. Chop the parsley and add to tomato mixture.

## FILLING

1 medium onion  
Olive oil  
¼ tsp nutmeg  
¼ tsp white pepper  
½ tsp soup powder  
Salt and pepper  
3 garlic cloves, crushed  
120g frozen spinach, defrosted and drained  
250g cashew cream (see below) / small container white vegan cheese

Dice the onion and sauté in olive oil. Add the nutmeg, white pepper, soup powder, salt and pepper and fry until fragrant. Crush garlic and add.

Add defrosted spinach and sauté until wilted and dried.

Pour in the cashew cream (recipe below) and mix. Add a little water if mixture too thick.



## CASHEW CREAM

- 150g cashews
- 90 ml of cashew water
- 4 Tbs lemon juice
- 5 cloves garlic, cooked/1 tsp powdered garlic
- $\frac{3}{4}$  tsp salt
- 1 Tbs canola

Soak cashews in boiling water for 10 minutes or until soft. Drain but save 1 cup cashew water.

Add to blender with cashew water, lemon juice, garlic, salt and canola oil. Lightly oil a baking tray and cover with tomato sauce.

Fill the cannelloni using a piping bag or a ziplock bag with the corner cut off. Place filled shells on the baking dish and top with the remaining tomato sauce. Oil an aluminum sheet of paper and cover the dish and bake for 20 minutes in an oven preheated to 180°C. Uncover and bake 5 – 10 minutes more. Let cool a few minutes before serving.

### NOTE:

A bottled marina sauce can be used instead of preparing the tomato sauce.

You can bake the tomatoes in the oven before blending.

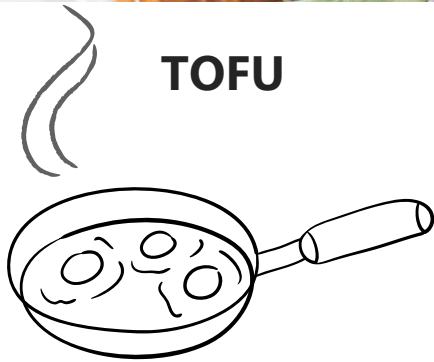
Add a little soy cream to the tomato sauce and make it rose.

Double the quantities to fill all cannelloni in the box.

## DANI'S BEST PASTA AND TOMATO SAUCE

In an oiled baking tray place tomatoes, cherry tomatoes and 1 head of garlic wrapped in aluminum foil. Drizzle with olive oil and salt and pepper to taste. Cook until brownish juices come out. When ready put in blender with salt and pepper and a bit of cumin. Add to pasta cooked al dente and cook together a few minutes.





## TOFU

PRESSING TOFU

LOTEM'S FRIED TOFU

LOTEM'S SCRAMBLED TOFU

TOFU IN COCONUT MILK, TOMATOES AND CILANTRO

NA'AMA'S TOFU PATTIES

MICHAL'S POPULAR CABBAGE AND TOFU

NOT CHINESE CARROT AND PEPPER STIR-FRY

GAL'S TOFU SHAKSHUKA

### PRESSING TOFU

<https://www.thespruceeats.com/>

Place the tofu between sheets of paper towels. Place a board on top of the top layer of paper towels, then a can of food or a heavy frying pan onto the board. Let the tofu sit for at least 30 minutes. You can now proceed to cut the tofu block into strips or cubes for use in your recipes.

After you have pressed your tofu for at least 30 minutes, you may also want to slice it into strips or cubes and then freeze it. Freezing tofu will change the texture of the tofu, making it firmer and "chewier," as well as more absorbent. This can be it very effective in recipes where the tofu is grilled, baked, or stir-fried since the strips or cubes will hold their shape without falling apart.

### LOTEM'S FRIED TOFU

<https://cookingwithayeh.com/>

1 block firm tofu

3 Tbs soy sauce/tamari sauce

1 Tbs rice vinegar

1-2 cloves garlic, grated

½ Tbs red pepper flakes, or more for spicy

4 Tbs cornflour

3-4 Tbs water

3 Tbs canola





Drain and press tofu. In a small bowl add soy sauce, vinegar, grated garlic and red pepper flakes. Add 1 tablespoon cornflour and 3 tablespoons water and whisk to combine. Slice tofu into triangles or cubes and coat with remaining cornflour. Heat oil in a non-stick pan over medium high heat and add the tofu pieces in a single layer, making sure they don't touch. Fry on both sides to golden and crispy. Pour the marinade into the pan which will become very bubbly instantly. Quickly turn all the tofu pieces to coat on both sides and serve on a dish straight away.

## LOTEM'S SCRAMBLED TOFU

Mash tofu with a little salt and turmeric and sauté in a little margarine or oil. Good with mushrooms or even better topped with a few shavings of black truffle.

## TOFU IN COCONUT MILK, TOMATOES AND CILANTRO



Serves: 4

- 1 packet firm tofu
- 2 Tbs soy sauce
- 1 Tbs balsamic vinegar
- ½ tsp ginger
- 1 Tbs olive oil
- 1 red bell pepper, diced
- 1 onion, diced
- 3 cloves garlic, crushed
- ½ cup chopped cilantro, /parsley/purple basil  
(½ tsp crushed red pepper flakes, or more to taste, Optional)
- 1 cup diced tomatoes, drained
- 100g coconut milk
- Pinch salt
- ½ lime/lemon, squeezed
- Water to thin as necessary

Squeeze water from tofu by wrapping in paper towels. Then cube and marinate in a little soy sauce, balsamic vinegar, and ginger. Set aside.

In a medium pot, heat oil on medium-low heat. Add red peppers and onions, sauté until soft, about 4 minutes. Add garlic and, cook 1 minute; add ¼ cup cilantro, and red pepper flakes. Add tomatoes, coconut milk and ¼ teaspoon salt, increase heat and bring to a boil, cover and simmer on low about 10 minutes to let the flavors blend and to thicken the sauce. Add tofu and cook 5 to 6 minutes, until opaque and cooked through. Add lime juice.

To serve, divide equally among 4 bowls, about 1 ¼ cups then topped with sliced green onions and cilantro over rice.

#### NOTE:

Sauce is base also for Vegan Shrimp

Trumpet mushrooms would make a nice addition.

## NA'AMA'S TOFU PATTIES

In a food processor grind 2 packets of tofu, 4-5 spoons of pesto paste, olive oil, fried onion (Optional- cooked spinach, beetroot leaves or other), salt and pepper.

Add about ¼ cup spelt flour and about ½ cup bread crumbs.

Make into patties, oil and bake for 30-40 minutes in the oven until gold.

## MICHAL'S POPULAR CABBAGE AND TOFU

This is a dish that started as an improvised meal and became one of the most popular dishes in our kitchen

- 1 packet tofu, cubed
- 1 small (or ½ large) cabbage
- 2 Tbs canola oil
- 1 Tbs grated, ginger
- 2 cloves garlic, crushed
- 1 Tbs soy sauce
- 1 Tbs silan

Cut tofu into cubes.

Slice cabbage about the thickness of the tofu cubes and then cut into small pieces. Heat oil in a large frying pan then add tofu, ginger and garlic, turning to brown on all sides.

Add cabbage, soy and silan and cook until done.

Serve with rice.

## NOT CHINESE CARROT AND PEPPER STIR-FRY

1 packet firm tofu, cubed  
1 Tbs oil  
2 cloves garlic, crushed  
(1 tsp chili powder/2 hot red peppers, finely chopped, Optional)  
1/3 cup balsamic vinegar  
3 carrots julienned  
1 small green pepper, cut into thin strips  
1 small red pepper, cut into thin strips  
1 small onion, thinly sliced  
2 tsp fresh thyme leaves/1/2 tsp dried thyme leaves  
Dash of salt and lots of ground black pepper

Marinate tofu in balsamic vinegar; make sure all sides are marinated. Steep oil, garlic and chili in a wok or heavy frying pan. Prepare vegetables. Heat steeped oil over medium-low heat; add carrots and stir-fry for about 7 minutes until carrots change colour. Add pepper, onion, thyme and salt and pepper and sauté 3 minutes more. Add tofu and balsamic vinegar and gently stir until tofu is heated through. Serve with sliced green onions and cilantro over boiled rice or angel hair pasta with a green salad.

## GAL'S TOFU SHAKSHUKA



Serves: 3+

8 Fresh tomatoes plus cherry tomatoes  
1 onion  
1 hot pepper  
1 Tbs olive oil or enough to cover  
the bottom of the pan  
4 cloves garlic, crushed  
200g tomato paste  
1/2 tsp each of sweet paprika, cumin,  
turmeric or more according to taste  
1 tsp harissa (hot sauce) for those who like spicy  
1/2 cup water  
1/2 bunch parsley  
1/2 bunch coriander  
1 Tbs nutritional yeast  
1/2 packet tofu  
Scant 1/2 tsp sugar  
Salt and pepper,  
1/2 vegan halumi cheese

Pour boiling water over tomatoes in a bowl and leave for 10-20 minutes, Drain and peel them. Cut them into small cubes, the smaller the better and the softer they will be.

Dice the onion and hot pepper. Heat a sauce pan that has a lid with enough olive oil to cover the bottom of the pan and sauté the onion and hot pepper until the onion turns golden. Add the garlic and cook for a few minutes more.

Add the cut tomatoes and cover the pan. Simmer until juices form, then add tomato paste, the spices and one teaspoon of harissa and stir well.

Add water and cover pan again; cook for 10 minutes, stirring occasionally. Add half the parsley and half the coriander leaves, nutritional yeast and continue cooking with the lid closed.

At the same time cut tofu into small cubes and sauté in olive oil in a separate frying pan, until golden on all sides. Remove lid from shakshuka to reduce sauce to desired consistency.

Add fried tofu to shakshuka sauce to absorb the flavours and stir well.

Cut halumi cheese into strips and in the same frying pan, sauté until golden on both sides.

Taste shakshuka and adjust spices according to taste.

Add halumi with remaining parsley and coriander and serve immediately.



#### NOTE:

To upgrade shakshuka:

1. Place a slice of grated vegan yellow cheese on top of shakshuka, close the lid and cook until cheese melts.
2. Zucchini and broccoli: slice and add to onions when golden and fry for a few minutes.
3. Corn: add to shakshuka.
5. Eggplant: Dice; and fry together with onions.
6. Spinach: Add together with tofu towards end and wait until spinach reduces.

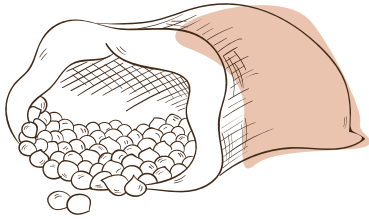
**GAL WRITES:** Add any vegetables you have at home. The more vegetables you add the tastier the shakshuka, and so I suggest you add the vegetables you like.



Glamping in Mitzpe Ramon 2023



## BEANS



\*To cook dry beans see below.

GRANNY'S BEAN CHILI

TACO ASSEMBLY LINE

MICHAL'S CHILI SIN CARNE

ITALIAN BEAN CASSEROLE

### GRANNY'S BEAN CHILI



With Hans and Lottie Reijzer in Apeldoorn Netherlands



The Schafers

*This is not really my Bean Chili. The first time we ate bean chili was in Amsterdam, at the house of our good friends Hans and Lottie Reijzer. Lottie prepared this vegetarian dish (which was then a big surprise to us) especially for Jose, their vegetarian daughter. A secret addition came from the Virgin Islands from the kitchen of other dear friends the Schafers, where Rabbi Steve told me about adding chocolate (and I, the coffee) remembering that Mexicans introduced cocoa to the world hundreds of years ago.*

1 Tbs oil or enough to cover the bottom of the pan  
1 heaped Tbs ground cumin  
1 Tbs ground coriander  
½ tsp cinnamon  
1 tsp turmeric  
2 large onions, diced  
1 large red /green pepper, seeded and diced  
1 Tbs chili powder/chopped hot pepper (Optional)  
3 cloves garlic, crushed  
1 heaped tsp cocoa powder/instant coffee  
3 cans black and red beans, drained but not rinsed  
½ cup chopped canned tomatoes  
½ cup water  
Black pepper  
Salt if needed  
Ketchup if needed

In a large heavy pot heat oil over medium heat and fry the cumin, coriander, cinnamon, turmeric and hot pepper until fragrant. Add onions and chopped red pepper, stirring to prevent burning; add garlic. Then add cocoa powder. Add beans, tomatoes, pepper and water and mix. Add more water if too thick. Cover and cook on low heat for about 20 minutes until sauce becomes thick, removing lid if too watery. Taste; if too sour, add a little ketchup.

## **TACO ASSEMBLY LINE**

Place bowls of chili, tacos or tortillas, guacamole, shredded lettuce, finely chopped tomato salad with chopped coriander, sweet corn, yogurt and/or Cheddar cheese, hot salsa and boiled rice on the table and let guests make their own combinations.

If you want a “meat sauce,” defrost Wondermeat or other such meat substitute. Heat a little oil in a frying pan, Heat some ground cumin and ground coriander, then fry a small chopped onion. Add the Wondermeat and break it up with a large fork. Add a little wine vinegar and enough canned tomatoes to make a nice sauce, adding salt and pepper if needed. Cook for about 10 minutes. You can also make the meat finer by grinding it in the food processor for a few seconds.

## MICHAL'S CHILI SIN-CARNE

*MICHAL: When we spent some time in Davis California we were exposed to Mexican food; chili became one of our favorite dishes. We usually make a whole feast around it and eat it inside a tortilla (as a burrito) adding: avocado guacamole, hot sauce, cooked rice, sweet corn, chopped cilantro, chopped tomatoes, lettuce, etc. First, I used to make chili con-carne, but since we tried cutting down on meat consumption, we have realized that chili 'sin-carne' is no less tasty.*

Fry 2 onions (you can add chopped red peppers and celery), add chopped tomatoes (fresh large, cherry, or from a can), and cook for a while. Add beans from a can, we use whatever are available- red beans, black beans, white beans, or a mixture of all (but not baked beans).

Season with lots of cumin, turmeric, sweet or hot paprika (depending on how tolerant you are), and cilantro. Can also add a bit of sugar, cinnamon, cacao, or instant coffee (learned this from Doreen!)

Cook for about half an hour until all flavors mix.



## ITALIAN BEAN CASSEROLE

<https://www.deliciousmagazine.co.uk/>

- 3 Tbs olive oil
- 4 celery sticks, roughly diced
- 4 medium carrots, roughly diced
- 3 leeks, trimmed, washed and sliced/1 ½ cups
- chopped onion
- 2 garlic cloves, crushed
- 100ml white wine/¼ cup cider vinegar or white balsamic vinegar with water
- 2 cans chopped tomatoes
- Grated lemon zest
- About 700ml vegetable stock, heated



2 cans white and brown/red beans, drained and rinsed  
Small handful fresh oregano or fresh thyme leaves picked and chopped, plus extra whole leaves to garnish  
1 Tbs lemon juice (Optional)

Heat the oil in a large casserole or saucepan over a medium heat. Add the celery and carrots and cook, stirring, for 7-8 minutes. Add the leeks, cook for 3-4 minutes, then stir in the garlic and wine. Let the wine cook out and reduce for a few minutes.

Tip in the tomatoes and lemon zest and season well. Add the stock, bring to the boil, then simmer fairly rapidly for 30-35 minutes, stirring occasionally or until the vegetables are just tender and the liquid has reduced and thickened.

Stir in the beans (add a dash of hot water, if necessary) and cook for 5 minutes. Remove from the heat and stir in the oregano or thyme and the lemon juice. It's worth re-checking the seasoning now. Spoon the casserole into bowls and garnish with fresh oregano or thyme leaves.

## COOKING DRIED BEANS

1 cup dried beans equals about 2-½ cups cooked

I found that frozen beans never became soft even with additional cooking. Canned beans or beans in a carton are best. They should be drained before using; usually not necessary to rinse

Dried beans should be soaked before cooking, both to speed cooking time and to reduce any gas-causing tendencies. There are two ways to soak dried beans:

**Overnight soak:** Rinse the beans, then cover with plenty of cold water and let soak at room temperature for at least four hours or overnight. Drain and rinse the beans before cooking them.

**Quick-soak method:** Rinse the beans, then put in a saucepan, cover with an inch of water, and bring to a boil. Boil for a few minutes and then let them soak for an hour off the heat, drain, and then add fresh water and continue cooking.

## *The Occasional Vegetarian by Karen Lee*

Place 1 cup soaked beans, 2 cups water, bay leaf, pepper, carrot, onion and garlic. Tie parsley and thyme in cheesecloth and add. Cover and simmer over high heat. Turn heat to low and simmer slowly for 1 hour. Add salt during last 15 minutes of cooking. Remove bay leaf, garlic, onion, carrot, parsley and thyme. Wring cheesecloth over beans to extract flavour.

Beans can then be used in a Bean Casserole, or in Bean Salad with Red Wine Vinaigrette in APPETIZERS or in Beans and Barley Soup.



Sde Boqer 2016



## CREPES AND BLINI AND CAVIAR



CREPES

CREPES WITH MUSHROOM BUTTER AND CAULIFLOWER CREAM

BLINI WITH CURRIED SOUR CREAM

CAVIAR!



Maayan cooking crepes

*Many years ago when the Segolis were about to visit I wanted to make crepes. There was no time to prepare them in the traditional way by letting them stand for a period; instead I made them immediately. Maayan, on tasting one said "Granny this isn't a crepe." I was amazed. How could this little boy know the difference between traditional crepes and the ones I made? "Why is that Maayan?" "No Nutella!!"*

## CREPES

1 ½ cups all-purpose flour  
1 Tbs cornflour  
\*1 Tbs sugar  
½ tsp salt  
2 Tbs canola oil  
1 cup unsweetened soy milk/any non-dairy milk  
1 cup sparkling water or regular water  
Vegan butter for frying

In a large bowl, whisk together the flour, cornflour, sugar and salt. Now add the oil, non-dairy milk and sparkling water OR regular water (sparkling water makes them even lighter, but is not necessary). Whisk well until smooth and well combined.

Heat a medium sized, non-stick pan to medium heat; add a tablespoon or two of vegan butter to the pan. Once melted, add about 1/3 cup of the batter to the pan. Immediately pick up the pan and rotate it to move the batter into a thin circle.

Cook until the top looks fairly dry, about 2 minutes. Using a spatula, carefully flip the crepe over and cook for 30 seconds on the other side. Remove from pan and repeat with the rest of the batter.

**For a sweet crepe**, squirt a little lemon juice on the crepe, add some powdered sugar, and roll or fold. Dust with more powdered sugar and serve with fresh berries and maple syrup.

### NOTE:

You may use white whole wheat instead of white flour.

\*Omit the sugar for savory crepes.

## CREPES WITH MUSHROOM BUTTER AND CAULIFLOWER CREAM



Prep Time: 30 minutes



Cook Time: 30 minutes



Serves: 4 crepes, two per person

Make the crepes once the sauce is finished and warming on the stove, and once the mushrooms are in the pan, cooking on low.

### SAUCE

One small head of cauliflower, about 4 cups of florets

1 cup almond milk

1 Tbs lemon juice

2 Tbs nutritional yeast

Salt and pepper to taste

### MUSHROOM FILLING

3 Tbs margarine

2 Tbs minced fresh sage/finely chopped rosemary (Optional)

2 cloves of garlic, crushed

1 shallot/½ onion, minced

½ teaspoon Herbs de Provence/marjoram

Pinch of red pepper flake

2 full cups sliced mushrooms

Salt and pepper to taste

### CREPES

1 cup all-purpose flour

1 ½ cups almond milk

4 Tbs water

1 tsp salt

2 Tbs olive oil

Vegetable oil spray or brush oil over pan



Zoe cooking crepes

## SAUCE

Bring a pot of water to a boil, add cauliflower and cook for about 8 minutes, until cauliflower is tender. Drain and cool a little.

Add cauliflower and other sauce ingredients to a blender and blend until smooth. Transfer sauce to a saucepan and keep warm on low heat.

## MUSHROOM FILLING

Heat 3 tablespoons of margarine over medium-high and add fresh sage. Cook for 3 minutes, stirring.

Add the garlic and shallot; cook for about a minute until fragrant. Add the Herbs de Provence and red pepper flakes.

Add mushrooms and reduce heat to medium low, cook while preparing crepes. Season with salt and pepper to taste.

## CREPE BATTER

Add all batter ingredients to a bowl and whisk to combine. Set aside.

Make the crepes: Oil a 17-19 cm non-stick skillet over medium high heat.

Allow skillet to become fully heated before pouring in batter. Pour just under  $\frac{1}{4}$  cup of the batter into the skillet, while swirling the skillet to even spread the batter over the entire flat surface of the skillet.

Cook for two minutes without disturbing the crepe. Shake the skillet to loosen crepe, or use a rubber spatula to loosen sides and flip.

Cook for another 30 seconds on the other side, then remove from pan, set aside and continue with the other crepes.

Assemble crepes by spooning 2 tablespoons of the cooked filling onto one side of the crepe. Fold and roll it close. Pour sauce over it.

## BLINI WITH CURRIED SOUR CREAM

<https://www.sunnysidehanne.com/>



Prep Time: 10 mins



Serves: 6

## BLINI

$\frac{2}{3}$  cup all-purpose flour

$\frac{1}{3}$  cup buckwheat

1  $\frac{1}{2}$  tsp sugar

1 tsp baking powder

$\frac{1}{2}$  tsp baking soda

Pinch salt

¼ tsp turmeric, for color (Optional)  
3 Tbs aquafaba (liquid from canned chick peas)  
2 Tbs vegan margarine melted or canola oil  
¾ cup unsweetened soy milk (more if needed to thin the batter)

### **CURRIED SOUR CREAM**

½ cup vegan sour cream  
2-3 tsp mild curry powder  
Fresh dill fronds for garnish

Stir the curry powder into the sour cream and stir. This can be made a day or two ahead and kept covered in the refrigerator. I think the flavor improves with time.

### **BLINI**

Whisk together the flours, sugar, baking powder, baking soda and salt. Add the turmeric now if you opt to use it.

In another bowl whisk the aquafaba until it begins to froth. Just a little foam on the top is all we are looking for, about three minutes by hand. Now stir in the melted margarine and the soy milk. Pour the liquid ingredients into the bowl with the dry ingredients and stir to combine. If too thick then add a bit more soy milk.

Heat a heavy bottomed non-stick pan over medium and add a teaspoon of oil, swirl to coat, or brush to coat.

When the pan is nice and hot, spoon in tablespoon portions of the batter until you have about 6 blini going in the pan. Cook about 1 minute until you see little bubbles on the surface and then flip. Cook another 45 seconds and remove from pan. Cook all the batter.

To use right away: arrange the blini on a platter and top each with a tiny dollop of curried sour cream and a tiny frond of dill.

You can freeze them after cooking and defrost and warm to room temperature as needed.

### **NOTE:**

To make vegan sour cream see recipe "Vegan Sour Cream". Alternative also has a very good sour cream. To make it sour you need to add a few drops of lemon juice.

## **DANI WRITES;** *Why did I choose to be vegan?*

*I became vegan 9 years ago (2015), when I was in the army. This happened after my sister Lior was already vegan and so was my father for a period of time.*

*I became vegan for a few reasons, the first one was ideological when I understood that I do not want to participate in this kind of animal cruelty and that it feels wrong for me to eat animals. Later with the years, I have collected more reasons that have made me believe more and more in the cause of veganism and have connected me to it even more. With time, I have learned about the environmental effect that eating meat has on our planet and the huge connection to climate change and also have gained more social and political reasons.*

*Today, I am connected to veganism and am certain about this lifestyle for me. I feel like it aligns best with my beliefs and the way I wish to live my life, in a way that is connected to nature and by viewing mankind of part of the ecosystem and not superior to it.*

## **CAVIAR!**

*I don't know if it is available at all supermarkets, but at Tiv Taam they have excellent vegan caviar or red 'salmon' eggs. I like the red one best. Dani was the first to try my vegan blini and caviar and she loved it.*

*Blini recipe above.*

*Perfect with blini and sour cream.*



Jerusalem 2008. 1st reunion with all 16 family members





## MUFFINS, PANCAKES AND FRENCH TOAST



BLUEBERRY MUFFINS  
CHOCOLATE CHIP MUFFINS  
BANANA MUFFINS  
PANCAKES  
VEGAN BANANA PANCAKES  
FRENCH TOAST

*We are a family that loves to eat. AvivL many years ago observed that we are happiest either when eating or moving towards eating. That is very fortunate because it makes cooking fun. And not only does the food need to be tasty but there has to be choice. This picture says it all.*





Aviv and Limor after skydiving, happily on their way to eat?

## CHOCOLATE CHIP MUFFINS

<https://foodwithfeeling.com/vegan>

- 1 cup of almond milk
- 1 Tbs cider vinegar
- 1 large banana, mashed
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- Pinch of salt
- 1 tsp cinnamon/nutmeg
- 1/3 cup almond butter/peanut butter
- 1/2 cup maple syrup/agave
- 1 tsp vanilla
- 1 cup non-dairy chocolate chips

Pre-heat oven to 175 °C

Combine non-dairy milk and cider vinegar and set aside to curdle.

Mash banana and place in micro for 30 seconds.

Sift together the flour, baking powder, baking soda, salt, and cinnamon.

Combine curdled milk, almond butter, maple syrup, vanilla, and mashed banana with any juice. Add to flour mixture and stir until well combined.

Gently stir in the chocolate chips. Add a little more milk if too thick  
Pour into 12 muffin cups. Top with a few more chocolate chips if desired.  
Bake in oven for 20-25 minutes or until golden brown.  
Let cool slightly and ENJOY!!

NOTE:

The chocolate chips can be swapped for an even amount of fruit, nuts, or dried fruit.

## FOR LOTEM BLUEBERRY MUFFINS



<https://simple-veganista.com/>

Makes 12 muffins

- 1 cup unsweetened almond milk\*
- Full ½ cup sugar
- 1/3 cup canola oil
- 1 tsp vanilla
- 2 cups flour (all-purpose, spelt or white whole wheat)
- 2 ½ tsp baking powder
- Pinch salt
- 1 ½ – 2 cups blueberries, fresh or frozen

Preheat oven to 175°C.

In a medium bowl combine the milk, sugar, oil and vanilla and then stir to combine to help soften the large grains of sugar.

In a large mixing bowl, sift the flour, baking powder and salt.

Pour the wet mixture into the dry mixture and mix until just combined. Don't overmix; overmixing the batter tends to make the muffins less tender.

Smash ½ cup of blueberries, adding it to the batter before mixing in the whole blueberries and gently fold them into the batter.

Use a ¼ measuring cup to scoop up the batter and pour into the muffin holes.

Place tin in the heated oven and bake for 30 minutes. Let cool a few minutes and enjoy warm or at room temperature.

NOTE: \*In place of 1 cup almond milk, try adding ½ cup orange juice or lemon juice for added flavor, plus ½ cup of non-dairy milk. They freeze well.

## VEGAN BANANA MUFFINS

<https://www.thespruceeats.com/>

*Years before Jamie Oliver, the renowned British chef, starred in a BBC TV cooking program by the name of The Naked Chef, we had our own Naked Chef. It seems that I always insisted that when the grandchildren cook with me they don an apron. It seems I never mentioned anything else.*

3 bananas (very ripe)  
¼ cup oil or softened margarine  
Scant ¾ cup sugar  
2 cups all-purpose flour  
1 tsp salt  
1 tsp baking soda  
1 cup chopped walnuts (Optional)  
¼ cup non-dairy milk, if needed

Preheat the oven to 175°C and prepare a 12-cup silicone muffin tin. In a large bowl, mash the bananas with a fork until soft. Add the oil and sugar; mix together until creamy. In a separate bowl, combine the flour, salt, and baking soda until well mixed. Add the flour mixture to the banana mixture, stirring gently to combine. Don't overmix. Add milk only if batter is too stiff. If you're using the walnuts, now is the time to gently fold them in. Alternatively, you can sprinkle them on top of each individual muffin before baking. Carefully spoon the batter into the muffin tins, filling each well about 2/3 full. Bake the muffins for about 25 minutes or until a toothpick comes out clean. Eat while still warm or cool completely for longer storage.

### NOTE:

If you don't have ripe bananas put the unpeeled bananas on a foil-lined baking sheet and bake at 175°C for 15 to 20 minutes or until the bananas are completely blackened. Let them cool; scoop the banana from the peel, and mash.

You can also soften bananas in the microwave. Peel the bananas and place them on a microwave-safe dish. Heat just until you hear them sizzling, about 30 seconds. Mash, let cool and use both bananas and juice.



Our naked chef

## PANCAKES



This picture was taken in Hofit. What is special about the picture is the delight on Amit's face. How could I have let Saba take a picture of me in my nightie?

1 cup almond/any non-dairy milk

1 Tbs cider vinegar

1 cup all-purpose flour

1 tsp baking powder

½ tsp baking soda

¼ teaspoon salt

2 Tbs canola

1 Tbs maple syrup/ sugar of choice

1 tsp vanilla

More oil to very lightly grease your pan/skillet, if necessary

Combine the milk and vinegar and let stand 10 minutes.

In a mixing bowl, whisk together the flour, baking powder, baking soda and salt. In another mixing bowl, combine the curdled milk, oil, maple syrup and vanilla until thoroughly blended.

Pour the liquid mixture into the dry mixture. Stir until combined, so only a few lumps remain (don't over-mix or your pancakes will be tough!). If you'd like to mix in any totally optional add-ins (like chocolate chips or blueberries), gently fold them in now.

Let the batter rest for 5 minutes so your pancakes will be nice and fluffy. Meanwhile, heat a heavy cast iron skillet or nonstick griddle over medium-low heat. You're ready to start cooking your pancakes once the surface of the pan is hot enough that a drop of water sizzles on contact.

Very lightly oil the cooking surface. Using a ¼-cup measure, scoop the batter onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes, then flip. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.

Repeat the process with the remaining batter, adding more oil as needed. You may need to adjust the heat up or down at this point. Serve the pancakes immediately or reheat in a microwave oven.

NOTE: Stack in airtight bag in the fridge for use the next day or freeze.

## VEGAN BANANA PANCAKES

<https://lovingitvegan.com/>

*Cooking with our children and grandchildren has been an absolute delight and also a way to teach them many things like using a scale, hygiene – have you washed your hands? Cleanliness – protect your clothes and the food with an apron. I remember many years ago cutting an orange with Moran, teaching him what a half, a quarter and a whole are. Here Maayan is learning how to measure and cook carefully without spilling. We included this particular picture because my first cookbook is on the table. We had obviously taken a recipe from the book.*



- ¾ cup soy/oat milk
- 1 Tbs cider vinegar
- 1 ¼ cups all- purpose flour
- 2 Tbs sugar
- 1 Tbs baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 tsp cinnamon
- 1 large ripe banana (½ cup mashed)\*
- 1 Tbs canola
- 1 tsp vanilla



Lotem and Maayan preparing to bake. I am a great believer in a 'hands on' approach to cooking and always tell the grandchildren not to be afraid of touching the food (with clean washed hands of course!) And you also have to taste what you make and adjust the seasonings accordingly.

Combine the milk and vinegar and set aside for 10 minutes. Sift the flour, sugar, baking powder, baking soda, salt and cinnamon, into a mixing bowl and mix together.

Mash the banana in a bowl and add the oil and mash together. Add to the mixing bowl with the curdled milk and vanilla and mix. Your batter will be fairly thick.

Heat up a lightly oiled pan medium-hot and then add  $\frac{1}{4}$  cup batter per pancake. When the pancake starts looking dry along the sides with little bubbles on top, then flip it over until browned on the other side. Keep flipping and pushing down with your spatula until the pancakes are very nicely browned and the inside has had a chance to cook through.

Serve pancakes with some sliced bananas, other fresh fruits as you like and maple syrup for drizzling.

#### NOTE:

Bananas are best zapped in the microwave for 30 seconds or more, mashed and then use banana and juice.

## FRENCH TOAST

<https://www.noracooks.com>

*When the family sleeps over on a Friday night for a Shabbat dinner, I like to wake up early the next morning and prepare French toast from the challah that remains. Not enough? There are always plenty of pancakes or muffins in the freezer or cereal in the cupboard.*



Prep Time: 5 minutes



Cook Time: 5 minutes



Serves: 4

2 cups unsweetened soy/oat milk

½ cup cornflour

2 tsp ground flaxseed

1 tsp baking powder

1 tsp cinnamon

1 Tbs maple syrup

1 tsp vanilla

8 slices challah, sliced thickly

Enough canola and margarine to cover skillet bottom



Lior and I



In a shallow bowl, wide enough to hold a piece of bread, whisk together the milk, cornstarch, ground flaxseeds, baking powder, cinnamon, maple syrup and vanilla.

Mix to combine. Whisk the batter again right before dipping bread, as the cornstarch will settle to the bottom of the bowl.

Heat enough margarine and oil to coat the bottom of the skillet over medium-high heat.

Dip each side of the bread in the batter and let soak for about 10 seconds, then add the bread to the pan and cook for 2-3 minutes on each side, until golden brown. Add more margarine/oil to the pan as needed in between pieces of bread.

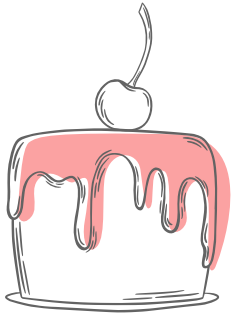
Serve with maple syrup.



Paris 1999 welcoming Lior with Mishmish the dog



## CAKES



- VEGAN CHOCOLATE CAKE
- CHOCOLATE BUTTERCREAM FROSTING
- ERMINE FROSTING
- VEGAN CARROT CAKE
- MICHAL'S ORANGE CAKE
- DANI'S LEMON CAKE – ADD ADDITIONS
- ILAY'S CINNAMON ROLLS
- EASY BAKED CHEESECAKE

*Baking and decorating chocolate cakes have always been a very important part of celebrating birthdays, not only when the children were young. Following are a number of these milestone pictures.*



Dani and Lior decorate a cake

## VEGAN CHOCOLATE CAKE

<https://www.noracooks.com/>



Serves: 16

*When our newly discovered cousin Devra Hock, who is vegetarian, came to spend the weekend meeting our family, we found out that it was her birthday. Faced with preparing dinner for omnivores, vegetarians and vegans, I couldn't manage the prospect of baking two separate cakes. This recipe looked good and no-one knew it was vegan. It was moist and light. A success and best of all Zoe could decorate it.*

1 cup unsweetened almond/soy milk  
1 Tbs apple cider vinegar  
2 cups all-purpose flour  
1  $\frac{3}{4}$  cups sugar  
 $\frac{3}{4}$  cup cocoa powder  
2 tsp baking powder  
1  $\frac{1}{2}$  tsp baking soda  
Pinch salt  
 $\frac{3}{4}$  cup canola oil  
1 Tbs vanilla  
1 cup boiling water

### CHOCOLATE BUTTERCREAM FROSTING

$\frac{1}{2}$  cup cocoa powder  
2-3 cups icing sugar  
 $\frac{1}{2}$  cup margarine, at room temperature  
3-4 Tbs unsweetened almond/soy milk  
1 teaspoons vanilla

### FOR THE CHOCOLATE CAKE

Preheat oven to 175°C. Line two 20 cm cake pans with parchment, oil and sprinkle lightly with flour.

To 1 cup almond milk add the tablespoon of vinegar. Stir slightly and set aside to curdle.

In a large bowl, sift together the flour, sugar, cocoa powder, baking powder, baking soda and salt. With paddle attachment of mixer, mix to combine. Combine the oil, vanilla and milk/vinegar mixture, and then add to flour mixture. Mix on medium speed until well combined.

Change to whip attachment. At a low speed carefully pour in the boiling water, continuing to mix into the cake batter until combined. The batter will seem very runny at this point.

Divide the batter evenly between the cake pans. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. Cool completely, Run a spatula or knife around the edge of the tin and then carefully remove the cakes from the pans and frost.

### **CHOCOLATE BUTTERCREAM FROSTING**

Sift the cocoa powder and 2 cups of the icing sugar into to a mixer bowl. Add the softened margarine and mix until creamed, stirring occasionally until evenly combined. Add 2 tablespoons of the almond milk, and mix until combined. Add the rest of the powdered sugar and vanilla extract. Mix starting on low, and turn to high. Mix until fluffy and light.

If the frosting seems too thick, add a little more milk, a tablespoon or two at a time. If the frosting seems too wet and doesn't hold its shape, add more powdered sugar until it thickens up.

To frost the cake place a wide knife in hot water and then dip it in the frosting to spread. Repeat as needed and decorate.



Itamar cutting cake

#### **NOTE:**

You can use 23 cm pans but the cake won't be as high.

I added a clump of Tofutti spread to the frosting.

If you need to reduce the oil use  $\frac{1}{2}$  cup canola oil and 1 container unsweetened applesauce.

**YOU MUST LET THE CAKE COOL IN THE TINS BEFORE ATTEMPTING TO REMOVE THEM!!!!**

## ERMINE FROSTING

*Ermine frosting is an old-fashioned method based on a sweetened, cooked paste of milk and flour. The recipe sounds unlikely but this frosting is delicious, subtly sweet with an incredibly airy, whipped, plush texture. I found rice milk gives the most ideal flavour — it has a delicate sweetness that's perfect here. Almond milk should also work well. The method definitely requires some patience.*

5 Tbs all-purpose flour  
1 cup sugar  
1 cup rice milk  
8 Tbs/112g butter-flavoured margarine  
½ tsp vanilla

Whisk the flour, sugar and rice milk in a small saucepan over a medium heat until it's thickened to a pudding texture. Remove from the heat and allow it to cool to room temperature.

In a large bowl of a mix master, or in a food processor, whip the margarine until light and fluffy. Continue beating while adding the cooled flour mixture a spoonful at a time. The mixture should grow light, thick and fluffy.

Beat in any preferred flavourings or colours and refrigerate until required. If it appears curdled after refrigeration, throw it back in the food processor for a few minutes, and if it still looks separated, beat in a couple teaspoons of cornstarch.

## CARROT CAKE

<https://lovingitvegan.com/>

*In May 2021 we were breathing a sigh of relief that Covid was no longer a serious threat in Israel and the chances of a change in government seemed good. The worst seemed over. And then the confrontation with Gaza exploded into Guardians of the Wall with Israel cities under constant bombardment and the air force attacking Gaza. Then to our horror, Arabs and Bedouin in Israel exploded in anger and frustration with terrible incidents of violence especially in cities with Jewish and Arab citizens. The Gaza confrontation will eventually subside but we are very concerned about how to repair relations and ameliorate the position of the Arabs in Israel.*

*During the Guardians of the Wall campaign, May 2021, when travelling on the roads didn't seem safe the Rons came for Friday night supper.*

2/3 cups (255g) grated carrot (to which I added a peeled and grated apple)  
1 ½ cups (300g) brown sugar  
2 cups all-purpose flour  
1¼ tsp baking powder  
1 tsp baking soda  
½ tsp salt  
1 tsp ground cinnamon  
Good grate nutmeg  
2 Flax Eggs (2 Tbs ground flaxseed with 6 Tbs water)  
½ cup canola oil  
1 tsp vanilla  
1 Tbs apple cider vinegar  
1 cup (100g) chopped walnuts (Optional)

Preheat the oven to 175°C.

Combine the carrot and brown sugar and set aside.

Line two 21 cm cake pans with parchment paper, grease lightly with oil and then sprinkle a little flour over the bottom.

Sift the flour, baking powder, baking soda, salt, cinnamon and nutmeg into a mix master bowl. Mix with flat beater. Add the grated carrot and the brown sugar.

Prepare the flax eggs, by mixing 2 tablespoons of ground flaxseed with 6 tablespoons water and let sit for a minute.

In the meantime, add the oil, vanilla and apple cider vinegar to the flour mixture. Add the flax eggs.

Mix everything together in the mixing bowl. If your batter is still too dry to mix after letting it sit for a couple of minutes (and only if it's too dry to mix after sitting for a few minutes) then add in a little non-dairy milk, only as much as you need to get the batter to a wet enough so that it can mix properly. The mixture is not as wet as a usual cake batter. Lastly add the chopped walnuts if adding.

Divide the mixture between the two tins and spread evenly.

Place into the oven and bake for 30 minutes or until a toothpick inserted into the center comes out clean.

Allow the cakes to cool completely on a cooling rack. Ice and put into fridge to set.

## VEGAN VANILLA FROSTING

3 cups icing sugar, sifted

50g (coconut) margarine

50g Tofutti

A few drops of hot water, just enough to combine.

Combine ingredients in a mix master and whip until light.

Store leftover cake in the refrigerator if using cream cheese frosting. It will keep for about 1 week and can be frozen as well.

## MICHAL'S ORANGE CAKE

<https://danitkitchen.co.il/>

2 cups all-purpose flour\*

2 ¼ tsp baking powder

¾ cup sugar

1 tsp vanilla

½ cup canola oil

1 ½ cup orange juice

Zest of 1 orange/lemon

Heat oven to 180°C. Oil and flour a baking pan.

Sift the flour, baking powder and sugar into a bowl.

Whisk together the vanilla, oil, orange juice and zest.

Add to dry ingredients and combine well.

Pour into the pan and bake for 35 minutes. Insert a warmed knife into cake. If too wet, bake for another 5 minutes more or so.



Lotem is absorbed in decorating her birthday cake in the shape of a butterfly.

## ORANGE SYRUP\*\*

¼ cup orange juice  
3 Tbs sugar  
Shredded coconut

In a small pot heat the orange juice and sugar and stir until sugar melts. Let it cool slightly. Pierce the cake with a sharp knife, and then pour over cake. Decorate with some coconut. Cool the cake and enjoy.

### NOTE:

\* Can use 2 cups self-rising flour instead of flour and baking powder.

\*\*Can add some toasted walnut and raisins and leave out orange syrup.

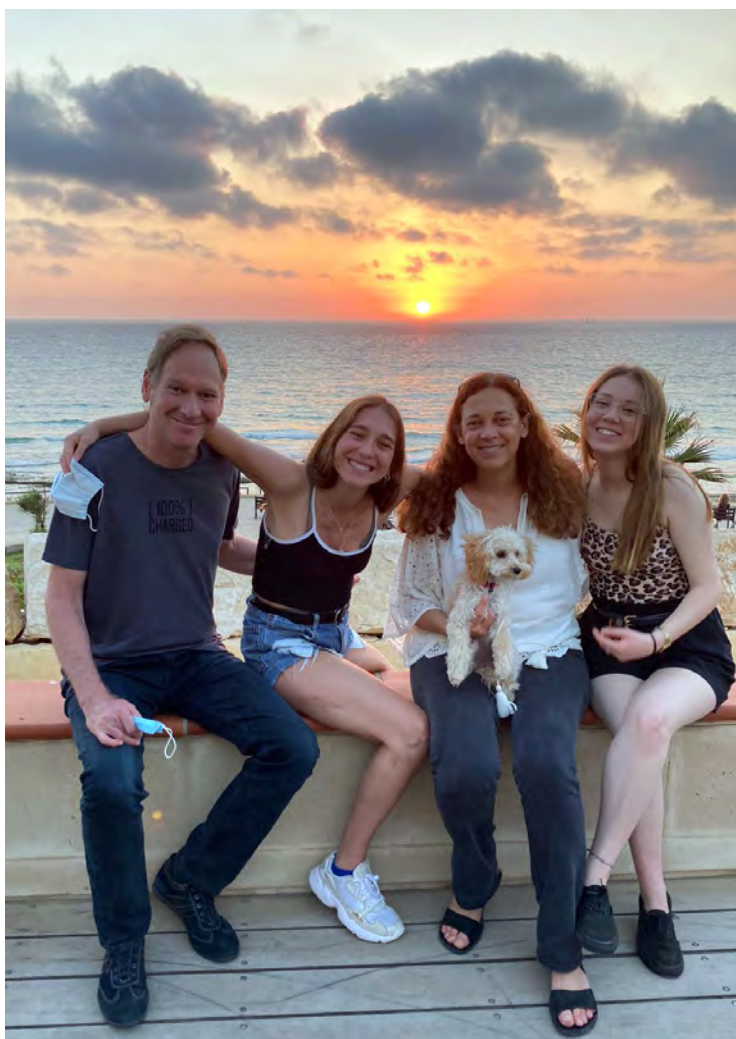
## DANI'S LEMON CAKE

350 ml oat/non-dairy milk  
1 Tbs cider vinegar  
330g all-purpose flour  
300g white sugar  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
½ cup canola oil  
1 tsp vanilla  
5 Tbs lemon juice  
2 tsp lemon zest

### LEMON SYRUP (Optional)

¼ cup lemon juice  
3 Tbs icing sugar

Heat oven to 180°C. Line a 23 cm cake tin with parchment paper; oil the bottom and sides of tin and lightly dust with flour. Combine the non-dairy milk with the cider vinegar and set aside.



Ron family with Alma



In a bowl combine flour, sugar, baking powder, baking soda and salt and whisk. Combine the milk and vinegar, oil, vanilla, lemon juice and lemon zest and mix well. Pour the liquids into the flour mixture and whisk well. Add a little more milk if too thick.

Pour into the oiled baking tin and bake for 35-40 minutes until a knife inserted comes out clean. Let it cool for 15 minutes.

In the meantime whisk the lemon juice and icing sugar and when the cake has cooled slightly paint the lemon syrup all over the cake and cool completely.

## ILAY'S CINNAMON ROLLS

<https://minimalistbaker.com/>

**ILAY WRITES:** *I always had a soft spot for cinnamon flavored things, I looked for recipes involving cinnamon and found about cinnamon rolls. The photos looked so appetizing I had to try making it. It became a hit, even my friends that don't like cinnamon liked it.*

**GRANNY:** *When showing the Eilat family parts of the cookbook I was compiling a travesty was averted. Originally entitled Amit's Cinnamon Buns, I was informed that it was Ilay's recipe. Since Amit forwarded the recipe I took it for granted that she, the vegan in the family, submitted it. I quickly corrected my mistake.*



Amit and Ilay in Yaffo



Prep Time: 1 hour 30 minutes



Cook Time: 25 minutes



Serves: 10

## DOUGH

1 cup unsweetened almond milk  
3 Tbs margarine  
2 ¼ tsp instant yeast  
1 Tbs sugar  
¼ tsp salt  
3 cups unbleached all-purpose flour

## FILLING

3 Tbs margarine, melted  
¼ cup sugar  
½ – 1 Tbs ground cinnamon to taste  
1 tsp ground cardamom (Optional)

## TOPPING

2 Tbs butter-flavoured margarine, melted

## ICING (Optional)

Simple Powdered Sugar Glaze  
Vegan Cream Cheese Frosting

## DOUGH

In a large sauce pan heat the almond milk and margarine until warm and melted, never reaching boiling. Remove from heat and let cool to 40°C. It should be warm but not too hot or it will kill the yeast.

Transfer mixture to a large mixing bowl and sprinkle over yeast. Let activate for 10 minutes. Then add 1 tablespoon sugar and the salt and stir.

Next add in flour ½ cup at a time, (you may not need to add it all). The dough will be sticky. When it is too thick to stir, transfer to a lightly floured surface and knead for a minute or so until it forms a loose ball (be careful not to overmix). Coat the bowl with oil, and add your dough ball back in. Cover with lightly oiled plastic wrap and set in a warm place to rise for about 1 hour, or until doubled in size.

## **FILLING**

On a lightly floured surface, roll out the dough into a thin rectangle about 12 cm thick. Brush with melted margarine and top with sugar and desired amount of cinnamon.

Starting at one end, tightly roll up the dough and place seam side down on a board. Then with a serrated knife, cut the dough into 4 ½ -5 cm sections and place in a well-buttered 20x20 cm square or round pan.

Brush with melted margarine and cover with plastic wrap. Set on top of the oven to let rise again while you preheat oven 175°C.

Once the oven is hot, bake rolls for 25-30 minutes or until slightly golden brown. Let cool for a few minutes and then serve.

## **TOPPING (OPTIONAL)**

Beat 1 cup icing sugar and 1-2 tablespoons almond milk and sprinkle over rolls. Best when fresh, though they will keep covered at room temperature for 2-3 days.

### **NOTE:**

If preparing the cinnamon rolls the night before cover the pan, and refrigerate overnight, then proceed with the next step in the morning. You can make the rolls up to the point of putting in a baking dish and instead, freeze them in a freezer-safe container. Then thaw the night before in the fridge. Once completely thawed, proof, covered with a towel in a greased baking dish as your oven preheats, and then bake as instructed.

## **VEGAN CREAM CHEESE FROSTING**

Makes 2 cups frosting, keeps 5 Days. Not freezer friendly

½ cup margarine at room temperature

200g Tofutti at room temperature

3– 5 cups sifted icing sugar

In a large mixing bowl, beat margarine to light and creamy. Add Tofutti and mix again until creamy and smooth.

Add sifted powdered sugar ½ cup a time until thick and spreadable and of desired sweetness.

You want this frosting to be pretty thick so it won't slide around, so keep adding powdered sugar until it reaches the right consistency.

Perfect for frosting cakes, cupcakes, muffins, and more! Refrigerate after frosting to keep fresh (up to 5 days).



## EASY BAKED CHEESECAKE

<https://minimalistbaker.com>

There is another Cheesecake recipe under HOLIDAYS

 Prep Time: 6 hours 30 minutes  Cook Time: 1 hour 25 minutes  Serves: 8

### THE FILLING

- 1 cup raw cashews, soaked
- 1 cup coconut cream
- 1 container (225g) Tofutti
- 1 Tbs cornflour
- 1 tsp vanilla
- 2/3 cup maple syrup (plus more to taste)
- 1 Tbs melted coconut oil (for extra creaminess)
- 2 tsp lemon zest
- 1-2 Tbs lemon juice (plus more to taste)
- 1/8 tsp salt

### THE BASE

- 3/4 cup rolled oats
- 3/4 cup raw almonds
- 1/4 tsp sea salt
- 2 Tbs sugar (plus more to taste)
- 4 Tbs coconut oil, melted if necessary

Place raw cashews in a mixing bowl and cover with water. Let rest overnight. You can also cover them with boiling water and soak for 1 hour (uncovered). Then drain thoroughly.

Preheat oven to 175°C and line a 20x20 cm pie dish with parchment paper. Set aside.

## **THE BASE**

Place oats, almonds, sea salt, and sugar in a blender and mix on high until a fine meal is achieved.

Remove lid and add melted coconut oil, starting with 4 tablespoons and adding more if it's too dry. Pulse/mix on low until a loose dough is formed, scraping down sides as needed. You should be able to squeeze the mixture between two fingers and form a dough instead of it crumbling. If too dry, add a bit more melted coconut oil.

Transfer mixture to parchment-lined dish and spread evenly to distribute. Then place another piece of parchment paper on top and use a flat-bottomed object, like a drinking glass, to press down firmly until it's evenly distributed and well packed. Let it come up the sides a little, otherwise it can be too thick on the bottom.

Bake for 15 minutes, then increase heat to 190°C and bake for 5-10 minutes more, or until the edges are golden brown and there is some browning on the surface. Remove from oven to cool slightly, and then reduce oven heat to 162° C.

## **THE FILLING**

Once cashews are soaked and drained, add to blender with coconut cream, vegan cream cheese, corn starch, vanilla, maple syrup, coconut oil, lemon zest, lemon juice, and sea salt. Blend on high until very creamy and smooth, scraping down sides as needed.

Taste and adjust flavor as needed, adding more lemon juice for acidity, lemon zest for tartness, salt for flavor balance, and maple syrup for sweetness.

Pour filling over the pre-baked crust and spread into an even layer. Tap on counter to remove air bubbles.

Bake for 50 minutes to 1 hour, until the edges look very slightly dry and the center appears only slightly "jiggly" but not liquidy. When you shake it, it will have some give to it, but it shouldn't all look liquid - only the center should jiggle.

Let rest for 10 minutes at room temperature, then transfer to refrigerator to let cool completely (uncovered). Once cooled, cover (waiting until cool will prevent condensation) and continue refrigerating for a total of 5-6 hours, preferably overnight.

To serve, lift out of pan with parchment paper and cut into bars or triangles. Enjoy as is or with strawberry coulis or blueberry swirl (see Vegan Cheese Cake in HOLIDAYS.).



Bet Hillel 2007 with Louise, Denise and Rael  
When this book was being written Bet Hillel was under rocket fire



## DESSERTS



VEGAN LEMON CURD  
FROM LEMON CURD TO LEMON MOUSSE  
ZAPPED FRUIT  
ROASTED STRAWBERRIES  
CHOCOLATE COVERED STRAWBERRIES  
FRIED PINEAPPLE  
BANANA FLAMBE  
STRAWBERRY FOAM  
MERINGUES  
BLUBERRY COBBLER AND OTHER FRUITS

## VEGAN LEMON CURD



Prep Time: 15 minutes



Cook Time: 15 minutes

$\frac{3}{4}$  cup fresh lemon juice  
1 cup orange juice and/or water  
1 cup sugar  
1 Tbs fresh lemon zest (Optional)  
 $\frac{1}{4}$  t salt  
Heaped  $\frac{1}{4}$  cup cornflour dissolved in 3 Tbs cold water  
4 Tbs soy milk  
2 Tbs margarine, divided

In a small saucepan over medium heat, combine the lemon juice, orange juice, sugar and salt, stirring well to dissolve the sugar. After the sugar is dissolved, add the cornflour mixture and the soy milk, stirring well to combine. Stirring constantly, cook until the mixture begins to thicken and the first few bubbles appear on the surface, about 8 minutes. Add the margarine, and cook, stirring constantly, for several minutes more, or until the mixture resembles a thick pudding. Transfer the mixture to a heat proof

dish and cover the surface of the lemon curd with plastic wrap; otherwise a thick skin will form. Let it cool completely before placing in the refrigerator to chill. Chill lemon curd for 2 hours in the refrigerator before using.

## FROM LEMON CURD TO LEMON MOUSSE

When curd totally cold, whip Rich's non-dairy whipping cream to really thick and fold into lemon curd to make lemon mousse. Top with toasted slivered almonds.

To toast almonds place sliced almonds in a frying pan over medium-low heat and stir until the almonds begin to turn brown. Cool in pan.

Toasted almonds are a must for this dish

## ZAPPED FRUIT

One of the easiest and excellent desserts is to microwave apples or pears. Apples should be pierced and placed in a suitable container. Pour in a little water and sprinkle cinnamon over the fruit. Then drop in some raisins or ginger pieces, cover and zap in the microwave. I suggest three minutes an apple, then test and zap for a few more minutes if not soft.

Pears can be done whole like the apples – they take longer so start with four minutes a pear and zapped as above. You can also divide them into quarters or eighths.

Best served with ice cream or custard made with soy milk.

## ROASTED STRAWBERRIES



Serves: 6-8

880g strawberries

A splash of balsamic vinegar

Dusting of cinnamon

A little sugar if strawberries are not sweet

Wash strawberries and cut off stems, dry. Place strawberries in a single layer on parchment paper or on a silicone pad. Roast in a preheated 180°C oven for 30 minutes. Serve warm with non-dairy whipped cream or vegan ice cream. Splash with some liquor.





Although there is no end to tasty desserts no-one can resist ice cream. Can you?  
Vered and Dani, Moran, Itamar, me, AvivR and Lior, Maayan

## CHOCOLATE COVERED STRAWBERRIES

<https://lovingitvegan.com/>



Prep Time: 15

30 whole strawberries  
200g vegan chocolate  
1 tsp coconut oil

Wash the strawberries and then lay them down on a paper towel to dry. They must be completely dry before dipping in chocolate.

Break up the chocolate and add to a microwave safe bowl with the coconut oil. Microwave in 30-second intervals bringing out to stir every 30-seconds until smooth and melted.

Dip the strawberries into the chocolate and then place them onto a parchment lined baking tray. Put into the fridge to partially set and then take them out and drizzle the remaining chocolate over the top before returning to the fridge to set completely.

### NOTE:

This recipe uses melted down slabs of vegan chocolate, but vegan chocolate chips would work fine too. In the case of vegan chocolate chips use 1 ¼ cups. You can also drizzle some vegan whipped cream over them.

Zoe, like many of us, loves sweet things. She is, however, the only one I know who does anything about it. Periodically she has a “Two Week Challenge” during which time she refrains from eating sweet things. Strong willed she invariably keeps to it – but very occasionally the temptation is just too much. We admire her strong will.



## FRIED PINEAPPLE

1 fresh pineapple cut into wedges



Serves: 6-8

½ cup brown sugar

1 tsp cinnamon

2 Tbs coconut margarine

2 Tbs water

Slice pineapple thickly. Then with a sharp knife cut off prickly skin and cut into wedges leaving out the core.

Place pineapple, sugar and cinnamon in a Ziploc bag. Gently shake until well coated.

Melt margarine in large frying pan over medium high heat and add pineapple mixture and water.

Cook for 8 to 10 minutes or until pineapple is tender, flipping pineapple over occasionally.

Cool slightly and serve warm as is or with vegan ice cream

Refrigerate any leftovers.

## BANANA FLAMBE



*Bananas are plentiful and delicious and today are grown under netting to reduce the amount of water the bananas need. This is a party dish particularly suited to Hanukah when singing "Suru Hoshech" (Banish the Darkness), but good at any time. Switch off the lights and bring it flaming to the table.*



Serves: about 10 people

1 -1 ½ ripe but firm bananas per person  
3 Tbs margarine  
4 Tbs sugar  
1/3 cup Rum/Cointreau  
½ cup fresh orange juice (1 Tbs concentrated OJ intensifies the flavor)  
Good grate of cinnamon  
(Ladle of brandy)

Slice bananas. Heat margarine and sugar, stirring until mixture turns light brown. Add Rum and ignite. Add orange juice and mix well. Add bananas and cinnamon and cook until bananas just turn soft. Add brandy and cook for 1 minute then ignite again.  
Serve flaming. Good with vanilla ice cream.

#### NOTE:

Good also with guavas, mangoes or peaches.  
For Cherries Jubilee use canned cherries in syrup and use the syrup and orange juice and flame with Triple Sec and brandy if you have.

*Some recipes have a season. This is a recipe I recently revised from my cookbook under the title Guavee Flambee.*

*When we made aliyah in 1965 in summer the country would be overpowered by the smell of ripening guavas. As our agriculture diversified the guavas disappeared and today are a luxury fruit.*

## STRAWBERRY FOAM

I made this for a family dinner when the Rons from Herzliya and the Segolis from Sde Boqer came. It was originally called Strawberry Mousse, but it was very soft and when I asked Zoe to decorate it with strawberries and raspberries they sank into the pudding. So we decided that Strawberry Foam would be a better description. It was very tasty and I have upped the cornflour, hoping it will hold better.

½ cup aquafaba (the liquid from a can of chickpeas), reduced \*  
250g hulled fresh strawberries (the sweetest you can find)\*\*  
1 Tbs maple syrup  
4 Tbs sugar

½ tsp vanilla  
2/3 cup coconut cream  
2 Tbs cornflour  
1 Tbs water  
1/8 tsp cream of tartar

Place ½ cup aquafaba in a small pot and heat, reducing the aquafaba to 1/3 cup. Set aside to cool down.

Place the strawberries, maple syrup, sugar and vanilla in a blender. Blend on high speed until smooth. Strain to get a thin juice without the 'pits'. Transfer to a mixing bowl and set aside.

Place the coconut cream in a small pot. In a small bowl, dissolve the cornflour with the water and add to the coconut cream. Heat over medium heat, whisking constantly until it just starts to boil. Remove from heat as soon as it starts boiling.

Pour the hot coconut cream into the bowl containing the strawberry juice and whisk to combine. Let cool 20-25 minutes, or until just warm. It should not be hot.

Wipe the bowl and beaters of a mix master with vinegar so there won't be any oil. Place the aquafaba into a large mixing bowl. Add cream of tartar. Whip the aquafaba in a mix master on high speed until firm peaks form, about 5 minutes.

Pour half of the coconut strawberry juice into the bowl and carefully fold it into the aquafaba using a spatula. Once fully combined, pour the rest of the strawberry juice and fold again until the juice is completely integrated into the aquafaba. Try not to overmix; stop as soon as it's combined and no juice remains at the bottom of the bowl. The mixture should be very light and fluffy.

Pour the mixture into a glass bowl and cover with a lid or plastic. Refrigerate for at least three hours or overnight. The mousses will keep for up to 3 days in the refrigerator.

Serve topped with sliced strawberries.

#### NOTE:

\*You can use the aquafaba straight from the can. However it is best to reduce it as the thickness is key to most recipes. You can reduce aquafaba on the stove in a sauce pan simmering for about a 15 minutes on the stove. Maayan told me that barmen use aquafaba for vegan drinks today!

\*\* The 'pits' on strawberries are actually called achenes and each one contains a strawberry seed.

**DANI WRITES:** *What place food has in our family.*

*I always loved food and was always very connected to it, since I can remember myself food has had a huge place in my life. I love eating good food and experience places and cultures through it. Food has always had a big place in our family, both as a family where it is just my parents, Lior and I but also as an extended family. I remember family meals where you had to take quickly quickly the food you want to your plate because if not it will end, and this is the beauty about our family. We are all very connected and this is one way of expressing this connection- by sharing a mutual love and joy to sitting together around the table and eating together. And also by making food for one another. In my family, we sit together almost every evening and eat dinner together, we talk about our day and share experiences and I just love to have this time that we spend together almost every evening. This is one of my favorite habits in our family because it really connects us and makes sure that we spend time together.*

*I also love having Shabbat dinners with my expanded family, and usually with Granny and Saba, it is a beautiful tradition that connects us as a family and makes the weekends much more special. Spending time with my family is one of my favorite things in the world, and yes- even more so when it is food related.*

## **MERINGUES**

¾ cup aquafaba, reduced\*  
100g of sugar\*\*  
Seeds, scraped from a vanilla pod  
¼ tsp cream of tartar

\*After opening a can of chickpeas to make steak (see MEAT AND BURGERS) I was left with aquafaba, the liquid from the can. I poured ¾ cup of the liquid into a small pot and boiled it for 10 minutes, to reduce it. If there is less than ½ cup after reducing, just top it up with the liquid from the can. Set aside to cool.

\*\*Weigh 110g of sugar and then blitz it in the food processor to make it fine. Add the vanilla seeds to the sugar.

Preheat the oven to 130°C. Line 2 large baking sheets with baking parchment or a silicone mat.

Whisk the aquafaba and cream of tartar in a mixmaster at high speed.

When the mixture begins to have peaks begin adding the sugar mixture 2 tablespoons at a time and beat for about 15 minutes until stiff white peaks have formed.

When all the sugar is incorporated and the meringue mixture is thick and glossy it is ready.

If you have a piping bag fill it with the mixture. It is rather messy but easy once filled. Pipe flattish rings onto the baking sheet.

The other way is to scoop out a serving spoon of the mixture onto the lined baking sheet each time.

Bake for 1  $\frac{3}{4}$  –2 hours. Do not open the oven door. Switch off the oven and leave the meringues inside for about another hour or longer to cool. Store in a closed container so they won't get soggy.

Delicious served with whipped cream or alongside tea.

## BLUBERRY COBBLER



Prep Time: 10 minutes



Cook Time: 30 minutes



Serves: 8

A cakey topping with a delicious muddle of juicy blueberries.

4 cups blueberries

$\frac{1}{4}$  cup sugar

1 Tbs cornflour

1 tsp lemon zest

### COBBLER BATTER

1 cup all-purpose flour

$\frac{1}{2}$  cup sugar

1 tsp baking powder

$\frac{1}{2}$  tsp cinnamon

Pinch salt

$\frac{1}{2}$  cup margarine, melted

1 tsp vanilla

1 Tbs almond milk

Preheat the oven to 180°C. Oil a baking dish big enough to hold blueberries. Add blueberries, sugar, cornflour, and lemon zest and mix directly in the baking pan. Set aside.

In a large mixing bowl, add flour, sugar, baking powder, cinnamon, and salt.

In a separate bowl, combine melted margarine, vanilla, and almond milk.

Pour onto the flour mixture and mix until a cookie-dough-like batter forms. Place scoops of the dough mixture on top of the blueberries. Spread with your fingers or spoon – it doesn't have to be perfect at all!

Bake for 30-35 minutes in the center rack of the oven, until the biscuit is crispy, golden in color and blueberries are juicy and bubbly on the sides of the pan.

To thicken the blueberry base, let cool for 20 minutes in the baking dish before serving.

Serve with vanilla ice cream or a dollop of non-dairy whipped cream.

To store in the fridge, cover the baking dish with plastic wrap and refrigerate for up to 4-5 days.

Rewarm before serving or serve cold.

#### NOTE:

**Peaches** – to make a vegan peach cobbler, simply peel the fresh peaches and slice or use canned peach slices, drained.

**Apples** – use peeled, cored crispy apples. Reduce cornstarch to ½ Tbs.

**Rhubarb** – peel and dice fresh rhubarb. You may want to use more sugar with this fruit to cover the acidity of rhubarb or combine half strawberries and half rhubarb.

**Cherries** – fresh or frozen.

**Any berries** – or a mix of berries.

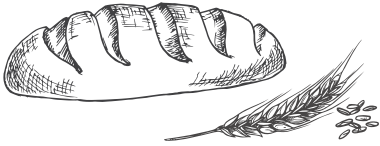


Rosh Pina 2001 With Tova, Louise and Rael.





## BREADS



SIMPLE OAT BREAD

CUBAN BREAD

EASY NO FAIL WHOLE WHEAT BREAD

THE BEST EASIEST FOCACCIA

### SIMPLE OAT BREAD

*Great bread. It can be made in less than 2 hours. Best while still warm but surprisingly good even days later as there is no oil in dough.*

- 1 ¼ cups warm water
- 2 ¼ tsp dry yeast
- 1 Tbs silan/agave
- 1-1 ¼ cups all-purpose flour
- 1 cup whole wheat flour
- 1 cup thick oats
- 1 ½ tsp salt
- 2 Tbs flax seeds/poppy seed (Optional)

Preheat oven to 175°C. Line the bottom of a 22 cm loaf pan with baking parchment, grease the tin and sprinkle a little flour over bottom. Combine water, yeast and silan and set aside. Combine flours, oats and salt in mixmaster. Add frothy yeast mixture and mix well with paddle. Place in loaf pan and let rise for 45 minutes. Cover the pan with aluminum foil and bake for 20 minutes, then remove foil and bake another 15-20 minutes.



San Gimignano Italy

## CUBAN BREAD

*Bernard Clayton's New Complete Book of Breads*

*After Saba was hospitalized for a bleeding ulcer that included a blood transfusion, raising his iron level became a challenge. The iron tablets he took excluded having milk products and whole wheat flour (which is a staple for us) as well as the need to cut down on fats. This bread adapted from Bernard Clayton's New Complete Book of Breads is a winner – even my maid, who refused to taste anything I make, loved this bread.*



6 cups bread or all-purpose flour \*  
4 ½ tsp dry yeast  
1 Tbs salt  
2 Tbs sugar/silan  
\*\*1 Tbs vital wheat gluten  
2 + cups warm water  
1 tsp vinegar if adding rye flour

Place 4 cups flour in a mix master bowl; add yeast, salt and sugar and blend with flat paddle. Pour in warm water and beat for 3 minutes. If using silan add it with the water.

Add remaining flour, ½ cup a time until dough takes shape and is no longer sticky.

Change to dough hook and beat for 8 minutes until smooth and elastic. Cover with plastic wrap and leave to rise 18 minutes. In winter I heat a glass of water in the microwave then place the bowl inside together with the hot water.

Punch down dough and on floured work surface cut into 2 pieces, shaping each one into oblongs.\*\*\* Cut an "X" with scissors or sharp knife. Place dough on baking sheet spread with cornmeal. Place in a cold oven. Place a large pan of boiling water underneath and switch on oven to 200° C. Check after 40-50 minutes and bake until the loaves are a deep golden brown and sound hollow when thumped on bottom.

#### NOTE:

\*For the first 4 cups flour you may combine 2 cups whole-wheat flour, 1 cup of all-purpose flour and/ or 1 cup rye flour. If using rye flour add 1 tsp vinegar to the water.

\*\*If using bread flour, no need for vital wheat gluten. The bread will rise and be fine without using it.

\*\*\* When first making this bread I formed them into rounds, but later found that oblongs were easier to cut.

Since there is no fat, the bread stales quickly but freezes well.

**GRANNY WRITES:** *When Saba worked at Coral world in the Virgin Islands I attended a course at the Culinary Institute of America on bread and cake baking. I loved making bread, but the sweet smell of the cakes was not to my liking.*

*Today preparing meals is my way of showing how much I love our family. I delight in preparing dishes that are enjoyed and appreciated. Having vegans and vegetarians has been a pleasant challenge of adapting ingredients or finding interesting things to prepare. After all, after 60 years of cooking things can get a bit boring.*



## EASY NO FAIL WHOLE WHEAT BREAD

<https://lovingitvegan.com>

\*4 cups whole wheat flour  
2 ¼ tsp yeast  
½ tsp salt  
2 tsp maple syrup/agave  
2 cups warm water

Preheat the oven to 200°C.

Line the bottom of a 24x12 cm pan with baking parchment. Oil it lightly and sprinkle with a little flour.

Add flour to a mixing bowl together with yeast and salt and mix together.

Dissolve the maple syrup in the warm water and then add to dry ingredients.

Mix – don't knead- until you have a sticky well-combined dough.

Transfer to the greased loaf pan. Cover and leave to rise for 20 minutes.\*\*

Bake in oven for 40 minutes.

Best eaten fresh but makes great toast.

### NOTE:

\*Whole wheat flour can be mixed with all-purpose flour in any ratio. I usually add ¼ cup finely ground oats as part of the flour.

\*\* If the dough hasn't risen, leave it for a few minutes more.



Saba give us this day our daily bread, San Pancrazio, Italy.

## THE BEST EASIEST FOCACCIA

<https://alexandracooks.com/>



*Saba and I love to entertain. When we decided to make paella, I just knew that I had to make focaccia as part of the appetizers. This recipe is incredibly easy and unusually, I made no changes. I made it over three days but it can be made the night before.*

512g all-purpose or bread flour (I used both)

2 tsp instant yeast

2 tsp kosher salt

2 cups lukewarm water

4 Tbs olive oil, divided

Sea salt

1 to 2 Tbs fresh rosemary leaves

In a large bowl, whisk together the flour, instant yeast and salt. Add the water. Using a rubber spatula, mix until the liquid is absorbed and the ingredients form a sticky dough ball. (I needed a little more water to combine all the ingredients.) Brush the surface of the dough lightly with olive oil. Cover the bowl with plastic wrap and place in the refrigerator overnight or for as long as three-four days. Line a 23x32 cm pan with parchment paper and coat lightly with olive oil. Pour 2 tablespoons of oil onto the pan. Using two forks deflate the dough by releasing it from the sides of the bowl and pulling it toward the centre. Rotate the bowl in quarter turns as you deflate, turning the mass into a rough ball. Place dough into prepared pan. Roll the dough ball in the oil to coat it all over, forming a rough ball. Let the dough rest for 3 to 4 hours depending on the temperature of your kitchen.

Because I had used more than the 2 cups liquid recommended, the dough was really soft and didn't form a ball. I just turned it over and over until it was coated with oil. No need to cover for this room temperature rise.

Preheat oven to highest setting 220°C. Sprinkle the rosemary leaves liberally over the dough. Pour 2 tablespoons of oil over dough. Rub your fingers with oil to coat them, and then press straight down to create deep dimples all over. If necessary, gently stretch the dough as you dimple to allow the dough to fill the pan. Sprinkle with flaky sea salt.

Transfer the pan to the oven and bake for 25 to 30 minutes, until the underside is golden and crisp. Remove the pan from the oven and transfer the focaccia to a cooling rack. Let it cool for 10 minutes before cutting and serving.

**NOTE:**

Because the focaccia was cold by supper time, I placed the focaccia in a preheated 175°C oven, sprayed it with water and heated the focaccia for 10 minutes. We cut it into squares and served it with small bowls of olive oil and balsamic vinegar. A hit.

The following day it was fine heated in the microwave.



At our house in Hofit: Ron family with Savta Tova, Eilat Levys with Itamar, Segoli family with Yael and Avram, Savta Rachela, Naama, Moshik and Nizan and Dikla

## VOLUNTEERING

*This book was written during the terrible war that continued after the October 7 2023 massacre. During the following months of fighting, deaths and fear for the hostages' lives, our family members volunteered each in the way they could.*



**ILAY WRITES:** *On October 6th my best friend, Esther was surprised by a visit of two of our friends, Rotem and Aya from around Rishon LeTsiyon. Unfortunately, due to the circumstances of October 7th, they were stuck in Eilat and couldn't get a bus back to their home.*

*I suggested they stay in my house to save money. They stayed for around two weeks until they could get back to their homes.*

*I also volunteered at the old airport terminal turned into a donations zone, where people donated and helped to give the people evacuated from their homes clothes, hygiene items and toys for children. My work mainly consisted of organizing and making sure everything was orderly and neat.*

**LIMOR**, who works at Egged volunteered with a team of Egged drivers to take goods to evacuees at the Dead Sea Hotels as well as taking goodies to soldiers at their bases.

**AVIVL** who is a volunteer with Ichud Hahatzalah continued with this important service, providing free emergency treatment to people in need.

**AVIVR AND DANI** picked vegetables and fruit in the south.

**LIOR AND DANI** packed food for hospitals, evacuees and the army.

**DANI WRITES:** Regarding what we did in the war- So first of all my dad and I picked veggies in the Gaza envelope, in Yatir and Amiaz.

I did a few deliveries of army equipment that a father of a good friend of mine bought after raising a huge amount of money from donations. I also started volunteering at Gilat Research Center for Arid and Semi-Arid Agriculture because the researchers had been called up to the army but after that they offered me money so it wasn't really volunteering.

I think that's it.



**GRANNY AND SABA:** I am part of ESRA Netanya and we regularly bake cakes for evacuees from the north staying at hotels in Netanya to show our support and to give them a taste of home. Saba helps with the packaging and delivery.

This is in addition to my being a befriender, providing companionship and help to lonely people and those with special needs. This year I helped run a cooking class for disadvantaged children and was delighted when Zoe and Moran joined me.

Saba, in addition, has volunteered to improve the English of children and also English teachers who are not native English speakers. He is regularly asked to organize bridge competitions to raise money for charities.



We also “adopted” Jordyn a lone soldier from America who was based in the south and she often was part of our Friday night dinners.



A Friday night dinner



**MAAYAN AND LOTEM:** *picked vegetables and fruit in the south. Lotem showed children the robotics center where she is a core member.*

**ZOE:** *baked biscuits for soldiers, babysat a dog and took the children of evacuees at Sde Boqer to visit the Pinat Hai animal shelter where she volunteers.*



**MICHAL WRITES:** *I helped Moran take care of foreign students and interns who were brought to a nearby farm. We brought clothes and supplies and helped them with all their needs.*

*Then I volunteered for two weeks in the "war room" of Ramat Ha-Negev regional council, making phone calls and helping them put up lists of evacuees, equipment needed in the shelters, and people in the emergency squads.*

Then I organized tours of our research labs in the institutes. For about two months, three times a week, evacuees and locals came to visit each time in a different lab (e.g., insect lab, solar energy, desert agriculture and aquaculture, water institute, remote sensing, etc.). Also went several times to work in agriculture in the Nizzana area.

**MORAN WRITES:** When the Hamas attacks began thousands of Thai workers and hundreds of foreign students were evacuated from the Gaza Envelope. My workplace, MOP Ramat-HaNegev (Ramat Negev Desert Agro-Research Center), stepped in to care for these refugees. Initially, we brought in mattresses, food, clothes, and other essentials from our homes and set up makeshift accommodations in our offices. Some Thai workers had fled with only the clothes on their backs, even without shoes.

To provide more substantial assistance, we organized a local Khan—a traditional Bedouin tent lodging—that could accommodate over a thousand foreign workers and students. I personally coordinated buses and private cars to collect them from various locations and bring them to the Khan. I received distress calls from foreign workers and students who were trapped in bomb shelters within the Gaza Envelope. My role involved liaising between the army and transfer services to facilitate their evacuation. I also managed donations of clothing, blankets, medical supplies, and a lot of food.

During this challenging time, we learned of an injured Nepali student who needed to be released from the hospital. Since we had Nepali students at our workplace, I extended an invitation to him to stay with us. After his release, we rented a wheelchair and set up a room near the Nepali accommodation. For a week, we cared for him until he could be safely evacuated from Israel back to Nepal. We maintain contact, and I'm glad to hear he is recovering.

As the situation stabilized, the foreign workers and students gradually left the Khan, either returning home or finding better accommodation solutions. In the aftermath, I continued to assist by

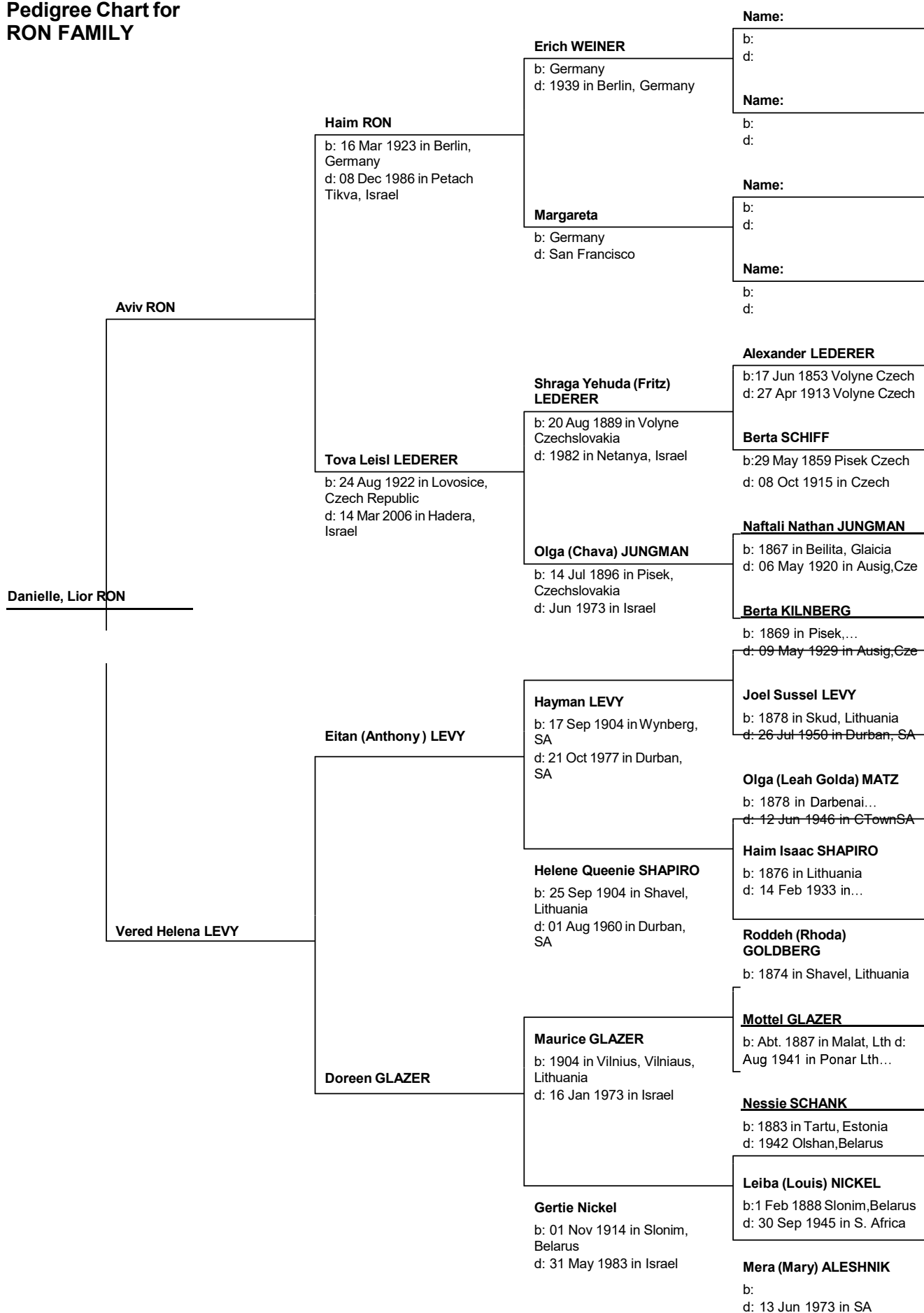


coordinating volunteers who wanted to support local farmers. Additionally, we donated our workplace's vegetable produce to soldiers and Israeli evacuees. It was a challenging time, but the collective effort made a difference for those affected by the conflict.

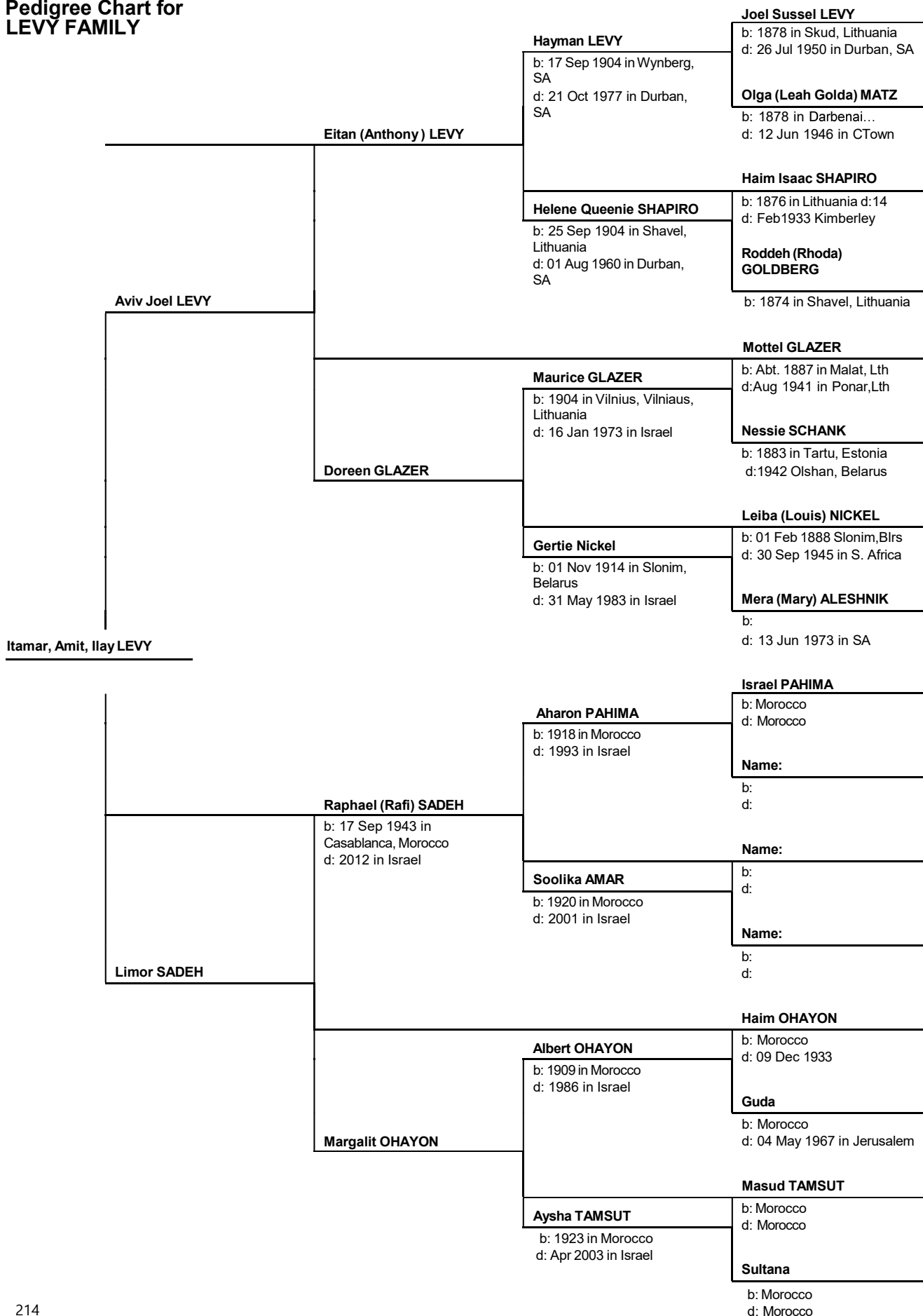


REUNION 29 IN 2 PICTURES  
TOGETHER WE MAKE A FAMILY December 2023 ,Sde Boqer and Eilat

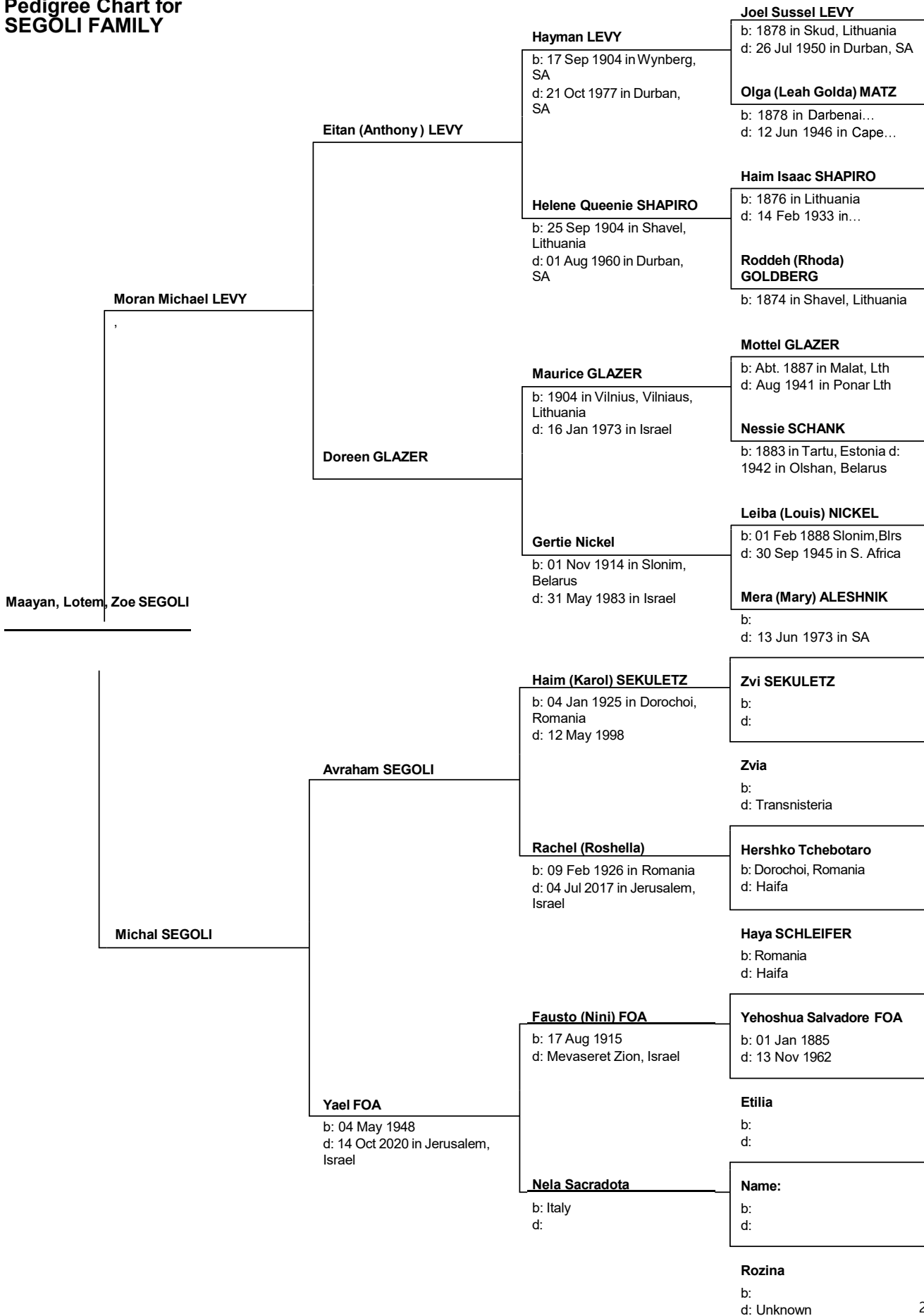
# Pedigree Chart for RON FAMILY



**Pedigree Chart for  
LEVY FAMILY**



# Pedigree Chart for SEGOLI FAMILY



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## **Food, Family, and Stories: A Journey Through Flavors and Recipes**

By Doreen Levy



From the vibrant streets of South Africa to the sun-kissed shores of the Caribbean and the desert beauty of Israel, food has always been at the heart of Doreen and Eitan Levy's life. Born in South Africa, the Levys made aliyah in 1964, and have lived in Hofit and in the coastal city of Eilat as well as in the Caribbean. Their adventures took them around the world—from the exotic flavors of the Caribbean to the international bridge tournaments that took Eitan across the globe. Each stop along the way deepened their love for food, cultures, and the connections that both created.

In this vegan cookbook, Doreen invites you into her kitchen, where every recipe is more than just a dish—it's a story. Through each meal, she shares treasured memories from her family's history, along with the flavors that define their journey. From beloved family favorites collected from everyone, to unique recipes inspired by their travels, this collection celebrates the richness of life, culture, and love.

Doreen, a dedicated volunteer, scuba diver, and passionate cook, previously authored *Potpourri of Memories*, a family cookbook that brought together global flavors and personal stories. This book continues that tradition, honoring her family's legacy while celebrating the diverse experiences that have shaped her cooking.

Family is at the heart of everything Doreen does, and this book is a heartfelt tribute to the people and moments that have made her life—and her meals—extraordinary.