

Activity 4: Israeli Cuisine Quiz

(Hold a light-hearted trivia activity focused on Israeli cuisine and food culture)

Overview:

- Set-up team trivia (Jeopardy-style or simple Q&A) by dividing participants into small groups
- Teams choose a question from a specific point value (10, 20, 30, 40)
- Each team has 10 seconds to discuss and give a final answer
- Correct answer = earn points
- Incorrect answer = other teams can steal

10 POINTS

1. What is widely considered Israel's unofficial national dish?

- a. Schnitzel
- b. Falafel
- c. Shawarma
- d. Hummus

Answer: b. Falafel

Falafel is widely considered Israel's national dish. The way it's served in Israel: stuffed in pita with salads, sauces, and pickles, reflects the country's mix of cultures. While falafel existed earlier in the region, it became iconic in Israeli street food culture.

2. What traditionally goes in sabich?

- a. Hard-boiled egg, eggplant, salad
- b. Salad, schnitzel, boiled potato
- c. Fried egg, falafel, eggplant
- d. Kebab, eggplant, fried potato

Answer: a. Hard-boiled egg, eggplant, salad

Sabich was brought to Israel by Iraqi Jews. It was traditionally eaten on Shabbat morning and includes fried eggplant, hard-boiled egg, salad, tahini, and amba (mango sauce) with a common addition of boiled potato.

3. True or False: Cholent is also called Hamin

Answer: True

"Hamin" is the Sephardic version of the slow-cooked Shabbat stew, while "cholent" is the Ashkenazi name. Both developed as overnight dishes that could cook without breaking Shabbat laws.

4. True or False: Bread is displayed for purchase in a regular supermarket during Passover

Answer: False

By law, Supermarkets in Jewish towns and cities in Israel are not allowed to publicly display any non-Kosher for Passover food during the holiday, but not necessarily their sale, leading to stores covering products rather than removing them entirely.

20 POINTS

1. Where is it believed that shakshuka originated?

- a. Asia
- b. The Middle East
- c. North Africa
- d. Europe

Answer: c. North Africa

Shakshuka likely originated in North Africa and was brought to Israel by Jews from Libya, Tunisia, Morocco, and Algeria.

2. If you order "iced coffee" in Israel, what drink will you get?

- a. Coffee with ice
- b. Cold brew
- c. A coffee slushy

Answer: c. A coffee slushy

"Ice coffee" in Israel is a blended, sweet, slushy drink. To get regular iced coffee, you'd ask for "café kar."

3. True or False: Until 2021, there were two separate coffee chains: Aroma Tel Aviv and Aroma Espresso Bar Israel

Answer: True

The chain split due to a dispute between family members: one controlled Tel Aviv branches, the other the rest of the country. The merger came 22 years after the separation.

4. True or False: Klik started as a premium chocolate brand before becoming a snack mix

Answer: False

Klik was always designed as a fun, mix-in chocolate snack, not a luxury chocolate.

.30 POINTS

1. What was the original flavor of Bamba?

- a. Peanut
- b. Milk
- c. BBQ
- d. Cheese

Answer: d. Cheese

Originally developed as a cheese-flavored snack, it didn't succeed, so the company switched to peanut butter, creating one of Israel's most iconic snacks today. Additionally, Bamba is widely viewed as the reason for the exceptionally low rate of peanut allergies in Israel

2. From which cuisine does malawach come?

- a. Tunisian
- b. Yemenite
- c. Moroccan
- d. German

Answer: b. Yemenite

Malawach was brought by Yemenite Jews and is traditionally served with crushed tomatoes, hard-boiled eggs, and schug.

3. What is the classic syrup used for malabi?

- a. Rose water
- b. Raspberry
- c. Strawberry
- d. Chocolate

Answer: a. Rose water

Malabi is typically topped with rosewater syrup, shredded coconut, and crushed peanuts.

4. True or False: The Michelin Guide currently rates restaurants in Israel

Answer: False

Israel does not currently have Michelin-rated restaurants, although several Israeli chefs have earned Michelin stars abroad.

40 POINTS

1. What was falafel originally made from?

- a. Fava (broad) beans
- b. Chickpeas
- c. Lentils
- d. Lima beans

Answer: a. Fava beans

Falafel originated in Egypt using fava beans. In Israel, chickpeas became more common, partly due to dietary needs like G6PD deficiency.

2. What is the main ingredient in gefilte fish?

- a. Tilapia
- b. Carp
- c. Salmon
- d. Carrot

Answer: b. Carp

Traditionally made from carp (sometimes mixed with other fish), this dish dates back to medieval Ashkenazi Jewish communities.

3. What is an Israeli nickname for ptitim?

- a. Israeli couscous
- b. Baked rice
- c. Israeli rice
- d. Ben-Gurion rice

Answer: d. Ben-Gurion rice

Ptitim were created during Israel's austerity period (Tzena) as a rice substitute when supplies were limited.

4. True or False: Krembo was invented in Israel

Answer: False

Krembo originated in Europe (often attributed to Denmark) and was brought to Israel in the 1960s as a winter treat. It's not sold in summer because it melts too easily!