

Activity 5: Cooking Class

(Teach Israeli cuisine through a shared cooking class experience.)

1. Choose one or two recipes to make together: Sabich, Shakshuka, Ziva
2. All participants will receive a list of ingredients and a recipe.
3. There are several options for how to run the activity:
 - If the activity is conducted on Zoom: the facilitator can go through the recipe step by step and cook together with the participants.
 - If the activity is conducted in person: the large group can be divided into smaller groups, and a cooking competition can be held between the groups.
4. If you want to incorporate Hebrew learning, you can go through the ingredients together and see how many of the participants know how to say in Hebrew.
5. If there is a competition between groups, this can also be included as part of the challenge to make the best dish.
6. If the activity is in person, here is a way to make it more interesting: place all the ingredients on a table. The groups will have only one minute to take the ingredients they want from the table. Afterwards, the groups will have three minutes to negotiate and trade ingredients with the other groups. Then, each group will have 45–60 minutes to prepare the dish that they feel best represents Israel.
 - a. If you use this method, you do not necessarily have to use recipes. You can also add extra ingredients or ask each participant to bring one ingredient, which will make the activity more interesting and challenging.
7. After the dishes are completed, sit down and have the meal together (in-person or over Zoom). You can hold an **"Israeli Cuisine Quiz"** featured as Activity 4 in this guide.

If there is interest for your group to do an in-person culinary experience and cooking class with Citrus & Salt in Tel Aviv, The Masa Leadership & Impact Center can help arranging this opportunity!



SABICH

Ingredients for 5 people

Ingredients

- 2 eggplants
- 1 tablespoon salt
- 1 bottle of canola oil
- 2 tomatoes
- 2 cucumbers
- 1 tbs olive oil
- 1/2 tea ps ground black pepper
- Juice of one lemon
- 1/2 cup of tahini
- 1/2 cup of water
- Pickles
- One onion
- Fresh parsley
- Hummus
- 5 hard-boiled eggs
- 5 pitas

Directions

- **Prepare the eggplants:** Slice the eggplants and place them in a bowl with salt. Add water to half the height of the eggplants and let them soak for an hour. After one hour, wash the eggplant to remove the salt.
- In a small pan, heat canola oil, drain the eggplant, and fry it until golden brown.
- **Prepare the salad:** Dice the cucumbers and tomatoes, add the lemon juice and black pepper, and then mix well.
- **Prepare the tahini:** Mix the tahini with 1/2 cup of water and the juice of one lemon until well combined.
- **Assemble the dish:** Cut the eggs into slices. Open pitas and apply hummus. Add the eggplant, the salad, the egg, and the parsley inside the pitas. Drizzle tahini on top, and give a *big bite!*



shakshuka

Ingredients for 5 people

Ingredients

- Four to six ripe tomatoes
- One red or green pepper
- One white onion
- Two cloves of garlic
- One teaspoon turmeric
- One teaspoon paprika
- One teaspoon cumin
- Salt
- Ground black pepper
- Two eggs
- Olive oil
- One cup of hot water

Directions

- **Slice the onion.** Cut the tomatoes and garlic into quarters, and slice the pepper into strips.
- Heat about two tablespoons of olive oil in a pan over medium heat. When the pan is hot, add the onion and cook until golden brown.
- Add the pepper and cook until it softens. Add the spices and mix well.
- **Add the tomatoes.** When they soften slightly, add the hot water. Cook for about 7~10 minutes until most of the water evaporates.
- **Pro tip:** You can add feta cheese, eggplant, spinach, or chili pepper to upgrade the dish.

BON APPETIT!



ZIVA

INGREDIENTS

- 1 package of puff pastry (Malauch style)
- 1 cup of shredded mozzarella
- 1 cup of yogurt or cottage cheese
- 1 pack of feta cheese
- 2 eggs
- Olives, corn, mushrooms\onion or other toppings

PROCEDURE

- 01** Preheat oven to 350 degrees F. On a floured surface, roll the dough into a rectangle.
- 02** In a bowl, mix together one egg, all the cheeses, and any toppings you like. Put the mixture along the long side of the rectangle, then roll the dough into a shape of a long coil.
- 03** Shape the dough into a semi-circle on a piece of parchment paper and brush the other egg on it. Optionally, sprinkle with sesame seeds or za'atar.
- 04** Bake for 30 minutes or until golden brown.