

# Some of the MANY flavors & Tastes of Tu B'Shevat™



**Many ingredients are perfect for celebrating Tu B'Shevat!**

**Discover some of the delicious dishes!**

## Moroccan Orange Salad

### (Salata Latsheen)

Serving Size: 6 to 8

#### Ingredients

##### Salad:

5 medium (3 cups/720 ml) navel oranges or tangerines, peeled and segmented  
2 medium red onions, thinly sliced (1½ cups/360 ml)  
1 head romaine or butter lettuce or 1 bunch spinach, torn into bite-size pieces  
About 5 cups of greens, such as 2 bunches watercress, 2 bunches radicchio, or 6 ounces (170 grams) baby arugula, torn into bite-size pieces  
Kalamata olives

##### Dressing:

¼ cup (60 ml) olive oil  
¼ cup (60 ml) vegetable oil  
¼ cup (60 ml) fresh orange juice  
2 tablespoons (30 ml) fresh lemon juice or red wine vinegar  
2 to 3 tablespoons (30 to 45 ml) honey or sugar or ½ teaspoon (2.5 ml) Dijon mustard  
1 teaspoon (5 ml) grated orange zest  
1 teaspoon (5 ml) salt  
1 tablespoon (15 ml) fresh or ½ teaspoon (2.5 ml) dried rosemary, basil, cilantro, mint, or thyme or ½ to 1 teaspoon (2.5 to 5 ml) ground cumin  
¼ cup (60 ml) chopped fresh mint or cilantro (optional)

##### Directions

- 1) Divide the lettuce and watercress between serving plates or place on large platter.
- 2) Toss together the oranges and onions and place on greens.
- 3) Combine all the dressing ingredients and drizzle over the salad.

##### Variations:

Add 2 peeled and sliced avocados  
2 cups sliced cooked beets  
1½ cups chopped pitted dates  
1 sliced large bulb fennel  
1 pound julienned peeled jicama, or 20 to 24 pitted and sliced black olives



Photo by: Wimpy Vegetarian

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## 7 Species Salad

### Salat Shivat HaMinim

Serving Size: 4 to 6

#### Ingredients

##### Salad:

- 1 Head of Romaine Lettuce
- 1/2 - 1 cup pomegranate seeds
- 6 to 8 figs, quartered
- 1 - 1/2 cup seedless (or deseeded) grapes, halved or quartered
- 4-6 dates, sliced
- Olive oil and balsamic vinegar (amount based on personal preference)
- 1 cup Homemade Barley and wheat croutons
- 1 cup Goat cheese (Feta or Israeli Bulgurit)

##### Dressing:

- 1/4 cup Bee or date honey (*eretz zavat chalav u'dvash!*)
- 1/4 cup Israeli olive oil
- 1/4 cup Soy sauce

##### Optional:

- 1 cup Bulgur or Quinoa
- 1 cup walnuts or seeds of your choice

#### Directions

Combine all the above mentioned ingredients and drizzle the dressing on top.

##### To make homemade croutons

- 1) Cut bread into bite-sized pieces and toss into a large bowl.
- 2) In a separate container, combine olive oil and some favorite spices - oregano, basil, thyme, garlic, and of course salt. Shake/stir really well to get all the flavors combined.
- 3) Pour dressing over the bread cubes and shake up to evenly distribute the flavor.
- 4) Spread out the croutons on a baking tray or casserole dish.
- 5) Bake at 200°C to 225°C (400°F to 450°F). After about 7-10 minutes, shake the tray to make sure croutons are evenly cooked. Feel free to drizzle another bit of olive oil on them! Bake another 7-10 minutes, until they reach the color and crispness that you prefer.



## Olive-Crusted Chicken

Serving Size: 4 to 6

### **Ingredients**

1 cup pitted kalamata olives  
1 cup green olives  
12 oil-cured olives, pitted  
1 tablespoon freshly chopped parsley leaves  
1 tablespoon drained capers  
1 tablespoon fresh thyme leaves  
8 boneless, skinless chicken breast halves  
Salt and freshly ground black pepper



### **Directions**

- 1) Preheat oven to 400 degrees.
- 2) Coat a large baking sheet with cooking spray.
- 3) In a blender or food processor, combine all the olives, parsley, capers, and thyme. Process until mixture forms a thick paste.
- 4) Place chicken on prepared baking sheet.
- 5) Top chicken pieces with the olive tapenade. Sprinkle with salt and pepper.
- 6) Roast chicken for 25 minutes - until chicken is cooked through and golden brown and tender.

*Photo by: Lorraine Rimmer*

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## Couscous with Dried Fruits and Nuts

### **(Couscous Hiloo)**

Serving Size: 6 to 8

#### **Ingredients**

1 pound (2 2/3 cups) instant couscous (not Israeli style)  
4 cups boiling water  
½ cup granulated sugar  
½ to 1 teaspoon ground cinnamon  
¼ cup (½ stick) butter or margarine, melted  
¾ cup (3.5 ounces) raisins  
¾ cup (5 ounces) chopped pitted dates  
¾ cup (3.5 ounces) chopped dried apricots  
¾ cup (3.75 ounces) chopped blanched almonds  
¾ cup (3 ounces) chopped walnuts or 1/3 cup pine nuts 2 cups almond milk or hot milk additional ground cinnamon for garnish

#### **Directions**

- 1) Pour boiling water over couscous. Cover and let stand for 10 minutes.
- 2) Stir the sugar and cinnamon into the butter. Pour over the couscous, tossing to coat.
- 3) Stir in the raisins, dates, apricots, almonds, and pine nuts. Gradually add enough of the almond milk to moisten the couscous.
- 4) Mound the couscous on a large platter and sprinkle with the additional cinnamon.



*Photo by: Food Network*

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## Fruit and Almond Buckle

Serving Size: 8 to 12

### **Ingredients**

- 1 1/2 cups whole wheat pastry flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 cup (1/2 kg) unsalted butter, softened
- 2/3 cup sugar
- 2 eggs, room temperature
- 1 lb. of fruit, whatever kind or combination you like, pitted and sliced
- 1/2 cup ground almond
- 1 tsp. vanilla
- 1 tsp. almond extract
- 1 cup almond slivers to sprinkle on top



### **Directions**

- 1) Preheat to 350°F.
- 2) Butter a pie dish.
- 3) Using either a hand-held or stand mixer, beat together the butter and sugar until pale and fluffy.
- 4) Add the eggs one at a time, beating well after each addition.
- 5) Beat in vanilla.
- 6) Sprinkle the flour, baking powder and salt over the batter, and mix in thoroughly.
- 7) Scrape batter into the buttered pie dish and spread evenly.
- 8) Scatter the fruit slices evenly over top, and press gently into the batter using your fingertips – you should have enough fruit so that the slices are crowded quite close together.
- 9) Bake until the top is golden and the edges pull away from the pan, 50 to 60 minutes.
- 10) Cool at least 30 minutes before serving.

*Photo by: Pantry Collective*

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## Almond Linzer Cookies

Serving Size: 12 to 15

### Ingredients

1 1/2 cups slivered almonds (about 5 ounces), toasted and cooled  
2 1/3 cups all-purpose flour  
3/4 cup sugar  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 cup (2 sticks) chilled margarine, cut into 1/2-inch pieces  
3 large egg yolks  
1 teaspoon vanilla extract  
1 teaspoon almond extract  
1 cup etrog preserves (or any other jam or marmalade)  
Powdered sugar (optional)

### Directions

- 1) Preheat oven to 350°F.
- 2) Combine nuts and 1/3 cup flour in processor; process until finely ground nuts.
- 3) Transfer the mixture to the bowl of an electric mixer. 4) Add remaining 2 cups flour and next 3 ingredients to the bowl and mix until combined.
- 5) Add the margarine and using an electric mixer at low speed, blend ingredients until coarse meal forms (this will take several minutes).
- 6) Add egg yolks and vanilla. Beat until moist clumps form.
- 7) Gather dough into ball.
- 8) Roll out the dough on sheet of parchment paper until it is 1/3 inch thick.
- 9) Cut out cookies using a round cookie cutter.
- 10) Using a small cookie-cutter or the back of a cake-decorating tip, cut a small window in the center of half the cookies.
- 11) Transfer cookies to parchment lined baking sheets, leaving 2 inches between them.
- 12) Re-roll the scraps and cut out more cookies in the same way.
- 13) Bake cookies for 10 minutes, or until golden brown. 14) Let stand one minute and then transfer to a cooling rack.
- 15) Once completely cool place a teaspoon of preserves on top of each solid cookie and top with a cut-out cookie.
- 16) Dust the tops with powdered sugar, if desired.



*Photo by: Couldn't Be Parve*

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## Almond Butter Cake

Serving Size: 8 to 12

### Ingredients

2/3 cup cake flour  
1/4 teaspoon baking powder  
Pinch of salt  
4 eggs  
8 oz almond paste  
1 cup granulated sugar  
11 tablespoons (5 oz) butter



### Directions

Equipment:

1/2 -cup shallow fluted tube pan OR a 9-inch square pan (or a bundt pan, it will only fill the pan half way)

- 1) Grease and flour the pan generously and carefully (for the square pan, grease, flour and line with parchment paper).
- 2) Preheat oven to 350-degrees and place rack in lower third of the oven.
- 3) Sift together cake flour, baking powder and salt. Set aside.
- 4) In a small bowl, whisk the eggs together just to combine yolks and whites.
- 5) Place almond paste in the bowl of a heavy-duty mixer.
- 6) With the flat paddle, beat it on low for 30 seconds. 7) Add sugar in a steady stream and beat until incorporated — about a minute.
- 8) Add butter one tablespoon at a time.
- 9) Increase mixer speed to medium and cream until mixture is smooth, light in color and fluffy —about 3-4 minutes. No lumps of almond paste should be visible. 10) With the mixer still on medium speed, pour in the eggs, cautiously at first, tablespoon by tablespoon, as if you were adding oil when making mayonnaise, and then slightly faster.
- 11) Once all the eggs are incorporated, continue beating until mixture again attains a light color and fluffy texture.
- 12) With a spatula, stir in the flour mixture and mix until smooth.
- 13) Pour batter into the prepared pan and bake for 35-40 minutes, or until the top is golden brown and a toothpick inserted near the center is removed free of cake.
- 14) Place the cake on a rack to cool for about 5 minutes and then turn it out onto the rack to cool completely.

To serve, fill the middle with a medley of fruits- either fresh or dried – and toasted almonds!  
If serving it with 24 hours or so, store the cake at room temp. It freezes beautifully.

*Photo by: Taste Book*

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## Almond Stuffed Dates

Serving Size: 12

### **Ingredients**

12 large medjool dates  
1/4 cup almond paste  
12 whole almond



### **Directions**

- 1) Cut a slit in the side of each date and remove the pit. 2) Pinch off a small piece of the almond paste and roll it into a cylinder that is a bit shorter than the date.
- 3) Stuff the date with the almond paste and top with a whole almond.
- 4) Repeat with remaining dates.

*Photo by: Couldn't Be Parve*

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