

Cooking Israel

Tastes of Israel for Chanukah ...with kids!



Get started Cooking Israel with your kids!

Cooking Israel is a fun way to introduce your kids to tastes of Israel! Israel Forever's exclusive recipes will keep their hands and brains busy as you celebrate and strengthen their personal connection to the history, heritage and homeland of our Jewish people.

- Build their knowledge about Israeli cuisine and culture
- Develop basic home skills and food safety basics
- Help them explore with their senses
- Boost confidence
- Encourage an adventurous palate

Teach your kids to love different flavors, and to use their creativity in the kitchen by Cooking Israel for Chanukah and all year round!

CookingIsrael.org

Sufganiyot



INGREDIENTS

- 1 Tbsp yeast
- 2 Tbsp + 1/4 cup sugar
- 1 1/2 cups warm water
- 4-5 cups flour
- 1 egg + 1 yolk
- 1/2 tsp salt
- 1 tsp baking powder
- 4 Tbsp butter at room temp
- 1/4 cup powdered sugar
- 1 cup jam, custard, caramel, chocolate, halva, marshmallow...

DIRECTIONS

1. In stand mixer or large bowl proof yeast by mixing with 2 tbsp sugar and water. Let sit for 10 minutes until frothy.
2. Add 3 cups flour, baking powder, egg, yolk, and remaining sugar and mix well.
3. Add 1 cup flour, salt, then add 1 tbsp of butter at a time until incorporated.
4. Knead for 5-7 minutes adding extra flour as needed for a smooth consistency.
5. Set in warm place to rise for 45-60 minutes.
6. Gently pull off handfuls of the dough and lightly form into balls. Rest on a baking sheet for second rising (they will double in size).
7. Heat oil in wide pot on medium high for 10 minutes. Test with a bit of dough - if it is the right temp, bubbles should form immediately around the dough.
8. Fry 2-3 doughnuts at a time. Be sure not to crowd in pot or they will not cook right.
9. Rest on paper towel-lined wire rack to cool for 10-15 minutes.
10. Pipe your filling into the doughnut using a piping bag, or a nozzled bottle for filling to squeeze through.
11. Sprinkle top with powdered sugar.



Cham Cham



INGREDIENTS

- 1 kg flour sifted
- 100g melted margarine
- 1/2 cup sugar
- 2 tablespoons dry yeast
- 2 eggs
- 1 tablespoon salt
- 500ml warm water

DIRECTIONS

1. Throw all ingredients together in a bowl and mix, then knead till smooth (dough should be slightly sticky).
2. Oil the bowl cover and let rise 30 minutes.
3. Heat 3-4 cm deep oil on med-high.
4. Make small balls then pinch the center and spread out to make a large O shape.
5. Fry a minute or two on each side till golden brown.
6. Serve as is, or sprinkle with powdered sugar (if you want to use granulated sugar you can but dip them immediately from the pan otherwise the sugar won't stick) or make a simple syrup 1:1 sugar to water with a dash of lemon juice or vanilla and dip each in generously.



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Tastes of Israel for Chanukah

Did you know that fried food is traditionally eaten during Chanukah in commemoration of the oil that miraculously burned for eight days when the Maccabees purified and rededicated the Holy Temple in Jerusalem?

Try your hand at some of these fried recipes from Cooking Israel during your Chanukah meals!

Israeli Levivot



INGREDIENTS

- 1 onion
- 1 zucchini
- 1 sweet potato
- 4 potatoes
- 2 eggs
- 1/4 cup chickpea flour
- 1-2 tsp. salt
- 1 tsp cumin
- 1 tsp paprika
- 1/8 tsp. white pepper
- Oil for frying

DIRECTIONS

- Shred potatoes, zucchini and onion.
- Strain out excess liquid.
- Add flour to coat all vegetables.
- Add eggs and seasonings.
- Mix well and let rest for 10-20 minutes in fridge.
- Pour 1 inch of oil into a deep frying pan and heat on medium high flame.
- Using two spoons, drop heaping tablespoons into the hot oil and press down with backside of the spoon.
- Fry until golden brown on each side then rest on a plate/tray covered with paper towel to absorb the excess oil.
- If cooking in large batches, lay on a wire rack and keep warm in the oven set at a low heat.



Fried Cheese Puffs



INGREDIENTS

- 2 cups soft white cheese (Israeli gviná levana, or farmer's cheese, cottage cheese, ricotta, or sour cream)
- 1 1/2 cup flour
- 1/2 tsp. cinnamon
- 6 eggs
- 1/2 cup sugar
- 1 tsp. vanilla extract
- 1/2 cup raisins (optional)
- 1/4 cup powdered sugar
- Oil for frying
- 1/2 cup powdered sugar for decoration

DIRECTIONS

- Whip together eggs, sugar and vanilla until light and fluffy.
- Add cheese and mix well.
- Fold in flour, cinnamon, and powdered sugar until just combined (Batter can be made up to 5 hours in advance and kept in refrigerator.)
- Drop spoonfuls into hot oil.
- Fry until brown on all sides.
- Remove from oil and sprinkle with powdered sugar.



Moroccan Sfinge



INGREDIENTS

For sfinge:

- 1 kilo flour
- 60 grams dry yeast
- 1/2 tsp. salt
- 3 tbsp. powdered sugar
- 3-4 cups lukewarm water
- Oil for frying

For syrup:

- 1 liter water
- 1 kilo white sugar
- 1 tbsp. rose water OR
- 1 tbsp. lemon zest
- 1/4 tsp. ginger

DIRECTIONS

- Mix together all dry ingredients and then add water. (Batter will be moist and sticky.)
- Let batter rise for 1 1/2 hours.
- Punch the air out of the dough and let rise again for 30 minutes.
- Cover fingers with oil and take 1 handful of batter.
- Shape it into a ring by rolling it into a ball and poking finger through to make the hole.
- Drop it into hot oil and fry both sides until golden brown.
- Remove and lay on paper towel to soak up excess oil.
- Boil syrup ingredients together and drizzle over the top of the sfinge, or leave on side for dipping.

