

The Everlasting Oil Cookbook

Old Miracle, New Creations

Israel Forever™

Sufganiyot Gluten Free Gold



INGREDIENTS

- 200g lactose free yogurt
- 3 tbsp Israeli honey
- 1 tbsp yeast
- ½ cup almond flour
- 2 cup all purpose gluten free flour (Molino gree, K'ragil, Tami, Better Batter)
- ½ cup sugar
- 2 eggs
- ¼ cup olive oil
- ½ tsp orange zest
- 1 tsp orange juice
- 1 tsp vanilla
- 1 tsp salt
- Oil for frying - I use half olive oil, half sunflower

DIRECTIONS

1. Mix together all of the ingredients, starting on a low speed until combined. Then beat well for 9 minutes.
2. Scoop from the outside of the bowl inward to create a ball. Transfer to well oiled bowl and cover all sides of the ball in oil. Rest for 2-3 hrs. Can be refrigerated, allow to come to temperature plus added rising time before working with the dough.
3. Using well-oiled hands, or an ice cream scoop, take a ball of the dough - it will be sticky but pliable. Pro-tip: turn the ball "inside out" creating a hole in the middle for the filling. Roll well with hands to form a ball - will not be perfect and will expand to its own beautiful golden goodness in the fryer.
4. Heat your oil in a deep pot. Fry on a low flame until golden brown on all sides



Healthier Gluten Free Chanukah Donuts



INGREDIENTS

- 350 ml soy, almond, milk
- 1 tbsp yeast
- 3 tbsp brown sugar
- 1 1/2 cup all purpose GF flour of choice
- 1 cup almond flour
- 1 cup arrowroot flour
- 1/4 cup coconut flour
- 1/2 cup buckwheat flour
- 1/2 cup cassava flour
- 1 tsp psyllium husk
- 1/2 cup powdered sugar
- 2 tbsp vanilla pudding mix
- 1 tsp vanilla extract
- 1/2 tsp cream of tartar
- 1/4 tsp baking soda
- 1 egg, separated
- 1/2 tsp apple cider vinegar
- 1/4 cup Israeli olive oil
- 1 tsp salt

DIRECTIONS

- Warm the milk slightly and pour into mixing bowl. Add the yeast and sugar, mix gently with whisk, and allow to rest for 15 minutes in a warm environment covered with a cloth.
- Add all the rest of the ingredients EXCEPT FOR the salt, oil and egg white. Beat on low for 5 minutes.
- Add the oil and salt, then beat on high for another 5 minutes.
- Bring the dough together into a ball shape formation and transfer to a well oiled bowl. Using oiled hands, turn the dough so that it is covered on all sides by the oil.
- Let rest, covered with a cloth, for at least 2 hours.
- Gently scoop out balls of dough with an oiled ice cream scoop, deep ladle, or your hands. Shape gently into a ball and rest on your baking pans.
- This multipurpose dough can also be refrigerated for up to 2 days. While cold, you can scoop out balls and shape them, best with oiled hands. Lay on your baking pans (or small baking sheet squares if frying) to rise for 1-1 1/2 hours.
- Preheat oven to 200C/357F.
- Baked gluten free sufganiyot often fall flat if just scooped onto a baking sheet, but I have found that baking into large muffin tins or these fantastic round silicone molds make for the perfect shape kids especially are hoping to get.
- Place baking pans near center of the oven. Bake for 19-24 minutes or until golden brown on all sides.

TO FRY

If frying, you can cut the baking sheet into small squares the size of your preferred sufganiyot. This makes it easier to pick them up one at a time and drop them into the oil. (Although I've also learned that they plop perfectly right out of the round silicone molds, too!)

- Heat up your oil to a steady heat, around 150. I use a medium flame and then reduce the heat to low ensure the outside won't burn before the inside is cooked through. Gluten free dough fries up to a burn very fast, so better to cook on a lower flame!
- Drop only 2 or 3 sufganiyot into the oil at a time, being careful not to crowd, and not to splatter.
- Using an open-slotted utensil, gently turn them until brown on all sides, then move to a paper towel covered platter to soak up the remaining oil.



FILLING

- Let the sufganiyot cool for at least an hour.
- Take a knife and gently slide into the sufganiyah, turning the knife so that it creates a cavity. Fill with your favorite ingredients - seedless jelly, vanilla cream, chocolate ganache, caramel. (Or just leave plain and give your guests the fun adventure of dipping their own sufganiyot into their topping of choice). Sprinkle the top with powdered sugar and voila - Chanukah deliciousness at your fingertips!
- 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.

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

- In stand mixer or large bowl proof yeast by mixing with 2 tbsp sugar and water. Let sit for 10 minutes until frothy.
- Add 3 cups flour, baking powder, egg, yolk, and remaining sugar and mix well.
- Add 1 cup flour, salt, then add 1 tbsp of butter at a time until incorporated.
- Knead for 5-7 minutes adding extra flour as needed for a smooth consistency.
- Set in warm place to rise for 45-60 minutes.
- 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).
- 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.
- Fry 2-3 doughnuts at a time. Be sure not to crowd in pot or they will not cook right.
- Rest on paper towel-lined wire rack to cool for 10-15 minutes.
- Pipe your filling into the doughnut using a piping bag, or a nozzled bottle with tip big enough for filling to squeeze through.
- Sprinkle top 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.



Cham Cham



INGREDIENTS

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

DIRECTIONS

- Throw all ingredients together in a bowl and mix, then knead till smooth (dough should be slightly sticky).
- Oil the bowl cover and let rise 30 minutes.
- Heat 3-4 cm deep oil on med-high.
- Make small balls then pinch the center and spread out to make a large O shape.
- Fry a minute or two on each side till golden brown.
- 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.



Fried Cheese Puffs



INGREDIENTS

- 2 cups soft white cheese. For #DAIRYFREE use 250g Alternative Soy spread Natural flavor and 100g Tofutti sour cream style spread
- 1 1/2 cup flour. For #GLUTENFREE, use 1 cup potato flour, 1/2 cup buckwheat/quinoa/cassava
- 4 eggs
- 1/4 cup sugar
- 1/4 cup powdered sugar
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 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 (350 degrees). Best not to crowd the pan.
- Fry until brown on all sides.



Israeli Levivot



INGREDIENTS

- 1 onion
- 2 zucchini
- 1 sweet potato
- 4 potatoes
- 2 eggs
- ¼ cup chickpea flour
- 1-2 tsp salt
- 1 tsp cumin
- 1 tsp paprika
- ⅛ tsp white pepper
- Oil for frying

DIRECTIONS

1. Shred potatoes, zucchini and onion.
2. Strain out excess liquid.
3. Add flour to coat all vegetables.
4. Add eggs and seasonings.
5. Mix well and let rest for 10-20 minutes in fridge.
6. Pour 1 inch of oil into a deep frying pan and heat on medium high flame
7. Using two spoons, drop heaping tablespoons into the hot oil and press down with backside of the spoon. Be careful not to burn yourself!
8. 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.
9. Serve with applesauce, sour cream or yogurt, tzatziki, hummus or tehina - anything goes with these finger-licking latkes!



Latkes: The Real Food Version



INGREDIENTS

- 3 potatoes grated – use different types
- 1 onion grated
- 1 leek grated
- ½ cup chopped parsley
- ½ cup chopped green onions
- 2 tbsp thyme
- 1 tbsp oregano
- ½ - 1 cup flour – like: gluten free oat or mix of almond and sesame flour or any type you like
- 1 egg (optional)
- coconut/ olive oil

DIRECTIONS

1. In a large bowl mix the ingredients without the flour.
2. Add ½ a cup of the flour and mix, if the mixture does not stick together add some more. You don't want to have too much flour.
3. On a medium heat, heat a pan with a little coconut or olive oil (covered with a thin layer depending on the pan and its non-stick level).
4. Spread the mixture on the pan. Cover and simmer for about 5 minutes.
5. Then, with a plate, turn it carefully and return to the frying pan so that the other side is cooked for about 5 minutes.
6. Oven - on baking paper, brushed with olive oil and bake, spread the mixture in a round shape. Bake it for about 20-25 minutes, until golden brown.
7. You can eat it with your favorite plain yogurt on the side

EFRAT PETEL



Butternut Squash Chili Pepper Latkes



INGREDIENTS

- ½ butternut squash peeled, seeds removed
- ½ onion finely chopped
- ½ chili pepper chopped, seeds removed for less heat
- 2 scallions chopped
- ½ cup Bulgarian cheese crumbled
- 2 eggs beaten
- ¾ teaspoon salt Pink Himalayan
- ½ cup extra virgin olive oil

DIRECTIONS

1. Hand grate the butternut squash.
2. Add the butternut squash and onion into a strainer and using your hands, squeezing out any excess liquid.
3. Place in bowl and add the rest of the ingredients except the olive oil. Mix well.
4. Prepare a large skillet on high heat. Add ½ cup of olive oil and get hot for about 1 minute.
5. Prepare the mixture in the palm of your hands making a small but thick latkeh.

CHEF ZISSIE



Potato Rösti



INGREDIENTS

- 4 large baking potatoes, peeled and coarsely grated
- 1 tsp coarse salt
- 1 onion, grated
- 1 tbsp fresh rosemary
- 2 tsp cumin
- 1 tsp zaatar
- ½ tsp black pepper
- ¼ cup Israeli olive oil

DIRECTIONS

- In large bowl, mix grated potato with the salt. Let sit for 15 minutes, then drain through a paper towel. (Pro tip: Save that water for amazing #glutenfree baking!)
- Add the onion and spices, and mix well.
- In a heavy 10-inch nonstick skillet over moderate heat, heat 2 tablespoons oil until hot but not smoking.
- Pour in 1/4 potato batter and lightly press to form an even layer that completely fills the pan.
- Cook, without moving, until the underside is browned, about 12 minutes.
- Invert a large plate over the skillet and flip the pancake onto the plate.
- Add 1 tablespoon of oil to the skillet, then slide the pancake back, uncooked side down, into the skillet.
- Cook until the underside is golden brown and crispy- about 5 minutes.
- Remove from heat and keep warm, then repeat the process with remaining oil and potato batter to make the next pancake. Can rest on a paper towel or baking paper, and can keep on a tray in the oven.
- Cut into wedges before serving.



Chicken And Leek Fritters



INGREDIENTS

- 5 large Leeks
- 6 Green Onions stalks, chopped
- 2 cloves Garlic, minced
- 1 lb ground Chicken
- 2 Eggs
- 1 cup Chickpea or Lentil flour
- 1 tbsp Olive oil
- ¼ cup Parsley, finely chopped
- 1 tsp Cumin
- 1 ½ tsp Salt
- Ground pepper, to taste
- OPTIONAL: ¼ cup Walnut, finely chopped or ground, as preferred

DIRECTIONS

- Clean and chop the white portion of the leeks and soak in hot water to soften.
- Add diced green onion, minced garlic and ground chicken with spices and olive oil and mix well.
- Add the flour and eggs and mix together.
- Refrigerate for at least 30 minutes (or overnight).
- When ready to cook, take a palm-full of the mixture (or by tablespoon) and shape into mini-patties, meatballs, or kebab.
- Heat 1 tbsp of your preferred oil for frying and brown the ktzitzot on all sides over a medium high flame.



Olive-Crusted Chicken



INGREDIENTS

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

DIRECTIONS

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



Falafel



INGREDIENTS

- 115 oz. can chickpeas, drained
- 1 medium onion, finely chopped
- 1 tbsp minced garlic
- 2 tbsp fresh parsley, finely chopped
- 1 tsp coriander
- ¾ tsp cumin
- ½ tsp salt
- 2 tsp flour
- oil for frying (canola or vegetable)

DIRECTIONS

- Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper (to taste) in medium bowl. Add flour and combine well.
- Mash chickpeas, making sure to mix ingredients together. You can also combine ingredients in a food processor. You want the result to be a thick paste.
- Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten.
- Fry in 2 inches of oil at 350 degrees until golden brown (2-5 minutes).



Honey Olive Oil Wheat Bread



INGREDIENTS

- 1 cup warm water
- 2 tbsp yeast
- 2 tbsp sugar
- ¼ cup olive oil
- ¼ cup honey or date honey
- 1 cup white flour
- 2 cup whole wheat flour
- 2 tsp salt
- 1 tsp thinly sliced almonds (optional)

DIRECTIONS

- In a mixing bowl, combine the water, yeast and sugar. Let sit for about 10 minutes or until the mixture becomes bubbly and frothy.
- Add in oil and honey.
- Slowly add in the flour, one cup at a time. Add in the salt.
- Knead by hand or with the paddle attachment of your electric mixer for about 15 minutes.
- In the same bowl, brush the dough with oil and let rise for 30 minutes or until doubled in size.
- Punch down, shape in loaf and place in a greased loaf pan. Brush with more oil and drizzle top with honey/date honey. Can sprinkle top with thinly sliced almonds.
- Preheat oven to 350°F.
- Slice the top with a sharp bread knife or any serrated knife.
- Bake for about 25-35 min minutes depending on your oven. If the top begins to brown early, lay a piece of aluminum foil over the top for the remaining time.
- Let cool before removing from pan.
- Serve with date honey for guests to drizzle on top.

