

# COOKING ISRAEL

## PUZZLE ISRAEL RECIPES

### Stuffed Mushrooms

Serving Size: 8-12

#### Ingredients

15 Large Fresh Mushrooms  
2 Red Onions  
2 Leeks (separate leaves, wash while rubbing under stream of water)  
1 kg Minced Chicken Thighs  
1/2 cup Olive Oil  
2 Garlic Cloves, already chopped  
Touch of Kosher Salt, according to your tastes  
Touch of Pepper, according to your tastes  
Fresh Thyme (dried, freshly chopped or frozen)  
1 Carrot  
1 cup Balsamic Vinegar  
1/2 cup Sugar

#### Directions

- 1) Heat up the oven to 350F.
- 2) Finely chop the onions and leeks.
- 3) Grind the carrot.
- 4) Chop the minced chicken thighs into small pieces.
- 5) Cook the onions in a hot frying pan coated with olive oil.
- 6) Add the leeks and the carrot into the pan and let them cook for a few minutes until all the vegetables are lightly browned.
- 7) Add the minced chicken pieces into the vegetables and cook until the chicken gets lightly browned.
- 8) Add a touch of salt and pepper into the mixture.
- 9) Add the Thyme into the mixture.
- 10) Cut into the mushrooms with a small knife a cup shape in order to insert the chicken filling.
- 11) Fill each mushroom cup with the chicken filling.
- 12) Place the mushrooms on a pan and place in the oven.
- 13) Roast in the oven for about 15 minutes ensuring that they do not burn.
- 14) Reduce the balsamic vinegar with 1/2 cup of sugar in a small pot over medium-high heat and bring to a boil. Simmer, watching carefully and lowering the heat if necessary until it's a little thinner than you want it (2-4 minutes).
- 15) Take mushrooms out of the oven and add the Balsamic sauce on the top.
- 16) BeTeavon and ENJOY!

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## PUZZLE ISRAEL RECIPES

### Roasted Pepper Soup

Serving Size: 6

#### Ingredients

6 Red Peppers  
1 Red Onion  
1 tablespoon Chopped Ginger  
1 tablespoon Chopped Garlic  
1/2 cup Olive Oil  
2-3 cups of Water  
1/2 cup Coconut Milk  
2-3 tablespoons Honey  
1/2 cup Roasted Almonds  
Touch of Salt and Pepper according to your tastes

#### Directions

- 1) Heat up the oven to 500F (250C).
- 2) Sprinkle a little oil on the peppers and roast them until charred.
- 3) Remove pan from oven and place the red peppers into a plastic bag, sealing the bag well.
- 4) Let the peppers cool for 20 minutes.
- 5) Heat up a frying pan with 3-4 tablespoons of oil.
- 6) Chop the onion and cook it until it begins to brown.
- 7) Add the chopped ginger and garlic into the onion and cook for 2-3 minutes.
- 8) Peel the roasted peppers and chop them.
- 9) Add to the chopped peppers into the pan and cook for 2-3 minutes.
- 10) Add 1 cup of water and bring to a boil.
- 11) Use a hand blender to blend it all together until you have a smooth pepper puree.
- 12) Add the coconut milk, salt and pepper.
- 13) Bring to a second boil and add water as needed.
- 14) Sprinkle some of the almonds before serving.
- 15) BeTeavon and ENJOY!

# COOKING ISRAEL

## PUZZLE ISRAEL RECIPES

### Eggplant Rolls Filled With Beef Tartare

Serving Size: 8-12

#### Ingredients

2 Eggplants  
1 tablespoon Olive Oil  
500 grams Filet Mignon (No Sirloin)  
1 Red Onion  
1 Parsley Bunch (dried, freshly chopped or frozen)  
1 Lemon  
Touch of Kosher Salt, according to your tastes  
Touch of Pepper, according to your tastes  
Fresh Thyme (dried, freshly chopped or frozen)

#### Directions

- 1) Heat up the oven to 500F (250C).
- 2) Slice the eggplant into thin slices - 1/2 cm each.
- 3) Spread the slices onto an oven pan and drip olive oil onto each slice.
- 4) Grill in the oven until the eggplant is golden brown.
- 5) Finely chop the beef.
- 6) Chop the onion and the parsley.
- 7) Mix the onion and parsley with the beef.
- 8) Add 1 tablespoon of oil, and then a touch of salt and pepper into the beef mixture.
- 9) Then squeeze only once, the lemon for lemon juice.
- 10) Add 1 tablespoon of beef mixture onto an eggplant slice, then roll each slice.
- 11) Spread thyme and kosher salt on top, according to your tastes.
- 12) BeTeavon and ENJOY!

# COOKING ISRAEL

## PUZZLE ISRAEL RECIPES

### Rosemary Focaccia

Serving Size: 6

#### Ingredients

1/2 kg White Flour  
1/2 kg Whole Wheat Flour  
3 tablespoons Sugar  
1 tablespoon Dry Yeast  
4 tablespoons Olive Oil  
2 tablespoons Kosher Salt  
600-700 ml Cold Water  
Fresh Rosemary, finely chopped (dried, freshly chopped or frozen)

#### Directions

- 1) Heat up the oven to 450F (250C).
- 2) Mix the dry ingredients (except the salt) in a bowl.
- 3) Add the water and start mixing with one hand in the center of the bowl.
- 4) After 3 minutes of mixing, add the olive oil, salt and chopped rosemary and continue mixing from the center out, filling the dough with air for 5-10 minutes.
- 5) Cover with a plastic bag for 1 hour.
- 6) Add three tablespoons of chopped rosemary.
- 7) Add three tablespoons of flour and mix the dough for 1 minute taking the air out.
- 8) Cover for 1 more hour.
- 9) Shape 6-8 balls of dough using a good amount of flour so the dough does not stick to your hands.
- 10) Roll out each ball of dough, 2-3 cm thick.
- 11) Sprinkle some olive oil and salt.
- 12) Place dough on a pan and put in the oven until brown and crispy.
- 13) BeTeavon and ENJOY!