



TASTES OF ISRAEL

FLAVORS, STORIES, AND TRADITIONS





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A LITTLE RECIPE BOOK WITH A BIG HEART

In Israel, food is never just food.

It is the smell that greets you at the door.
It is the sound of vegetables being chopped for a shared meal.
It is the warmth of pita passing from hand to hand around the table.


Across Israel, from busy city streets to quiet family kitchens, every home carries its own flavors. Spices were brought from distant lands. Recipes whispered from grandparents to grandchildren. Fresh salads from the market. Bread baked for Shabbat. Sweet treats are made for celebrations.

Israel may be a small country, but its table is wide. Its food tells the story of people who came from Europe, North Africa, the Middle East, and many other places, each bringing something precious, and each adding another layer of flavor.

This cookbook is an invitation.
An invitation to taste those stories.
To cook together.
To learn together.
To create new memories around your own table.

As you turn these pages, may your kitchen fill with delicious smells,
joyful laughter, and meaningful connection.

Because just like in Israel,
food brings people together



FALAFEL

CRISPY ON THE OUTSIDE, SOFT ON THE INSIDE.
A TRUE ISRAELI STREET FOOD FAVORITE.

Fun Fact

In Israel, you can find falafel stands in almost every city. People love to debate who makes the best falafel- and that's part of the fun!

INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 small onion
- 2 tablespoons flour
- 1 teaspoon cumin
- 2 tablespoons chopped parsley
- 1 garlic clove
- Salt and pepper
- Oil for frying

INSTRUCTIONS

1. Add chickpeas, onion, garlic, parsley, cumin, salt, and pepper to a food processor. Pulse until the mixture is combined but still slightly textured.
2. Mix the flour. The mixture should hold together when pressed.
3. Shape into small balls or patties.
4. Heat oil in a pan over medium heat. Fry 2 to 3 minutes per side until golden brown.
5. Drain on paper towels and serve warm in pita with salad or tahini.

CHEF'S TIP

If the mixture feels too soft, add a little more flour.
If it feels too dry, add a teaspoon of water.



ISRAELI SALAD

FRESH, SIMPLE, AND FULL OF FLAVOR.

Fun Fact

Israeli salad is chopped very small so that every bite includes all the fresh flavors together.

INGREDIENTS

- 3 tomatoes
- 2 cucumbers
- 2 tablespoons chopped parsley
- Juice of $\frac{1}{2}$ lemon
- 2 tablespoons olive oil
- Salt to taste

INSTRUCTIONS

1. Dice the tomatoes and cucumbers into very small pieces.
2. Place in a bowl and add parsley.
3. Drizzle with lemon juice and olive oil.
4. Add salt and mix gently.

CHEF'S TIP

The smaller you chop, the better the flavor in every bite.





PITA WITH ZA'ATAR

WARM, FRAGRANT, AND INCREDIBLY EASY.

Fun Fact

Za'atar is a traditional Middle Eastern spice blend. In Israel, you can smell it in open markets and bakeries.

INGREDIENTS

- 2 pita breads
- 3 tablespoons olive oil
- 2 tablespoons za'atar

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Mix olive oil and za'atar in a small bowl.
3. Brush the mixture generously over the pita.
4. Bake for 5 to 7 minutes until warm and slightly crisp.
5. Slice and serve.

CHEF'S TIP

Watch closely while baking. Pita can crisp quickly.





HUMMUS

CREAMY, SMOOTH, AND READY IN MINUTES.

Fun Fact

In Israel, there are restaurants that serve only hummus! People happily wait in line for a fresh, warm bowl.

INGREDIENTS

- 1 can (15 oz) chickpeas, drained
- 2 tablespoons tahini
- Juice of ½ lemon
- 1 garlic clove
- 2 tablespoons olive oil
- Salt to taste
- 2 to 3 tablespoons water

INSTRUCTIONS

1. Add chickpeas, tahini, lemon juice, garlic, olive oil, and salt to a food processor.
2. Blend until smooth.
3. Slowly add water, one tablespoon at a time, until creamy.
4. Serve in a bowl with a drizzle of olive oil.

CHEF'S TIP

Blend longer than you think. The smoother it gets, the creamier it tastes.





SHAKSHUKA

A WARM, COMFORTING DISH OF EGGS
GENTLY COOKED IN A RICH TOMATO SAUCE

Fun Fact

Shakshuka is a popular Israeli breakfast, and many families enjoy eating it together straight from the pan!

INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 can (14 oz) crushed tomatoes
- 1 teaspoon paprika
- ½ teaspoon cumin
- Salt and pepper
- 3 to 4 eggs
- Fresh parsley (optional)

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat.
2. Add the onion and cook until soft, about 5 minutes.
3. Add garlic, paprika, cumin, salt, and pepper. Cook for 1 minute.
4. Pour in the crushed tomatoes and simmer for 8 to 10 minutes until slightly thickened.
5. Make small wells in the sauce and crack the eggs into them.
6. Cover and cook until the eggs are set to your liking.
7. Sprinkle with parsley and serve warm with bread or pita.

CHEF'S TIP

For softer eggs, cook covered for less time. For firmer eggs, leave them a little longer.





ISRAELI CHOCOLATE BALLS

NO BAKING, NO STRESS, JUST FUN.

Fun Fact

These no-bake chocolate balls are one of the first desserts Israeli children learn to make on their own!

INGREDIENTS

- 2 cups crushed plain cookies (like tea biscuits or graham crackers)
- ½ cup melted dark chocolate
- ½ cup milk
- 2 tablespoons sugar
- ¼ cup shredded coconut or sprinkles

INSTRUCTIONS

1. In a bowl, combine crushed cookies, melted chocolate, milk, and sugar.
2. Mix until a soft dough forms.
3. Roll into small balls.
4. Roll each ball in coconut or sprinkles.
5. Refrigerate for 30 minutes before serving.

CHEF'S TIP

If the mixture is sticky, chill it for 10 minutes before rolling.





ISRAELI BISCUIT CAKE

A CREAMY, LAYERED DESSERT LOVED IN MANY ISRAELI HOMES.

Fun Fact

Israeli biscuit cake is a favorite dessert for birthdays and family gatherings because it's easy to make and doesn't require baking!

INGREDIENTS

- 2 packs tea biscuits (or graham crackers)
- 1 cup milk (for dipping)

Cream:

- 1 cup heavy cream
- 1 package (8 oz) cream cheese
- ½ cup sugar
- 1 teaspoon vanilla extract

Optional topping:

- Grated chocolate or cocoa powder

INSTRUCTIONS

1. In a bowl, beat the heavy cream until soft peaks form.
2. In another bowl, mix cream cheese, sugar, and vanilla until smooth.
3. Fold the whipped cream into the cream cheese mixture.
4. Quickly dip each biscuit in milk and arrange a layer in a dish.
5. Spread a layer of cream on top.
6. Repeat layers (biscuits + cream) 2 to 3 times.
7. Finish with cream on top and sprinkle chocolate or cocoa.
8. Refrigerate for at least 4 hours before serving.

CHEF'S TIP

Dip the biscuits quickly. Too much soaking will make them too soft.

