



INTERMEDIATE HEBREW I

FOOD AND CULTURE UNIT

Instructor: Bosmat Dovas

Bosmat was born in Tel Aviv and moved to Michigan after her military service. She taught all levels of Hebrew at FJA for the past 14 years and enjoys connecting her students to Israeli culture through the Hebrew language, music, movies, art and cooking. Bosmat lives in Huntington Woods with her family, and is an avid cook and baker. Last May, during quarantine, Bosmat made shakshuka with her 12th grade students via Zoom. They had lots of fun cooking and eating and being "together" while being apart.

GRANDFRIENDS SHAKSHUKA

If you have visited Israel in the past decade, you must have noticed the amazing restaurants all over the country! One popular dish is called, **shakshuka** which is usually served for breakfast or brunch but sometimes for lunch and dinner, and is eaten with fresh bread or pita, tahini and Israeli salad. You may have seen it at Trader Joe's in the frozen section, I think it is great and recommend that you try it. One of the best things about **shakshuka**, is that it is a one-skillet dish of eggs poached in a smoky, spicy, vegetable-laden tomato sauce. It is traditionally made in a cast iron pan (though any broiler-safe stainless steel pan will work) and served straight from the pan at the table so everyone can dig in and help themselves. You can also cook the dish entirely on the stovetop for just a few minutes longer. Enjoy cooking together and don't forget to send us some pictures!

**DICTIONARY:
LET'S LEARN
SOME HEBREW
TOGETHER
BEFORE WE START**

Tomatoes	Agvaniya / Agvaniyot (PI)	עגבניה / עגבניות
Onion	Batzal	בצל
Olive Oil	Shemen Zayit	שמן זית
Eggs	Beytzah/ Beytizim (PI)	ביצה/ביצים
Salt	Melach	מלח
Black Pepper	Pilpel Shahor	פלפל שחור

INGREDIENTS

2 tablespoons extra-virgin olive oil
 1 medium onion, peeled and diced
 3 cloves garlic, peeled and roughly chopped
 1 red bell pepper diced
 3/4 teaspoon smoked paprika
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 1/4 teaspoon crushed red pepper flakes
 1-1/2 teaspoons salt
 1 teaspoon sugar
 1 28-oz can diced tomatoes, with juices
 6 eggs
 Handful chopped cilantro or parsley
 You may also add:
 2 cups finely chopped spinach
 3 ounces feta cheese, crumbled

INSTRUCTIONS

1. In a large skillet, heat the oil over medium heat. Add the onions, garlic and bell pepper and cook, uncovered, until softened. Do not brown; reduce the heat if necessary.
2. Add the smoked paprika, cumin, coriander, red pepper flakes, 1-1/4 teaspoons of the salt, sugar, and tomatoes. Cook, uncovered, stirring occasionally, for about 10 minutes, or until the sauce is slightly thickened.
3. Turn off (or remove the pan from) the heat. Using a spoon, make 6 wells/indentations in the sauce. Carefully crack an egg into each well, then spoon a bit of the sauce over each of the egg whites (this will contain them and also help them cook a bit faster than the yolks), being careful not to disturb the yolks. Sprinkle the eggs with the remaining 1/4 teaspoon salt, then sprinkle the feta around the eggs. Set the pan on the stove over low heat and cover with a lid. Cook for 5-7 minutes, until the egg whites are mostly set but still translucent on top (check frequently towards the end as cook time can vary). Remove the lid, transfer the pan to the oven, and broil until the eggs are cooked to your liking, 1 minute or less for runny yolks. Remove the pan from the oven and sprinkle the cilantro over top. Serve hot with bread.

Servings: 4-6 Prep | Time: 10 Minutes
 Cook Time: 40 Minutes