



LAMB CHOLENT

Recipe prepared by Greg Herring, *Butcher and Chef*
Jerusalem Culinary Institute

Ingredients

4lbs boneless lamb shoulder	4 black cardamom pods
2 lbs carrots	1 c navy beans (soaked)
2 lbs onions	1 c. barley
1 pt. dried apricots	1 qt. Vegetable stock
2 lbs. Sweet potato	3 T. Paprika
4 cloves garlic	2 T. date honey
1 c. red wine	Salt
2 black lemons	2 T. black pepper corns

Method

**soak navy beans overnight ahead (or in warm water with baking soda for a few hours)*

- 1) Cut lamb shoulder into roughly 1" cubes, set aside one or two good sized chunks of fat
- 2) Peel and oblique cut carrots, thin slice onion, cut sweet potatoes into ½" cubes, peel and rough chop garlic
- 3) Prepare spice mix of black lemons, black cardamom, paprika and black pepper in a spice mill
- 4) Heat cooking vessel to medium, add reserved bits of lamb fat and allow to render for several minutes, remove and discard. Heavily salt cubes of lamb on all sides and sear (only add what fits in the bottom of the pan at once). Allow each side to brown thoroughly without being moved, remove to a bowl.
- 5) Add onions, stir once to break up and coat in fat, then allow to brown without moving them.
- 6) Add spice kit and stir until saturated and fragrant.
- 7) Deglaze with a ½ c. of vegetable stock, scraping the pan and stirring.
- 8) Add navy beans, barley, and the rest of the stock. Raise heat to high and bring to a boil.
- 9) Add everything else and reduce heat to medium low, cover and allow to simmer for 1½ hours.
- 10) Turn off heat and allow to rest covered for 30 minutes.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

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FENNEL AND ORANGE SALAD

Recipe prepared by Greg Herring, *Butcher and Chef*
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Ingredients

2 fennel bulbs
2 navel oranges
1 T. olive oil
2 T. date honey
Pinch of salt

Method

- 1) Fillet or suprême oranges:
 - a) Cut the top and bottom of the orange peel off with a knife.
 - b) Place the orange on the cutting board on one of the exposed flat surfaces, cut down along the contour of the orange with a gentle sawing motion to remove all pith in once stripe, but removing as little flesh as possible.
 - c) Turn the orange slightly and repeat until all white outer pith is removed, going back to remove any little corners or bits left (if there is a lot, flip it over to sit on the other flat side and repeat the contour cutting).
 - d) Holding the orange over a mixing bowl, make one smooth slice right against each white rib of pith between segments, every other cut should remove a segment, let them fall into the bowl.
 - e) Squeeze the juice from the remaining core and discard
 - f) Remove seeds from the bowl
- 2) Add olive oil, date honey, and a pinch of salt to the bowl and stir to form dressing
- 3) Pick all the nicest frilly tops from the fennel bulb and add to the bowl
- 4) Cut off fennel stocks at roughly a 45° angle where the white meets the green and discard
- 5) Thin slice the fennel bulb parallel to the cuts used to remove the stalks until the core is revealed with either a knife or a mandolin. A little core is okay, discard the fibrous core and root crown
- 6) Add sliced fennel to dressing and mix thoroughly, squeezing the fennel a bit and separating the frilly tops as much as possible.

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KOHLRABI AND SUMAC SALAD

Recipe prepared by Greg Herring, *Butcher and Chef*
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Ingredients

4 kohlrabi
1 T. sumac
2 lemons
1 bunch mint
Pinch of salt
1 T. olive oil

Method

- 1) Roll the lemons on the work surface firmly under your palm to loosen the juice, cut through the middle and squeeze or reem into a mixing bowl, remove seeds.
- 2) Pick mint from stems and rough chop, using a slicing motion and a sharp knife to avoid bruising edges, or simply tear the leaves by hand.
- 3) Cut the top and bottom off the kohlrabi with a knife, and peel with a vegetable peeler, or use a knife in the fashion described above for peeling an orange. Cut in half through the middle and thin slice with a knife or mandolin.
- 4) Add all ingredients to mixing bowl and mix thoroughly, squeezing kohlrabi slices slightly.

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CLASSIC ISRAELI SALAD

Recipe prepared by Greg Herring, *Butcher and Chef*
Jerusalem Culinary Institute

Ingredients

- 2 large cucumbers
- 6 vine ripened tomatoes
- 1 bunch parsley
- 3 T. olive oil
- 2 lemons
- Salt

Method

- 1) Roll the lemons on the work surface firmly under your palm to loosen the juice, cut through the middle and squeeze or reem into a mixing bowl, remove seeds.
- 2) Cut the very ends off the cucumbers, cut into quarters lengthwise. Lay quarters seed side up on the cutting board and run a knife just under the seeds to remove the majority of them, discard. Dice cored cucumber quarters and add to the mixing bowl.
- 3) Core the tomatoes by holding the very tip of a knife and working it around the core in a circle at an angle. Cut the tomatoes into 8ths through the core, and cut 8ths into 3 pieces to dice.
- 4) Roughly remove parsley leaves from stem with a knife, pick out large bits of stem, leaving smaller pieces. Rough chop.
- 5) Mix all ingredients thoroughly, do not serve immediately as the flavors will not have married, mix periodically until serving, at least 30 minutes after preparation.

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FALAFEL

Recipe prepared by Greg Herring, *Butcher and Chef*
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Ingredients

- 2 lbs dried chickpeas
- 2 bunches scallions
- 2 bunches cilantro (or 2 more bunches parsley)
- 2 bunches parsley
- ¼ c. cumin
- 1 T. baking soda
- Salt
- 1 gallon peanut oil or beef tallow

Method

- 1) Soak chickpeas ***overnight** with baking soda at room temperature. Cover by more than double with water, and leave even more room than that, chickpeas soaking can often triple or more in volume.
 - 2) Fill a pot with fryer oil (peanut or beef tallow) no more than 2/3rds and heat over low.
 - 3) Strain and rinse chickpeas.
 - 4) Remove root end of scallions and 1"-2" of parsley and cilantro stem. Rough chop.
 - 5) Add ¼ of each herb plus 2 handfuls of chickpeas and a few pinches of salt to a food processor and process on high until nearly paste like, stopping periodically to scrape down the sides to ensure a uniform consistency. Remove to a mixing bowl.
 - 6) Repeat until all herbs are processed, then working in batches repeat the process with just chickpeas, salt, and a few tablespoons of cumin at a time.
 - 7) Mix all ingredients thoroughly in the mixing bowl, squeezing periodically to see if the mixture is binding. If not, add some salt and keep squeezing and mixing until it does. If this does not work, it is not ground fine enough and at least some of the batter will need to go back in the food processor.
 - 8) Raise the heat under the fryer to medium and watch it closely, stirring periodically and checking
- (continued)*
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FALAFEL (cont'd)

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the temperature. Around 350°-360° the oil will begin to smoke a little, reduce the heat to medium low and immediately start frying.

- 9) Take a little less than a tablespoon of batter into your hand and squeeze it hard into a ball, then press it a bit flat. Make sure there aren't any fine edges or these will break off and or burn.
- 10) Working quickly to get all the falafel balls in at roughly the same time, make 6-8. If your batter is binding well, you can pre-make some and set them aside to drop in more quickly. After a few minutes, flip your falafel with a slotted spoon or spider, they should only take about 3 minutes on each side. Taste your first batch and adjust the timing accordingly.
- * Get your fingers as close to the fryer oil as possible when dropping in falafel, fryer oil is very hot and dangerous, but also splashes easily. The closer to the surface you drop, the less splash. Avoid dropping them right over one another as the steam bubbling out of falafel already frying can also burn your hand and make you pull back, making you drop the falafel from higher and adding a grease burn to your steam burn. Safe frying involves a little daring.
- 11) Finished falafel should be removed with a slotted spoon or spider, set to drain on a wire rack or paper towel, and salted immediately.
- 12) Continue to monitor your fryer temperature, it must remain between 325° and 355°. Any lower and your falafel will be greasy and never brown, any higher and they'll burn, as will your fryer oil. Adjustments to the heat take a while to register in the fryer oil, be patient, if it's a little too high, just add a lot of falafel quickly to bring down the temperature. If it's way too high, turn off the heat and add a potato cut in large slices, or a heavy wooden spoon, to take out some of the heat. (the potato can be allowed to cook fully. Drain, sprinkle with salt, and enjoy the fruits of your rescue mission).
- 13) Falafel should either be served or frozen immediately. Reheat frozen falafel in an oven on a wire rack at 400° for 10-12 minutes.

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