

Traditional  
Israeli Shavuot  
recipes



# Shavout Sameach!

What is Shavuot? This is the Holiday of receiving the Torah (Hebrew- “Chag Matan Tora” חג מתן תורה) and one of The Pilgrimage Festivals. There are several traditions during the holiday of Shavuot.

Two of them are-

Celebrating with plants and flowers-According to the Midrash, Mount Sinai suddenly blossomed with flowers after the Torah was given on its summit.

Eating Dairy Foods – The Torah is compared to milk by King Solomon “Like honey and milk, it lies under your tongue” (song of songs) so we are celebrating with great dairy dishes.



# Shavuot in Israel

Shavuot is one of my favorite Holidays and it's not only because of the great food ( I have become lactose intolerant recently - so... )

Shavuot in Israel has gone back to it's original meaning and became an agricultural holiday.

Mainly because of the Kibbutzim - Shavuot is a time where all the children dress in white clothes, bring a basket of fresh fruit with them, start water fights and go on hay rides.

It is a holiday full of dairy deliciousness and really symbolizes the beginning of summer with that special feeling of freedom in the air.

I hope this recipe book will bring you happiness this Shavuot - Chag Sameach!



*Rotem Uzi*



# Cherry tomatoes Salad

SO FRESH :)

## You will need:

40 cherry tomatoes  
1 cup walnuts  
2-3 spoons chopped  
Basil leaves  
1/4 cup diced feta  
cheese

## For the sauce:

3 tbs olive oil  
4 tbs lemon juice  
A pinch of salt  
A pinch of black  
pepper  
1 Crushed garlic  
clove

## Instructions:

Mix the tomatoes, walnuts, basil  
and Feta in a bowl.

Mix the sauce ingredients in a  
small jar then spread over the  
salad

Voila!

B'TEAVON!



# Zaytunim

THE PERFECT SNACK!

## You will need:

3 cups flour  
1/2 tbs salt  
1 cup butter or  
margarine  
1 cup soft cream  
cheese  
100 pitted olives  
1/3 cup sesame  
seeds



## Instructions:

Mix the flour, salt, butter & cheese to create a smooth and a bit sticky dough. Wrap in ceramic wrap and keep in the fridge for a few hours. Take a spoonful of dough and use it to wrap one olive till there are no gaps and the olive is completely covered. Roll in sesame to cover the ball completely. Repeat with the rest of the dough then fit on a tray covered with baking paper. Bake for about 30 minutes in a temperature of 400F till slightly golden (should stay quite white)



# Sweet potato soup

CREAMY AND DELICIOUS

## You will need:

2 pounds peeled & diced sweet potatoes  
2 medium onions - diced  
2 chopped garlic cloves  
1 cup coconut milk  
2 cups water  
3/4 cup whipped cream  
Salt, Pepper and Ground Nutmeg



## Instructions:

Fry the onions and garlic in a pot with a bit of oil until golden. Add the sweet potato and fry for 2 more minutes then add the water and cook for about 15 minutes. Add the rest of the ingredients and cook for ten more minutes. Grind everything together and serve!



**B'TEAVON!**



# Pashtidat spinach & sweet potato

## You will need:

- 3 medium Sweet Potato
- 1 baby spinach package
- 4 large eggs
- 1 pound (500 grams) of cottage cheese
- 1 pound (500 grams) of Feta Cheese
- 1 tablespoon of Olive Oil
- 1 flat teaspoon of Baking Powder
- A pinch of Black pepper



## Instructions:

1. Wash the Spinach Leaves and let them dry
2. Preheat the oven to 360F
3. Peel the Sweet Potato and cut them to round Slices (about 1\2 inch)
4. Boil the Sweet Potato in hot water for 5 min
5. In a cooking pan- Add one tablespoon of Olive oil and fry the Spinach Leaves for 5-7 min until they reduce volume. Let cool and cut into strips
6. In a bowl mix with a fork the following ingredients: Spinach, Cottage Cheese, Eggs, Feta Cheese, olive oil, baking powder and black pepper.
7. Layer the sliced Sweet Potato on the bottom of a pie plate and add the mix on top
8. Bake the "Pashtida" in a preheated oven for 40-50min or until it is golden brown



# Cheese Bourekas

NO IDEA HOW THIS DIDN'T GET TO AMERICA  
YET



## You will need:

2 sheets puff pastry

1/2 cup crumbled feta cheese

1/3 cup grated kashkaval cheese (or substitute another 1/3 cup feta)

1/3 cup ricotta cheese

1 large egg

Salt and pepper

1 large egg yolk

1 tbsp sesame or poppy seeds for topping (optional)

Nonstick cooking oil spray



# Instructions:

Preheat oven to 350 degrees F. In a mixing bowl mix the feta, kashkaval, ricotta, egg, a pinch of salt and a pinch of black pepper. Use a fork to mix ingredients together till well blended. Make sure to break up any large crumbs of feta with the fork. Leave in the fridge.

On a smooth, clean, lightly floured surface, unfold one of your puff pastry sheets. Use a rolling pin to roll out the sheet to a 12x12 squared inch. Cut the sheet of puff pastry dough into 9 equal-sized squares, each about 4"x4".

Place 1 scant tablespoon of the cheese filling in the center of each dough square.



Fold the dough squares by grasping one corner and folding it over to the opposite corner to make triangles. Pinch firmly along the outer open edge of the triangles to seal. If you're having trouble sealing the dough and getting it to stick together, wet your finger with a bit of water and run it around the edge of the square before folding - this will help it stick together.

Repeat this process for the second sheet of puff pastry—roll out the pastry, cut into squares, add filling, and seal the triangles.

Spray your baking sheets with nonstick cooking spray or line with baking sheet. Place 9 Bourekas on each sheet, evenly spaced, giving them some room to expand during baking.

In a small bowl, whisk together the egg yolk and 2 tsp of cool water. Use a pastry brush to brush a thin layer of the egg wash onto the surface of each boureka.

Sprinkle the bourekas with sesame or poppy seeds, if desired.

Bake the bourekas for about 30 minutes, switching the baking sheets between the upper and lower racks halfway through cooking. Bake till golden brown and cooked through.



# Creamy Potatoes

## You will need:

4 Potatoes  
1 Onion (chopped)  
1 Box of Fresh  
Champignon  
mushrooms (Sliced)  
1 cup of Heavy Cream  
3.5 oz. Cheddar/ Gouda  
cheese (Shredded)  
Salt (Flat spoon)  
Black Pepper (Half  
spoon)



## Instructions:

1. Heat the oven to 375 °F.
2. Boil water in a medium pot. Meanwhile, peel the potatoes and cut to slices.
3. Add the sliced potatoes to the boiling water and cook for 5 min or until it starts to soften (to be only halfway ready).
4. Spread the sliced potatoes in a pan.
5. In another pan, heat oil or butter until hot. Add chopped onion and cook for 5 min or until it starts getting a golden brown color. Then add the mushrooms, Salt and Black pepper. Keep cooking for a few more minutes until the mushrooms are cooked and the liquids evaporated.
6. Add the heavy cream and cook on a low heat. Keep stirring frequently until it boils.
7. Pour the sauce over the potatoes and spread the cheese on top of it. Cook in the oven for 10 min or till it gets brown.



# Biscuit cheese cake

THE CLASSIC ISRAELI DESSERT

## You will need:

- 2 pouches instant pudding
- 1 sleeve tea biscuits
- 1/2 cup white sugar
- 3 cups milk
- 2 cups whipped cream
- 1 1/2 cup yogurt



**B'TEAVON!**

## Instructions:

Mix the instant pudding, sugar, whipping cream, yogurt and 1 1/2 cups milk in a bowl till dense. Add more milk if necessary. Dip biscuits in milk and layer them in a baking pan for the first layer. Add some of the cheese mixture, spread around and repeat the process. cool in the fridge for half an hour before serving



# Chocolate roll

SO EASY. SO GOOD.

## You will need:

1 and a quarter cup  
crushed tea biscuits  
(KEDEM style)  
3.5 oz dark chocolate  
1/2 cup milk  
1.5 oz butter  
1 tbs sugar



## Instructions:

In a glass bowl put the chocolate, milk, butter and sugar and melt in the microwave. Mix to a creamy result. Add the tea biscuit crumbs and mix well. Leave in the freezer for 10 minutes. Cut out a piece of tin foil about 16 inches long. Put the mix on the foil, roll and tighten to a sausage shape. Freeze for 30 minutes then slice to pieces about half an inch thick. Enjoy!

**B'TEAVON!**