

# THE PEOPLE OF ISRAEL --- COOKBOOK



# ABOUT THE AUTHORS

---

We are from Ms. Laura's Masa class at Temple Beth El in Bloomfield Hills, MI. This semester, we were learning about the People of Israel. To do that, we researched different recipes that people who live in Israel make. There are 19 students in our class and we all have a passion for learning about the People of Israel through food! The different groups of people we learned about were Ashkenazi, Sephardi, Mizrahi, and Arab-Israeli.

Each session we would learn about the cultures and history of the groups and then look in different cookbooks to find a recipe that we could make that would help us learn more about them. We would pick a few recipes in different groups and then vote on our favorite.

Our Class:

Sophie Beebe

Hannah Byer

Jaye Coden

Sabrina Dunn

Laila Feldman

Cadyn Geller

Lucie Giron

Mollie Glasier

Jordyn Goldstein

Leah Goldstein

Sophia Good

Cole Kirshenbaum

Samantha Mollo

Samantha Rosenberg

Payton Renush

Sloane Schiller

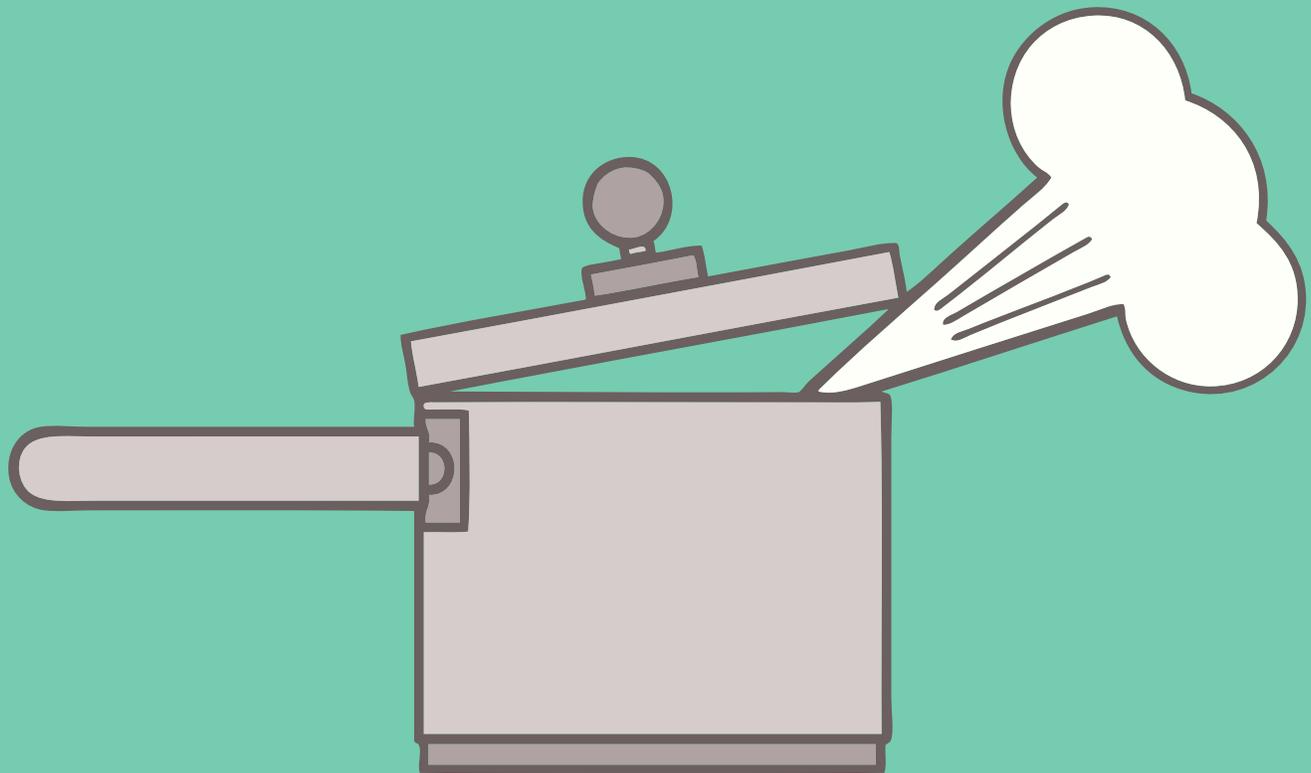
Tessa Shane

Bryce Toby

Zoe Yourofsky

# WHAT WE LIKED ABOUT PROJECT BASED LEARNING

Cooking the food felt more interactive and a better experience than only reading about these groups from a book. We used the cookbooks to help us learn more about the People of Israel through their recipes. By experiencing the food, we learned more about the culture.



# TABLE OF CONTENTS

---

Page 2

## **About the Authors**

Page 3

## **What We Learned**

Page 4

## **Table of Contents**

Pages 5 - 7

## **Ashkenazi**

Pages 8 - 10

## **Sephardic**

Pages 11 - 13

## **Mizrahi**

Pages 14 - 16

## **Arab-Israelis**

# ASHKENAZI BACKGROUND

Ashkenazi Jews are a group of people that traveled from Israel a long time ago and moved to Europe. Today, Ashkenazi Jews are all over the world, including back in Israel. Ashkenazi Jews are known as the creators of the bagels. Did you know that the reason bagels have a hole in the middle is because people used to put them on a pole or a string so they could sell them in the street? The largest group of Jewish people in Israel identify as Ashkenazi Jews, and the same is true here in the United States. Many of the people in our class are Ashkenazi, so we recognized a lot of the food that this group traditionally makes. Ashkenazi Jews spoke Yiddish, which is a combination of Hebrew and German. We decided to make bagel chips in class as a representation of the yummy bagel!



# BAGEL CHIPS RECIPE

Recipe per person:

1 Fresh Plain Bagel sliced in discs

1 Tablespoon butter

Toppings:

Cinnamon Sugar

Everything But The Bagel Seasoning (Trader Joe's)

Garlic Powder

Salt

Preheat the oven to 325 °F. Slice the bagel into little discs. Spread butter onto each side of the discs. Sprinkle the topping of your choice over the slices. Spread the slices evenly on a baking sheet and bake for about 15 minutes or until golden brown. Enjoy!



# WHAT WE THOUGHT

---

We loved the bagel chips! This recipe was very popular and we shared some with our families.

We all picked different toppings and had a lot of fun creating our own plate of bagel chips!



# SEPHARDIC BACKGROUND

---

Sephardic Jews lived in Spain and Portugal and later on they also lived in Northern Africa. They had to move out of Spain because they were told that they had to change their religion or leave or else they could be hurt or killed. That was called the Spanish Inquisition, it took place in 1492 - a long time ago! The Sephardic food we picked to make was called Sfenj, which is a doughnut that Sephardic Jews eat during Hanukkah because they are made with lots of oil. Like we mentioned, most of us come from Ashkenazi families so we are used to eating latkes, so this was a fun treat! Sephardic Jews speak the language of Ladino, a combination of Hebrew and Spanish. Now, Sephardic Jews live lots of places including Israel.



# SFENJ DOUGHNUTS RECIPE

## Ingredients

7 cups (1kg) all-purpose flour

2 Tbsp (17g) active dry yeast

½ cup (100g) sugar, plus more for rolling

½ tsp salt

3⅓ cups (800ml) lukewarm water, divided

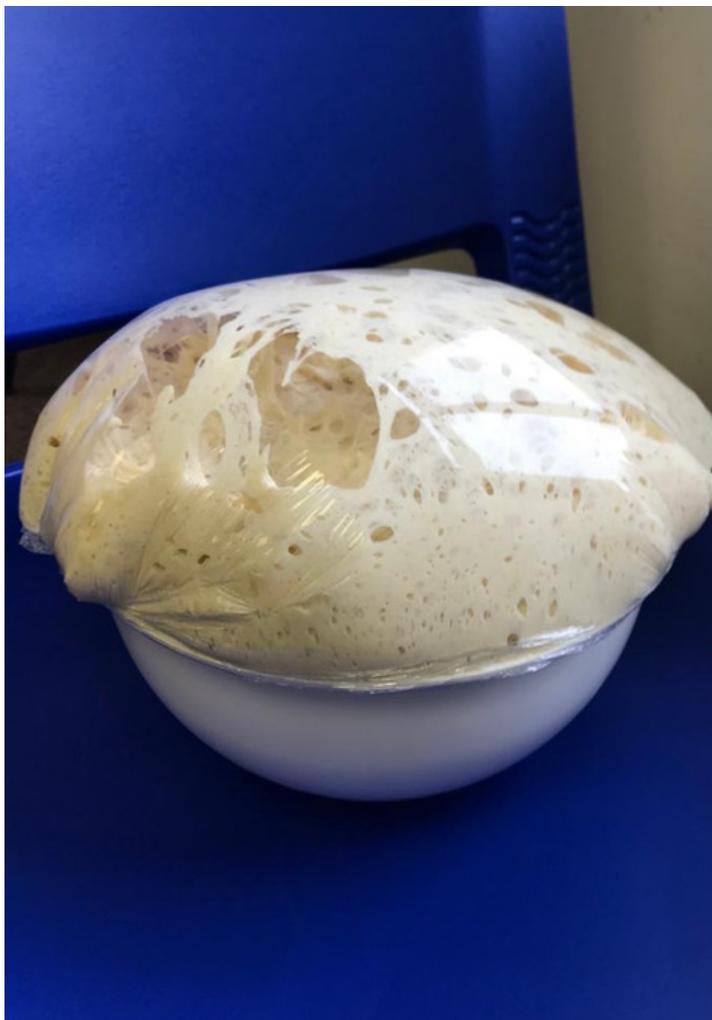
1 ½ qt (1.5L) vegetable oil, for deep-frying

## Directions

In large bowl mix the flour and yeast. Add sugar and salt, and mix with the flour. Pour in half the water, and begin kneading with your hands. Gradually add the remaining water, and knead for another minute. Don't over knead. Cover in plastic wrap and set aside to rise, until doubled in bulk. In a wide pot, heat the oil to 325°F (160°C) on a deep-frying thermometer.

Dip your hands in a bowl of cold oil or water. Pinch a ball of dough (tangerine size) and pull it up. Holding the ball of dough with both hands, insert your finger in its center to create a hole. Carefully place the bagel shape into the hot oil. Repeat with the rest of the dough (not forgetting to dip your hands in cold oil or water occasionally).

Deep-fry until sfenj are golden, 2-3 minutes on each side. Put the fried sfenj on a paper towel to soak up the excess oil. Dip each sfenj in a bowl of sugar to coat, and serve immediately. (Recipe adapted from [MyJewishLearning.com](http://MyJewishLearning.com))



# WHAT WE THOUGHT

---

We thought the doughnuts tasted really good and we especially liked them rolled in powdered sugar. Some were a little doughy because we did not always make a hole in the middle. Overall, we loved them!



# MIZRAHI BACKGROUND

---

Mizrahi Jews trace their roots in the Middle East. They have history in many different countries including Iraq, Syria, and Iran. They usually speak the native language, which is often Arabic. During Purim, Mizrahi Jews practice the custom of giving baskets of food and treats to their friends and family. The special Wedding Cookies we picked to make can be included in baskets like that. Many Mizrahi Jews today live in Israel.



# MIZRAHI RECIPE

---

## Ingredients:

4 Large Eggs

1 1/2 cups Sugar

2 Tablespoons Grated Orange Zest

2 Teaspoons Vanilla Extract

1 cup Vegetable Oil

5 cups All-purpose Flour

3 Teaspoons Baking Powder



Preheat the oven to 350 °F.

In medium bowl, beat eggs, 1 cup sugar, orange zest, vanilla, and oil. Gradually add the flour and baking powder to the mix to form a sticky dough. Mix for 2 more minutes, then put it in the fridge for 15 minutes.

Roll the dough in strand, take two strands and twist them together. Or make whatever shape you want! Then, dip the shape into the remaining sugar and place on a greased baking sheet. Bake for 8-10 minutes.

(Recipe adapted from Aromas of Aleppo by Poopa Dweck)

# WHAT WE THOUGHT

---

There were mixed reviews of the cookies but most of us liked them. Some thought they were too sweet while others thought they weren't sweet enough! You'll have to try them for yourself!



# ARAB-ISRAELI BACKGROUND

---

In Israel, not everyone is Jewish. There are people from lots of different religious and cultural backgrounds. One big group are people who are Arab-Israeli. Many (but not all) Arab-Israelis speak Arabic and practice Islam. Our class read a book about a special summer Peace Camp that works to make sure the kids from all different backgrounds in Israel find common ground and work toward peace in their country. Many Arab-Israelis have been living there for generations and often share a multi-generational home. We made hummus as the representation of Arab-Israelis.



# ARAB-ISRAELI RECIPE

---

Recipe per person:

1/2 can Chickpeas

1 Teaspoon Garlic Powder

1/2 Tablespoon Lemon Juice

2 Tablespoons Tahini

Olive Oil

Salt

Pita for serving



Mash the chickpeas as much as you can. We did it by hand with a fork but you could use a food processor. Then add each of the ingredients until the hummus starts to get a lighter consistency (and starts to look like hummus). Add more olive oil if needed. Add salt for taste. Scoop with pita bread, and enjoy!

# WHAT WE THOUGHT

---

The hummus also had mixed reviews - and probably because it was hard to mix! Our hummus was a little chunky because we were smashing the chickpeas by hand.

Some people still really liked it and ate it with the pita, others passed on the tasting.



THANK YOU!

---

We wanted to give a special thank you to our Madrichim Tommy and Jackie! They helped us so much.

We also want to thank Temple Beth El and those that work in the kitchen for letting us take over a few times!

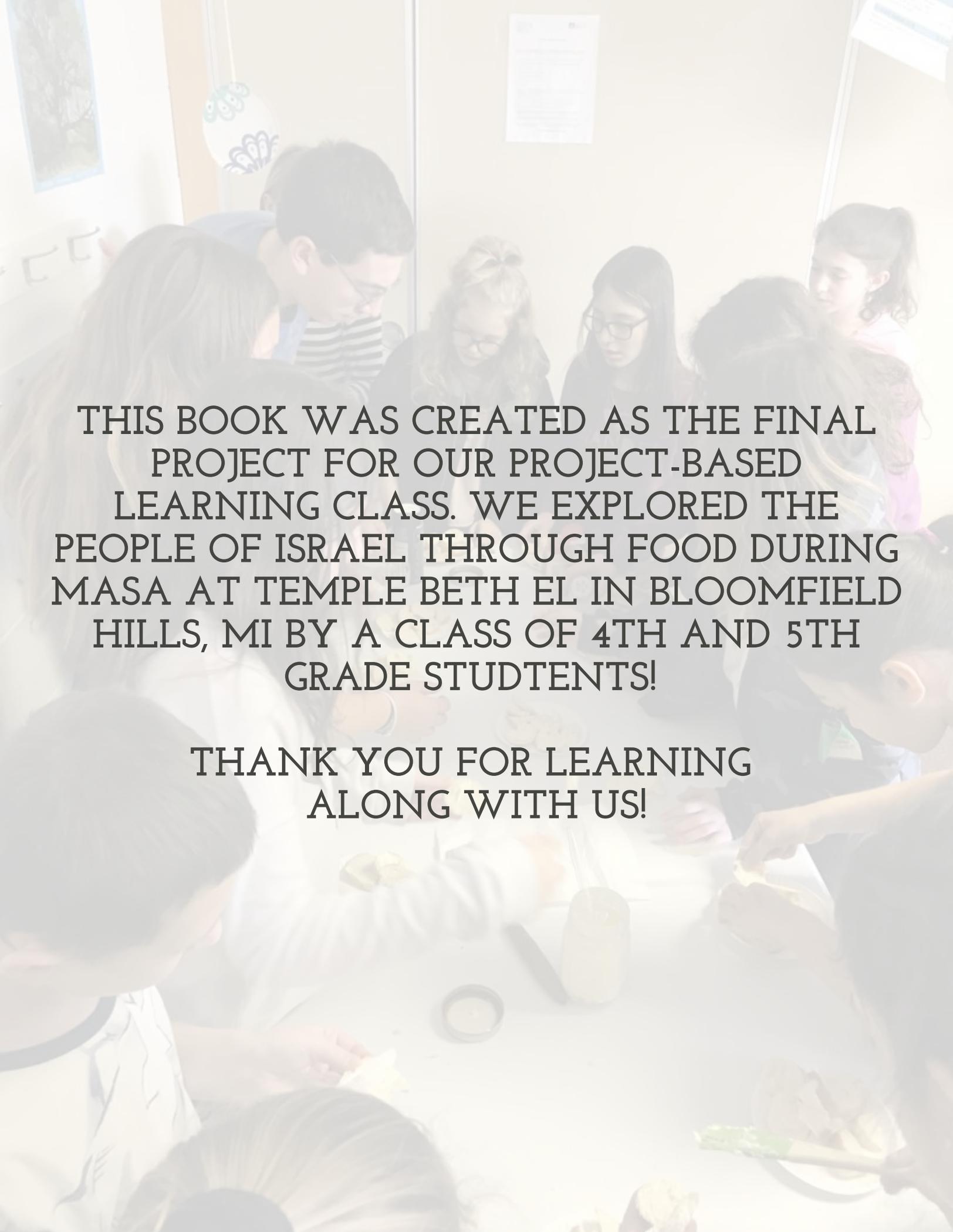
And thank you Debbie, we had so much fun in this Journey class!

THANK YOU

THANK YOU!

THANK YOU





THIS BOOK WAS CREATED AS THE FINAL  
PROJECT FOR OUR PROJECT-BASED  
LEARNING CLASS. WE EXPLORED THE  
PEOPLE OF ISRAEL THROUGH FOOD DURING  
MASA AT TEMPLE BETH EL IN BLOOMFIELD  
HILLS, MI BY A CLASS OF 4TH AND 5TH  
GRADE STUDTENTS!

THANK YOU FOR LEARNING  
ALONG WITH US!

THIS BOOK WAS CREATED IN 2019 FOR A PROJECT-BASED LEARNING CLASS AT TEMPLE BETH EL'S MASA PROGRAM. IT WAS DONE BY A DEDICATED AND EXCITED GROUP OF 4TH AND 5TH GRADERS. READ MORE ABOUT HOW WE EXPLORED "THE PEOPLE OF ISRAEL" THROUGH COOKING!

---

