

VIBE ISRAEL
A Kinetis Initiative

Israeli Food Workshop

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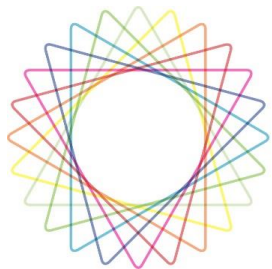
MIZPE HAYAMIM
HOTEL • SPA • ORGANIC FARM



מצפה הימים
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Beetroot Tahini

Ingredients:

Juice of one beet

½ cup raw tahini from whole sesame

1.5 teaspoons Atlantic salt

½ teaspoon black pepper

1 teaspoon red paprika

Juice of half a lemon

Preparation:

Mix everything in a blender



Sweet Potato Tahini

Ingredients:

½ cup tahini

One steamed medium sized sweet potato

½ teaspoon cinnamon powder

1 teaspoon Atlantic salt

¼ teaspoon white pepper

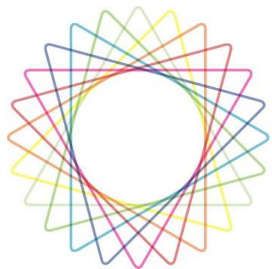
1 tablespoon natural almond paste

¼ cup of water

Preparation:

Mix everything in a blender





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Eggplant Tahini

Ingredients:

One sliced eggplant

½ cup raw tahini from whole sesame

¼ cup water

½ teaspoon ground cardamom

3 tablespoons fresh chopped mint

Two crushed garlic cloves

2 teaspoons Cold-Pressed olive oil

1 teaspoon Atlantic salt

1 teaspoon red paprika

¼ teaspoon hot paprika

Juice of half a lemon

Preparation:

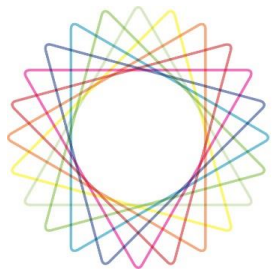
Bake the sliced eggplant for an hour in an oven, pre-heated to 180 degrees.

Process everything in the food processor until smooth



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Baked Falafel

Ingredients:

2 cups chickpeas that have been soaked for at least 24 hours (it is possible to germinate)

Two slices spelt bread / whole rye

3 tablespoons fine oatmeal

2 tablespoons whole sesame

One bunch green onions (at least 10 stems), washed and without roots

2 teaspoons Atlantic salt

1 teaspoon cumin powder

1.5 teaspoons sweet paprika

¼ teaspoon ground cinnamon

3 tablespoons Cold-Pressed olive oil

One bunch coriander leaves

One bunch fresh dill leaves

A small piece of green chili pepper

Five garlic cloves, including the peel

¼ cup sugar-free soymilk



Preparation:

In a food processor with a steel blade, grind the chickpeas with garlic bread, onion and spices.

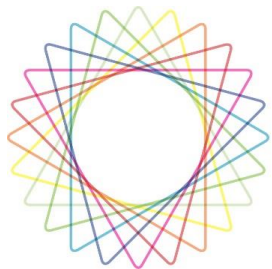
Add remaining ingredients and grind in pulses until receiving a solid texture.

It is possible to add the soymilk only if the mixture is too dry.

Let the mixture rest for two-three hours, preferably refrigerated.

Prepare balls in a falafel ball manual machine or by hand. It is also possible to make Mini falafel muffins.

Arrange in a greased pan and Bake in an oven, pre-heated to 180 degrees for about 25 minutes until browned.



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Vegan Salep

Ingredients:

- ½ cup almonds, soaked overnight
- ½ cup cashew nuts, soaked overnight
- ½ cup macadamia nuts, soaked overnight
- 1 teaspoon cinnamon powder
- 2 tablespoons tapioca flour
- 2 teaspoons natural vanilla extract
- ½ cup date honey
- 3 cups hot (but not boiling) soymilk
- ¼ cup ground coconut
- 2 tablespoons date honey

Preparation:

In a juicer, process the nuts with the soymilk.

Transfer to a small saucepan, sprinkle the tapioca flour while blending and mix well.

Cook on a small fire for five minutes.

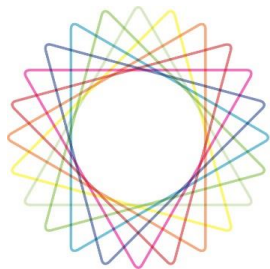
Remove from the fire, add date honey and cinnamon and mix well.

Pour into glasses, sprinkle coconut and date honey on top.



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Vegan Shakshuka

Ingredients:

One pack cherry tomatoes, roughly chopped, preferably in a food processor

Two medium-sized purple onions

Five garlic cloves, including the peel, finely chopped

One red pepper, chopped to thin stripes

One green pepper, chopped to thin stripes

One small pack of organic tomato paste

One pack of tofu, crumbled into coarse crumbs

2 tablespoons beer yeast powder

½ cup chickpea flour

½ cup water

3 tablespoons olive oil

2 teaspoons Atlantic sea salt

1 teaspoon ground black pepper

2 teaspoons sweet paprika

½ teaspoon cumin

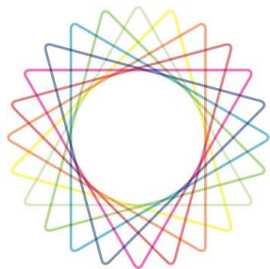
1 teaspoon hawaj seasoning for soup

1 teaspoon date honey

One bunch chopped coriander

One bunch chopped parsley





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Preparation:

In a large covered pan, cook the tomatoes with peppers, onion, garlic and tomato paste with olive oil on a small fire for half an hour.

Add herbs, date honey and spices and cook for another fifteen minutes.

Place the crumbled tofu on top of the mixture.

Mix water, chickpea flour and beer yeast powder using a fork.

Pour the mixture over the tofu.

Cook covered for another fifteen minutes.



Bon Appetite!

בתאבון!

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