

IWAM Middle Eastern Cuisine Cooking Lesson with Inbal Haim

Shakshuka, Humus and Arabic Salad

Our member, Inbal, generously offered her time and expertise, to give us the special chance to learn Middle Eastern recipes, including Shakshuka one of Israeli's most loved foods.

Shakshuka

- 1 can of crushed tomatoes
- 1 onion
- 2 garlic cloves
- 2/4 eggs (depends on how much you eat in your family a head)
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of sweet paprika
- 1/2 teaspoon of turmeric
- 1/2 cup of cilantro / Parsley leaves
- 3 tablespoons of extra virgin olive oil
- 1/2 cup of crumbled feta cheese/or any other cheese

The traditional way of eating the shakshuka is with a fresh bread/Arab bread/pita ("scarpetta")

Humus

- 500 gram pre-cooked chickpeas
- 1 tsp salt
- 1 fresh lemon (for juice)
- 2 garlic cloves
- 3/4 cup of tahini
- 1 cup of tap water/ water from the cooked chickpeas

Arabic salad

- 1 cucumber
- 2 tomatoes
- 1 red pepper
- 1 onion
- 1/2 cup of cilantro/ Parsley
- 1 fresh lemon (juice)
- 1 teaspoon of salt
- 1 teaspoon of pepper