

Classroom Recipes

Choose one recipe, or set out a store bought tasting plate. Check allergies and dietary needs first, follow your school's food safety rules, and make tasting optional.

Hummus

A no cook dip shared across the Middle East and loved on Mizrahi tables

Serves 8 as a snack · 15 minutes · Blender or food processor · **Contains sesame**

Ingredients

- 1 can (15 oz) chickpeas, drained (save the liquid)
- ½ cup tahini (sesame paste)
- Juice of 1 lemon
- 1 small clove garlic
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 2 to 4 tablespoons cold water or chickpea liquid
- Olive oil and paprika for the top
- Pita and sliced vegetables for dipping

Steps

1. Blend the tahini and lemon juice for 1 minute until thick and pale.
2. Add the garlic, cumin, salt, and chickpeas, and blend until smooth.
3. With the blender running, add water a spoonful at a time until creamy.
4. Taste and add more lemon or salt if needed.
5. Spread on a plate, make a swirl with a spoon, and drizzle with olive oil and a pinch of paprika.

Shakshuka

Eggs in spicy tomato sauce, from the Jews of Tunisia and Libya

Serves 6 · 40 minutes · Hot plate and large covered skillet · **Contains eggs**

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- Optional: 1 teaspoon harissa or a pinch of chili flakes
- 1 can (28 oz) crushed tomatoes
- Salt and pepper
- 6 eggs
- Chopped parsley; bread or pita for serving

An adult should handle the hot skillet.

Steps

1. Heat the oil and cook the onion and pepper over medium heat until soft, about 8 minutes.
2. Add the garlic and spices and stir for 1 minute.
3. Add the tomatoes, salt, and pepper. Simmer, partly covered, for 15 minutes until thick.
4. Make 6 small wells in the sauce and crack an egg into each.
5. Cover and cook on low heat until the whites and yolks are firm, about 10 minutes.
6. Sprinkle with parsley and serve with bread.

Potato Bourekas

Flaky filled pastries from the Sephardic communities of Turkey and the Balkans, beloved in Israel

Makes 18 · 1 hour · Oven · **Contains wheat, eggs, and usually dairy**

Ingredients

- 1 pound potatoes, peeled and quartered
- 1 onion, diced
- 2 tablespoons olive oil
- Salt and pepper; optional ¼ teaspoon turmeric
- 1 package (2 sheets) frozen puff pastry, thawed
- 1 egg, beaten, for brushing
- Optional: sesame seeds

Steps

1. Boil the potatoes until tender, about 15 minutes; drain and mash.
2. Cook the onion in the oil until golden, then mix into the potatoes with salt, pepper, and turmeric. Let cool.
3. Heat the oven to 400°F. Cut each pastry sheet into 9 squares.
4. Place a spoonful of filling on each square, fold into a triangle, and press the edges with a fork.
5. Brush with egg, sprinkle with sesame seeds, and bake on a lined tray for 20 to 25 minutes until golden.

Written by JIMENA. Recipes are traditional; method and wording are JIMENA's own.