



GuestyVal

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Tel Aviv



A Taste of Israel

Bring Israel's most iconic dishes (and memories of GuestyVal 2019) home with you thanks to these mouth-watering recipes.



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Guesty

Curated with care
by your Guesty family



Israel is one big melting pot of different cultures and backgrounds fused together, and the country's cuisine is a true testament to its diverse population. With its completely unique collection of flavors and aromas hailing from every corner of the globe, the culinary experiences you have in Israel are bound to leave a lasting impression.





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Part I

Seasonings

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Za'atar

A traditional and versatile blend of aromatic spices that is ubiquitous with Israeli cooking. Use it as a dry rub for meats, fish or vegetables, or as a topping for dips, eggs and flatbreads.



Prep Time:
5 mins



Servings:
1/2 cup

Ingredients

1 Tbsp dried thyme, crushed (or sub for oregano)

1 Tbsp ground cumin

1 Tbsp ground coriander

1 Tbsp toasted sesame seeds

1 Tbsp sumac

½ tsp kosher salt

¼ tsp or more aleppo chili flakes (optional)

Instructions

1. Mix all the ingredients together in a small bowl. Store in an airtight container.
2. To achieve the most flavorful za'atar, toast whole seeds (cumin and coriander seeds) until fragrant, then grind. If you don't have whole seeds, feel free to use ground spices.

Recipe courtesy of: **Feasting at Home**

Tehina

(You may know it as tahini!)

Known in Israel as tehina, this condiment is a staple of Middle Eastern cooking. Used on its own to top salads and meat, or used as a primary ingredient of other traditional Israeli dishes (think: hummus!), tehina is versatile, nutty and delicious.



Prep Time:
2 mins



Cook Time:
5 mins



Servings:
16 tablespoons

Ingredients

- 1 cup hulled sesame seeds
- 3 Tbsp or more extra virgin olive oil

Instructions

1. Heat a clean, dry cast iron or heavy duty skillet over medium high heat and add the sesame seeds. Stir frequently until they begin to turn golden brown and then stir constantly. Be careful, they burn easily.
2. Once they're toasted, let them cool a few minutes then add them to a food processor.
3. Start by adding 3 tablespoons of olive oil to the food processor. Process the mixture into a paste, stopping to scrape down the sides as you go. Add more olive oil until you reach the desired consistency (makes a little less than 3/4 cup tehina (tahini) paste, depending on how much olive oil you use).
4. Store paste in the refrigerator in an airtight jar.

Recipe courtesy of: **The Daring Gourmet**

Hummus

Although this Middle Eastern dip can now be found in nearly any grocery store around the world, it remains one of the most served dishes throughout Israel. Simple to make, tough to master, but always a crowd pleaser.



Prep Time:
15 mins



Servings:
10

Ingredients

- 4 (15 ounce) cans of garbanzo beans, drained and rinsed
- 1 cup prepared tehina (tahini)
- 4 garlic cloves, crushed
- 1 cup fresh lemon juice
- 1 tsp salt

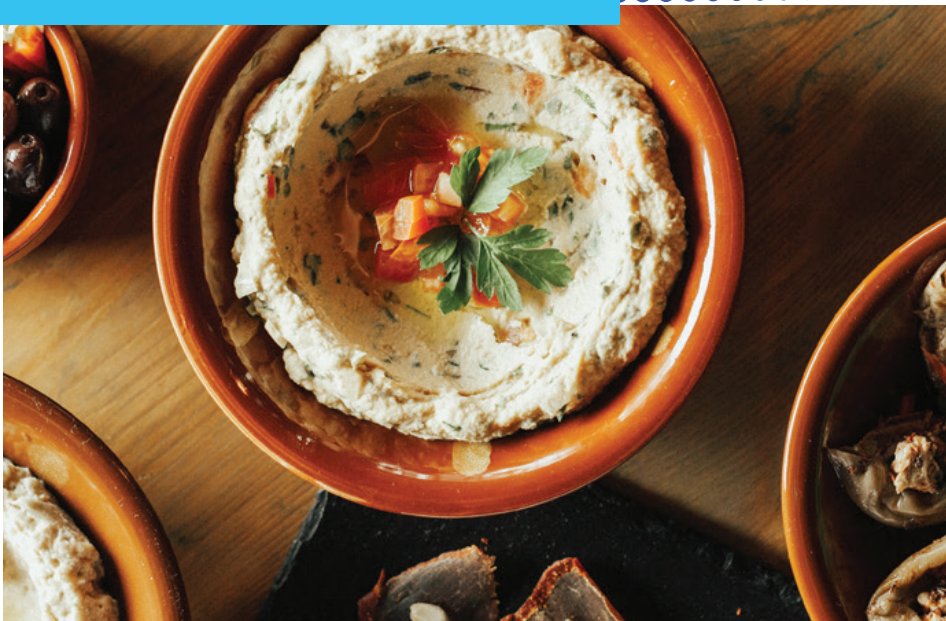
Instructions

1. Blend garbanzo beans, tehina (tahini), garlic, salt and lemon juice in your food processor until smooth and fluffy.
2. Spoon onto small plate, flatten and add garnish (paprika, olive oil, fresh parsley).
3. Serve with warm pita bread, pickles and cherry peppers.

Recipe courtesy of: **Genius Kitchen**

Baba Ganoush

This eggplant appetizer is a close relative to hummus, commonly served as either a starter or an accompaniment to a traditional Israeli meal. Best served cold with some pita or raw veggies for dipping.



Prep Time:
15 mins



Cook Time:
10 mins



Servings:
4

Ingredients

- 1 medium eggplant
- 1 large clove garlic (grated or finely minced)
- 1 medium lemon (juiced)
- 2 Tbsp tehina (tahini)
- Sea salt
- 2 Tbsp fresh parsley
- Olive oil (for roasting)

Instructions

1. Preheat oven to high broil and position a rack at top of oven.
2. Slice your eggplant into 1/4 inch rounds, sprinkle with sea salt and place in a colander in the sink to drain any excess liquid. After 10 minutes, rinse slightly and then pat dry between two towels.
3. Arrange eggplant on a baking sheet, drizzle with olive oil and pinch of sea salt. Roast for 5-10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack and wrap the rounds in foil to lock in moisture. Wait 5 minutes.
4. Peel away most of the skin of the eggplant and add flesh to a food processor. It should be soft and tender and the skin should come off easily.
5. Add lemon juice, garlic, tehina (tahini), a pinch of salt and mix until creamy. Add herbs last and pulse.

Recipe courtesy of: **Minimalist Baker**

Labneh

A soft, creamy cheese used as a spread, dip, or even a baking ingredient alternative.

Pair with fruit and honey for a sweet treat, or top with za'atar and dip grilled pita into a small bowl of it for a classic starter.



Prep Time:
24 hours



Servings:
4

Ingredients

64 ounces plain whole milk yogurt

2 tsp kosher salt

Cheesecloth or handkerchief

Instructions

1. In a bowl, mix the plain whole milk yogurt and kosher salt.
2. Pour the yogurt into a cheesecloth and tie it over a wooden spoon. Hang the cheese cloth over a pitcher and allow to strain in a refrigerator for 24 hours.
3. After 24 hours, several cups of whey should strain from the yogurt. Transfer the labneh to a container or use immediately. Keeps in the refrigerator for up to 2 weeks.

Recipe courtesy of: **A Couple Cooks**

Part II

Main Dishes

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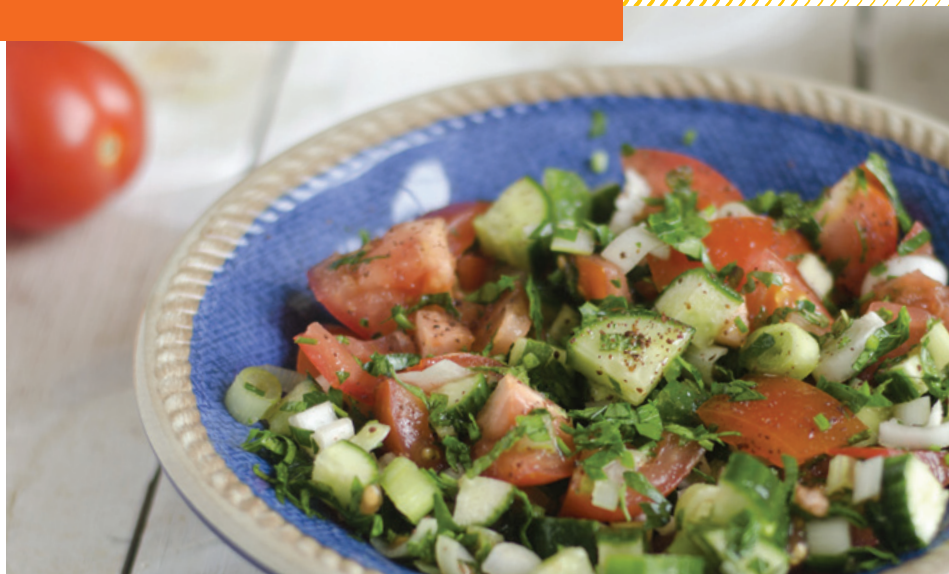
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Israeli Salad

Another staple of the country's cuisine, this simple salad will be served with almost any Israeli meal – from breakfast to dinner. Perfect on its own, stuffed in a pita or on a plate with meat, rice and hummus, this fresh salad is both universal and nutritious.



Prep Time:
10 mins



Servings:
4

Ingredients

2 cups diced cherry tomatoes

2 cups diced English cucumber

½ cup diced red bell pepper
(optional)

¼ cup red onion, diced

¼ cup finely chopped mint

¼ cup finely chopped parsley

2 Tbsp fresh lemon juice

1-2 Tbsp extra virgin olive oil

Sea salt, to taste

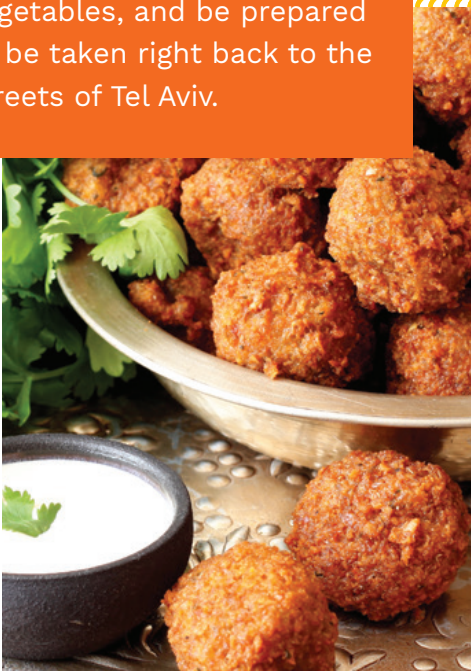
Instructions

1. Combine all ingredients together in a large bowl
2. Season with salt to taste.
3. Refrigerate until ready to serve.

Recipe courtesy of: ***Eating Bird Food***

Falafel

Whip up this fluffy, flavorful, deep-fried Israeli street food, served in a pita with hummus, tehina (tahini) and vegetables, and be prepared to be taken right back to the streets of Tel Aviv.



Ingredients

- 1 lb dry chickpeas/garbanzo beans (must start with dry beans, canned will not work!)
- 1 small onion, roughly chopped
- 1/4 cup chopped fresh parsley
- 3-5 cloves garlic
- 1 1/2 Tbsp flour or chickpea flour
- 1 3/4 tsp salt
- 2 tsp cumin
- 1 tsp ground coriander
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- Pinch of ground cardamom
- Vegetable oil for frying - grapeseed, sunflower, avocado, canola & peanut oils all work well

Instructions

1. Pour the chickpeas into a large bowl and cover with about 3 inches of cold water. Let soak overnight (they will double in size as they soak).
2. Drain and rinse the beans well. Pour them into a food processor along with the chopped onion, garlic, parsley, flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.
3. Pulse all ingredients together until a rough, coarse meal forms. Process until the mixture is somewhere between the texture of couscous and a paste, and can hold together. Be sure not to overprocess.
4. Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
5. Fill a skillet with vegetable oil to a depth of 1½ inches, and heat. The ideal temperature to fry falafel is between 360 and 375 degrees F.
6. Meanwhile, form the falafel mixture into round balls (about 2 Tbsp in each) using wet hands.
7. Before frying the first batch of falafel, do a test fry of one in the center of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown (5-6 minutes total). If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down slightly and try again.
8. When the oil is at the right temperature, fry the falafels in batches of 5-6 at a time till golden brown on both sides. Then, remove from the oil with a slotted spoon and let drain on a paper towel. Best served hot with hummus and tehina (tahini)!



Prep Time:
12 hours



Cook Time:
40 mins



Servings:
30-34 falafels

Recipe courtesy of: **Tori Avey**

Sabich

In Israel, there's no better indication of a restaurant's authenticity than the quality of their pita bread. Often filled with all different types of meats, vegetables and sauces to eat as a sandwich, or eaten the classic way with nothing but hummus to dip in, pita is essential to Israeli cuisine.



Prep Time:
15 mins



Cook Time:
14 mins



Servings:
2 sandwiches

Ingredients

4 small eggplants (with soft, edible skins)

2 Tbsp oil

2 eggs (hard-boiled and sliced)

1/4 cup hummus (store-bought or see recipe on pgs. 12-13)

1/4 cup tehina (tahini) (store-bought or see recipe on pgs. 10-11)

Israeli salad
(see recipe on pgs. 20-21)

Salt (to taste)

Freshly ground pepper (to taste)

2 pita rounds (with the top cut off to fill the pitas)

Instructions

1. Slice the eggplant into rounds and fry in the oil for about 5 to 7 minutes on each side, or until golden brown.
2. Prepare the Israeli salad, hummus and tehina (tahini) sauce (or gather your store-bought versions).
3. To assemble the sandwiches, spread the hummus evenly into the pita pockets, stuff with the fried eggplant rounds and the sliced hard-boiled eggs. Spoon in the Israeli salad and drizzle with the tehina (tahini). For a true Israeli experience, also top with a drizzle of Amba sauce — if you're able to find it (or make it!).

Recipe courtesy of: **The Spruce Eats**

Lamb Kebab

Lamb kebab is one of the most popular and beloved meat dishes served in Israel. Cooked on a grill to achieve that perfect chargrilled taste, this dish is best served with tehina (tahini) and pita.



Prep Time:
25 mins



Cook Time:
10 mins



Servings:
8

Ingredients

- 2 pounds ground lamb
- 3/4 cup pine nuts
- 1/4 cup finely chopped mint
- 1/4 cup finely chopped flat-leaf parsley
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 2 garlic cloves, minced
- 1 medium onion, finely chopped (1/2 cup)
- Kosher salt
- Freshly ground black pepper
- Olive oil, for brushing

Instructions

1. Light a grill. In a bowl, mix the lamb with the pine nuts, mint, parsley, cumin, cinnamon, garlic, onion, 1 tablespoon of salt and 1 teaspoon of pepper. Form the mixture into 16 ovals and thread them onto 8 skewers.
2. Brush the lamb kebabs with olive oil and season with salt and pepper. Grill over moderately high heat, turning occasionally, until the kebabs are lightly charred in spots and just slightly pink in the center, 8 to 10 minutes.
3. Remove the skewers to eat, or keep them in place if preferred. (You may know kebab as a skewered meat dish, but in Israel lamb kebab is traditionally eaten with the skewer removed, like a meatball). Serve with tehina (tahini), lemon wedges and warm pita.

Recipe courtesy of: **Food & Wine**

Shakshuka

A hearty, satisfying dish originating from North Africa, most commonly eaten for breakfast. Serving with toasted bread to sop up the sauce and runny egg yolks is a must!



Prep Time:
10 mins



Cook Time:
30 mins



Servings:
4

Ingredients

Olive oil, drizzle

1 cup yellow onion, diced

1 orange bell pepper, diced

Salt, to taste

Pepper, to taste

½ tsp cumin

½ tsp paprika

3 cloves garlic, chopped

28 oz crushed tomatoes,
1 bay leaf

1 ½ cups fresh baby kale

4 large eggs

¼ cup feta cheese, crumbled

Bread, toasted, for serving

Instructions

1. Heat a large cast iron skillet over medium-low heat.
2. Once hot, add olive oil and swirl to coat the pan. Add onion, bell pepper, salt, and pepper. Sauté 5 minutes, or until the onion is almost translucent.
3. Add the cumin, paprika, and garlic. Sauté 2-3 minutes, or until the garlic is slightly brown.
4. Pour in crushed tomatoes and add the bay leaf. Simmer for 10-15 minutes, or until the mixture has thickened. Stir in the baby kale until wilted.
5. Reduce the heat to low, then crack the eggs into the sauce. Cover and simmer until the egg whites are set, about 10-12 minutes. Top with the feta cheese and remove the pan from the heat.

Recipe courtesy of: **Tasty.co**

Part III

Sweets

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Halva

You can't walk through a market in Israel without seeing mounds of halva — a fudge-like sweet made from sesame paste (a.k.a. tehina, or tahini!). Halva can be topped & flavored with just about anything you can come up with, from chocolate and cinnamon to rose oil and orange.



Prep Time:
20 mins



Servings:
24

Ingredients

1½ cups tehina (tahini) (store-bought or see recipe on pgs. 10-11)

2 cups granulated sugar

1/2 vanilla bean, scraped

Zest of 1 lemon

Pinch of kosher salt

Instructions

1. Line an 8x8 inch baking pan with parchment paper.
2. Combine sugar, vanilla seeds and lemon zest with 1/2 cup water in a saucepan over medium heat, stirring to dissolve sugar. Allow mixture to simmer into a syrup, without stirring, until temperature reaches 245 degrees on candy thermometer.
3. While syrup is cooking, place tehina (tahini) and salt in bowl of a stand mixer fitted with paddle. Beat on medium speed. Carefully stream syrup into tehina (tahini) with mixer running. Mix until syrup is incorporated and mixture begins to pull away from sides of bowl, about 30-60 seconds. Be careful not to overmix. The halva texture should be fudgelike, not sandy.
4. Working quickly with a spatula, transfer mixture to the prepped pan. Place another piece of parchment on top and use your hands on top of that to smooth out the halva. Cool completely to room temperature and cut into squares. Store at room temperature, wrapped in plastic, for a week.

Recipe courtesy of: ***The New York Times***

Malabi

This creamy, milk-based pudding is not just one of the most popular desserts in Israel, but across the entire Middle East. Now a staple of Israeli street food, this sweet treat is most commonly flavored with rosewater and topped with pistachios for a uniquely floral and nutty finish.



Prep Time:
5 mins



Cook Time:
2.5 hours



Servings:
6-8

Ingredients

- 4 1/2 cups milk
- 1/2 cup rice flour
- 1/2 cup sugar
- 2 Tbsp rosewater
- 1 tsp vanilla extract
- 4 ounces chopped nuts
- Maple or other sweet syrup

Instructions

1. Put the rice flour in a small bowl. Slowly, add 1/2 cup from the milk to it, whisking to dissolve any lumps. Bring the rest of the milk, plus the sugar, to boil. Stir in the rice flour. Stir well to distribute the rice flour, but don't scrape up the thickened layer that will form at the bottom of the pot – it will simply form lumps.
2. Lower the heat to medium and cook the pudding for 5 minutes, stirring.
3. Stir in the vanilla and the rosewater.
4. Pour the malabi into a big bowl, or ladle it into 6 dessert-sized bowls. Cool it completely, then refrigerate it for at least 2 hours.
5. Garnish the tops with chopped nuts and a ribbon of your favorite sweet syrup.

Recipe courtesy of: **From the Grapevine**

בְּתֵאֵבוֹן!

(Beh-tay-ah-vone)

Israeli expression meaning
'Bon Appetit!'

