

Contents

6 Introduction

Food

18 Salads etc.

The Israeli Salad [20] Eggplant [28] Tahini [38]
Hummus [44] Meze [50]

64 The Street and the Market

Falafel [68] Shawarma [74] Shakshuka [78] Pita, Laffa
and Lahukh [84] Jerusalem Mixed Grill [88] Jerusalem
Bagel [90] Bourekas [92] Malabi [98]

106 Simple Pleasures

Soups [108] Couscous [116] Rice [122] Ptitim [126]
Fish [130] Chicken [142] Stuffed Vegetables [148]

162 Grill

Pargiyot, Kebab and More

184 Shabbat

Challah [188] Chicken Soup [192] Chopped Liver [196]
Hamin [198] A Cake for Shabbat [206]

226 Holidays

Rosh Hashanah [228] Hanukkah [238] Tu bi'Shvat [244]
Passover [250] Shavuot [264] Ramadan [274]

Stories

- 62 The Israeli Breakfast
 - 100 Olive Oil – The Soul of the Mediterranean
 - 138 Fishing in Israel
 - 158 Bread – From Standard to Sourdough
 - 176 Fruits of Paradise
 - 216 Coffee
 - 218 Cheese – Between White, Yellow and Salty
 - 282 Wine Fever in the Holy Land
-

- 292 Special Ingredients
- 296 Basic Recipes
- 300 Recipe Index