

# What Are We Eating Tonight?

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**Challah** is a special Jewish, braided bread, eaten on Sabbath and Jewish holidays.



**Kosher Half-Sour Pickles:** A "kosher" dill pickle is not necessarily kosher in the sense that it has been prepared in accordance with Jewish dietary law. Rather, it is a pickle made in the traditional manner of Jewish New York City pickle makers, with generous addition of garlic and dill to a natural salt brine. In New York terminology, a "full-sour" kosher dill is one that has fully fermented, while a "half-sour," given a shorter stay in the brine, is still crisp and bright green.

**Hummus** is a Levantine and Egyptian food dip or spread made from cooked, mashed chickpeas or other beans, blended with tahini, olive oil, lemon juice, salt and garlic. Today, it is popular throughout the Middle East (including Turkey), North Africa (including Morocco), and in Middle Eastern cuisine around the globe.



**Kashke Bademjan (Eggplant and Walnut dip)** is one of the most popular Persian appetizers. Bademjan is eggplant in Farsi, and Kashke is a yogurt product. Ground walnuts add creaminess and substance to this amazing dip.

**Matzah Ball Soup:** Matzah represents the unleavened bread the Jews ate while fleeing Egypt in the biblical exodus story. Matzah balls are made by grinding matzah down to meal and mixing the product with eggs, water, and oil. But the dumplings were not always called matzo balls. They were called *knoedel*, and the Germans, Austrians and Alsatians used them in soups. When Jews moved to Poland, they referred to them as *knoedela*, and in the 1930s, the U.S. Manischewitz company started packaging the product and called them "Alsatian feathery balls." According to Jewish cookbook author Joan Nathan, it was probably U.S. comedians and vaudeville performers that finally dubbed them "matzo balls."



**Israeli salad** is a chopped salad of finely diced tomato, onion, cucumber, bell peppers, parsley and mint dressed with olive oil and lemon juice. The origins of the Israeli salad are traced by Gil Hovav, Israeli food editor and chef, to a Palestinian and Arab salad. Adopted from the Arab cuisine and popularized in Israel by the kibbutzim, variations on the basic recipe have been made by the different Jewish communities to immigrate to the country. For example, Jews from India prepare it with the addition of finely chopped ginger and green chili peppers, North African Jews may add preserved lemon peel and cayenne pepper, and Bukharan Jews chop the vegetables extremely finely and use vinegar, without oil, in the dressing.



**Mangú** (Mashed plantains) is one of the best-known and most representative dishes of Dominican cookery. Mangú is made up of boiled green plantains. The plantains are then mashed with the water in which they were boiled. The dish is topped with sautéed onions that have been cooked with apple cider vinegar. Boiled mashed plantains can be traced back to Africans in the Congo region who came to the island during the height of the slave trade. The original word was something akin to mangusi and referred to almost any root vegetable that was boiled and mashed.

**Vegetable Tikka Masala:** Indian cuisine is characterized by the extensive use of numerous spices. Spices or *Masala* as it is called in Hindi may be called the “heartbeat” of an Indian kitchen. The spices are used to flavor the food, making each dish distinct and wonderfully aromatic. Each spice by itself imparts a very unique flavor, but when used together with other spices, the combination and permutation of different ones magically change the individual characteristics. Our dish tonight is made with cauliflower, red peppers, onions, tomato puree and spices including garam masala, turmeric, ginger, garlic and coriander.



**Pilaf** is a dish in which rice is cooked in a seasoned broth. Pilaf and similar dishes are common to Balkan, Middle Eastern, Caucasian, Central and South Asian, East African, Latin American and Caribbean cuisines. It is a staple food and a national dish in Afghan, Armenian, Azerbaijani, Bangladeshi, Balochi, Bukharan Jewish, Cretan, Kyrgyz, Kurdish, Indian, Iranian, Pakistani, Swahili (Kenyan, and Tanzanian-Zanzibari), Uyghur, Uzbek, Tajik and Turkish cuisines.

**Baklava** is a rich, sweet pastry made of layers of phyllo filled with chopped nuts and sweetened and held together with syrup or honey. It is characteristic of the cuisines of the former Ottoman Empire, and is also found in Central and Southwest Asia.

