

Authentic foods of israel

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ISRAEL

A very small country, occupying a narrow strip of land, 265 miles long at the Eastern end of the Mediterranean Sea. Climate is cool and mild like Southern California, but can get very hot and dry during summer and cold during winter.

An ancient land of the bible.



RELIGION

The major religion is Jewish (82%), then Sunni Muslim (14%). Holy city and home to Jews, Christians, and Muslims.

FOODWAYS

Israel cooking is a blend of European and Middle Eastern influences but still uniquely Jewish mainly due to religion. The dietary laws that require all food to be “kosher” in the kind of meat, how the animal is slaughtered, and when to eat meat with what foods and other strict rules must be observed. All foods grown in Israel land areas are abundant and inexpensive. Fresh fruits and vegetables are of high quality and can be compared to other nations. They also eat less meat in general, although Turkey and chicken are inexpensive and allowed by the Jewish dietary laws.

Israel

- Mild temperatures
- Supports to cultivate the citrus fruits, figs, grapes.
- Reforestation in 1990
- Fresh fruit was considered one of the country's best meal.
- National food – Falafel
- Staple food - Bread
- Jachun – weekend food

What is FALAFEL??

- Middle eastern dish
- Deep fat fried ball
- Eaten in flat bread with lettuce, tomatoes, etc



Origin

- Invented in Alexandria port
- Sailors spreaded
- Beginning in the 1950s, Yemenite immigrants chosen as live hood
- transformed this ancient treat into the Israeli national street food.



Menu of Israel

Break fast

- Borekas
- Salads
- Breads
- Jachun
- Labane
- Shakshooka

Lunch

- Baba ganoush
- Falafel
- Hummus
- Malawach

Dinner

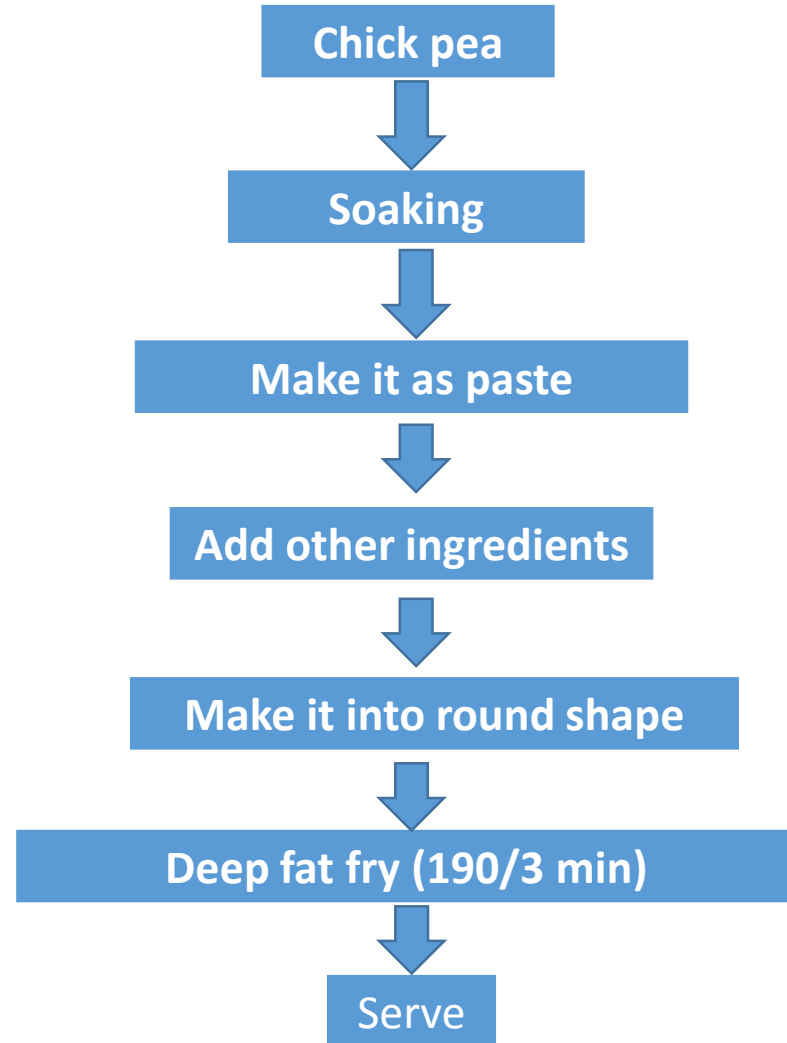
- Shnitzel
- Pita bread
- Shwarma
- Tahini
- Sabih

Snacks

- baklava
- Malabi
- sahlab

Falafel Ingredients

- 2 cups of dried chickpeas
- 1/2 cup of finely chopped white onions, chickpea flour
- 3 cloves garlic
- 1 cup of water
- 1/4 cup fine bulgur, parsley, & salt
- 2 tsp. ground cumin & baking powder
- 1/2 tsp. cayenne pepper
- 1/4 tsp. freshly ground black pepper
- Oil for frying
- Flat bread
- Tahini sauce
- Sliced lettuce, onion and tomatoes



Hummus

- Hummus is a very popular and traditional Middle Eastern food.
- It is great as an accompaniment to a meal or as a dip.
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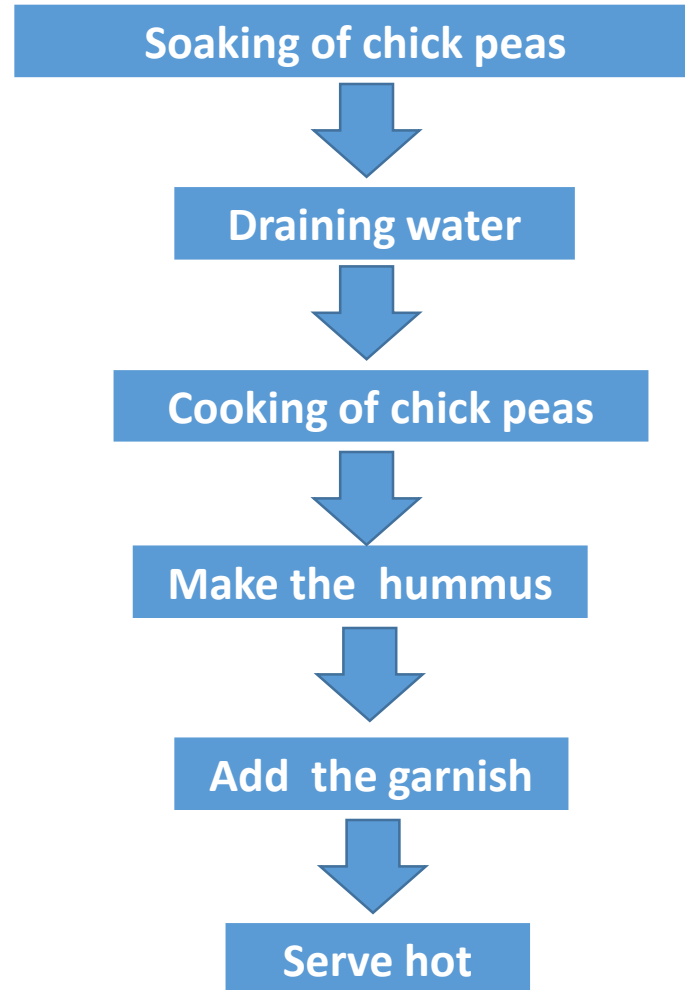


Ingredients

Ingredient	quantity
Chick peas	250 gm
Tahini	150 ml
Lemon juice	1 tbsp
Salt	To taste
Cumin & Paprika	½ tbsp
Olive oil	3 tbsp
Parsley	1 tbsp
Green chilli	To taste



Flow chart



- It can be stored 2-3 days
- Canned chick peas
- Convenient

Different brands of hummus



Shawarma

- ❑ Shawarma is a Levantine form of meat preparation
- ❑ Meat is grilled on a spit for up to one full day
- ❑ Meat is placed in flat bread



Ingredients

- Nut meg
- Paprika
- Cinnamon
- Salt
- Garlic
- Cardamom
- Thighs
- olive oil

Make the tahini sauce



Make the pickled cabbage



Prepare flat bread



Mix the spice together



Add the chicken strips to the mixture



Prepare a grill



Keep it on foil



Wrap chicken in the flat bread with other ingredients

Questions
please???????

Thank you for your attention!

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