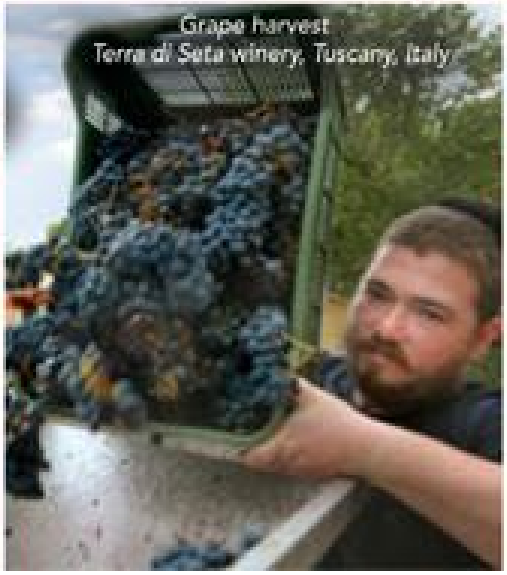
Making kubbeh, Tel Aviv, Israel

Market day, Aix-en-Provence, France

Sombrero stand, Cancun, Mexico



Grape harvest
Terra di Seta winery, Tuscany, Italy

Starting out and heading home

Contents

Appetizers	8
Soups	36
Salads	60
Poultry	90
Meat	118
Dairy / Fish	148
Side Dishes	184
Desserts	218

Capri, Italy

Eight-Ball squash
New Jersey farmers market

Market day, Provence, France

Grilling vegetables, Israel

Tabun — a native pita oven, Israel

Amalfi Coast pottery, Italy

Beach scene, Cancun, Mexico

Appetizers

Quinoa Mushroom Sliders 10

Petit Farcie 12

Roasted Eggplant with Silan Techina 14

Pita Bread with Green Techina 16

Chicken Pasta Genovese 18

Arancini 20

Coconut Lime Pargiyot Skewers 22

Chicken Lollipops with Ranch Dip 24

Mozzarella in Carrozza 26

Seed Crackers 28

Chicken Flautas 30

Spicy Pickled Carrots 32

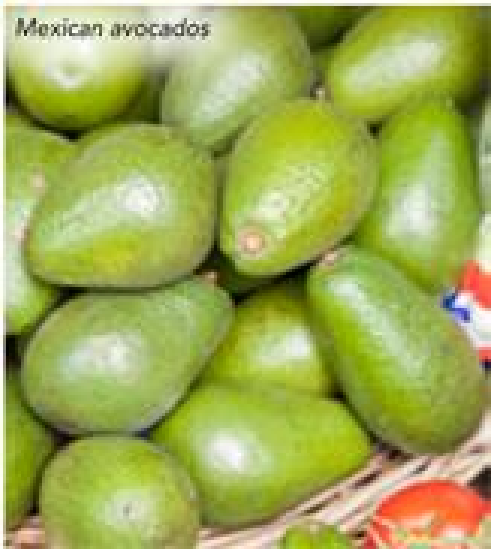
Tuna Seviche Tostados 34

Jewish ghetto, Venice, Italy

Market day, Forte del Marmi, Italy

Corn fields, American Midwest

Lemons, Sorrento, Italy



Mexican avocados

Beresheet Spa, Mitzpe Ramon, Israel

Soups

Ranchero Soup 38

Pistou Soup 40

Beresheet Spa Corn Soup 42

Tuscan Bean and Farro Soup 44

Cheddar Ale Soup 46

Farro, Chickpea, and White Bean Soup 48

Lemon Chicken Soup with Orzo 50

Spicy Lamb Meatball Soup 52

Sweet Potato Chestnut Soup 54

Shoyu Tamago Ramen Soup 56

Moroccan Harira 58

RANCHERO *soup*

When teaching a class on Passover cooking at the Ritz Carlton in Cancun one year, I wanted to create a Southwestern soup that did not contain beans. This keeper, with its egg-drop soup effect, is so simple and is brightened with a pop of chilies, lime juice, and silky avocado.

P OR M YIELDS **8 SERVINGS**

1 tablespoon vegetable oil

1 onion, *peeled, cut into ¼-inch dice*

4 cloves fresh garlic, *finely chopped*

1 *(28-ounce)* **can diced tomatoes** *or* **whole peeled tomatoes,** *with their liquid*

4 cups chicken stock *or* **vegetable stock**

2 large eggs

½ jalapeño, *minced*

1 avocado, *peeled, pitted, cut into tiny cubes*

2 scallions, *green part only, thinly sliced on the diagonal*

¼ cup loosely packed cilantro leaves, *roughly chopped*

juice of ½ lime

additional limes, *cut into wedges, for garnish*

In a large soup pot, heat the oil over medium heat. Add the onion; cook until translucent, 5-6 minutes; do not allow it to brown. If it begins to brown, lower the heat. Add the garlic; cook for additional 3-4 minutes, until garlic is shiny.

Add the tomatoes with their liquid. If they are whole, use your hand to squeeze and burst them. Add the stock. Simmer, uncovered, over low heat, for 30 minutes.

In a small bowl, whisk the eggs. Whisk the soup and while whisking, slowly drizzle in the eggs, whisking all the time. Simmer for 4 minutes. Ladle into bowls.

In a small bowl, stir together the jalapeño, avocado, scallions, cilantro, and lime juice. Top each bowl with a spoonful of this garnish. Serve a lime wedge with each bowl.

The Salad Trail, Israel

Lake Garda, Italy

Cranberry bogs, Massachusetts

Naot Goat Cheese Farm
Negev, Israel

Coast of Haifa, Israel

Arena di Verona, Italy

Salads

Carrot Salad with Honey Dressing 62

Provençal Wheatberry Salad 64

Lara Restaurant Beet Salad 66

Lumina Market Salad 68

Carmel Spa Pomegranate Almond Salad 70

Lentil and Tuna Salad 72

Steak Salad with Sumac Red Onions 74

Bok Choy Chicken Salad 76

Edamame, Corn, Pepper Salad 78

Kale Squash Caesar Salad 80

Root Vegetable Apple Salad 82

Chedva's Warm French Potato Salad 84

Curly Sweet Potato Salad 86

Stadium Salad 88

Milan, Italy

Spices
Machane Yehuda,
Jerusalem, Israel

Lavender fields
Provence, France

Drying pasta, Italy

Tuscan streetscape, Italy

Amalfi coastline, Italy

Poultry

Rosemary Lavender Chicken 92

Roasted Chicken with Cauliflower and Brussels Sprouts 94

Amalfi Sage Chicken 96

Mustard Caper Chicken 98

Eggplant Chicken 100

Firecracker Turkey Burger 102

Chicken Adobo 104

Turkey Breast with Hoisin Tangerine Glaze 106

Dried Fruit & Quinoa Stuffed Capons 108

Udon Chicken Noodle Bowl 110

Slow Roasted Honey-Spiced Chicken 112

Israeli Spiced Chicken 114

Itai's Four-Onion Chicken 116

ROSEMARY LAVENDER *chicken*

Summertime is the season to seek out the spectacle of stunning purple lavender surrounding the Luberon villages in Provence, France. The color, texture, and scent of lavender are at the heart of this area's fame. While there, I visited the Lavender Museum to learn about the healing properties of lavender, experience the lotions, teas, medicinal properties, and — most important to me — the beauty of cooking with culinary lavender. The gorgeous flecks of purple in this dish and its role in the herby French spice blend Herbs du Provence cause this dish to shine. Serve this chicken over an herbed rice pilaf.

M YIELDS **4-6 SERVINGS**

1 chicken, *cut into eighths*

1 tablespoon canola oil

¼ teaspoon kosher salt

½ cup wildflower *or* **clover honey**

4 teaspoons Herbs du Provence; *select one that is heavy on the lavender. I like Morton and Basset brand*

1 teaspoon dried rosemary, *chopped*

¼ teaspoon cayenne

¼ cup red wine vinegar

fresh rosemary sprigs *or* **other fresh herbs,** *for garnish*

Preheat the oven to 400°F.

Place the chicken into an oven-to-table casserole dish. Massage the canola oil into the chicken; sprinkle with salt.

In a small bowl, combine the honey, Herbs du Provence, rosemary, cayenne, and vinegar. Set aside.

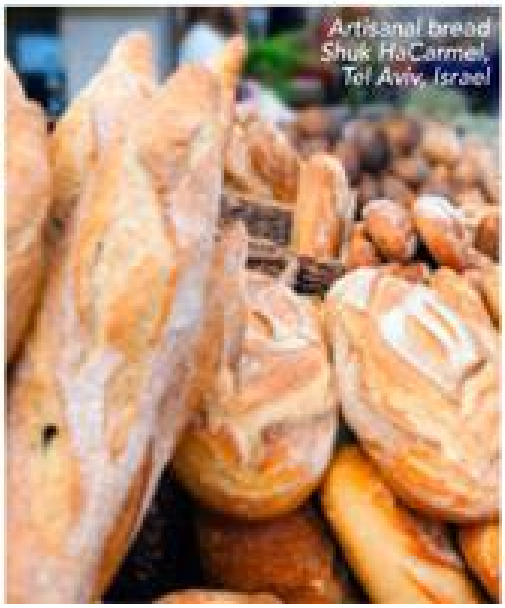
Bake the chicken for 35 minutes, uncovered. Then, baste the chicken every 10 minutes with the honey-lavender mixture until cooked through and nicely browned. Total cooking time should be about 1 hour.

Garnish with fresh rosemary sprigs or other fresh herbs.

Terra di Seta winery, Tuscany, Italy

Mexican cantina

Lake Como, Italy


Artisanal bread
Shuk HaCarmel,
Tel Aviv, Israel

Tortillas on grill, Mexico

Texas cattle

Meat

Meze Burger	120
Beef Pizzaiola	122
Veal Scallopini	124
Lamb Shanks with Date Gremolata	126
Ragu Napolitano	128
Braciole	130
Pumpkin Braised Short Ribs	132
Beef Carbonnade	134
Lamb Cholent "Cassoulet"	136
Korean Short Ribs	138
Spicy Kim Chee Hangar Steaks	140
Sloppy Joe Pulled Beef Tacos	142
Tuscan Square Roast	144
Lasagna Bolognaise	146

MEZE *burger*

I kicked off my 2015 Israel Foodie Tour with a cooking demonstration. In developing the burger for that show, I wanted to use as many Middle Eastern ingredients as possible, to whet the appetites of the participants for what they would experience in the upcoming days. The chickpeas in the burger, the crunch of the sumac onions, the creaminess of the techina, the hit of za'atar in the olive oil, the crisp grilled eggplant: this one rang every bell. You will LOVE it.

M YIELDS **4 BURGERS**

1 cup chickpeas *(may be canned)*
1 pound ground beef
2 teaspoons schwarma spice
1 medium eggplant
extra-virgin olive oil
1 teaspoon kosher salt
1 onion, *halved, thinly sliced*
1 tablespoon sumac
1 teaspoon za'atar
2 teaspoons techina
1 small beefsteak tomato, *thinly sliced*
1 English or Persian cucumber, *not peeled, cut into paper-thin slices*
6 Kalamata olives, *pitted and chopped*
4 burger buns

Place the chickpeas into a large bowl. Using a potato masher, mash the chickpeas. Add the ground beef and schwarma spice. Mix well to combine. Divide and shape into 4 burgers.

Slice the eggplant into 4 (½-inch-thick) slices, the same diameter as the burgers. Place into a bowl; drizzle with olive oil and kosher salt. Rub the oil in; allow to tenderize for a few minutes.

Place the onion slices into a small bowl. Toss with the sumac and 2 teaspoons olive oil. Set aside.

In a small bowl or ramekin, combine the za'atar with 1 tablespoon olive oil.

Coat a nonstick grill pan with nonstick cooking spray. Heat the pan until very hot but not smoking. Grill the eggplant, trying not to move it around so you get nice grill marks on both sides. Remove to a platter; set aside. Re-spray the pan; sear the burgers, 6-7 minutes per side.

Assemble the burgers: Spread ½ teaspoon techina on one side of the bun and spread a little of the za'atar mix on the other side. Place a burger on the bottom half of a bun. Top with eggplant slice, tomato, cucumber, sumac onions, and olives. Top with second half of bun. Repeat with remaining burgers and buns.

Orange groves, Florida

Testing balsamic vinegar, Modena, Italy

Spice market, Mexico

Dried fruit at the Shuk, Jerusalem, Israel

Market day, Provence, France

Lavender fields near Gordes, France

Side Dishes

Sweet and Sour Ratatouille 186
Eggplant and Tomato Tart 188
Tershi and Couscous 190
Melanzane di Scarponcino 192
Harissa Maple Roasted Parsnips 194
Balsamic Glazed Onions 196
Chili Delicata Squash with Blueberry Honey 198
Chestnut Tomato Quinoa 200
Silan Shaved Brussels Sprouts 202
Sweet Potato Wontons with Teriyaki Dipping Sauce 204
Cauliflower Milanese 206
Ancie's Kugel 208
Freekah Pilaf 210
Sweet Potato Coconut Casserole 212
Roasted Vegetable Crisps 214
Mujadara 216

freekah PILAF

Move over, quinoa: there's a new ancient grain in town and it's called freekah! Legend has it that around 2,000 years ago in the Middle East, a field of young green wheat was set on fire during an attack. When local villagers returned to the scene, they discovered that their crop was actually not ruined; when they rubbed away the charred outer coating, the inner grain was still edible, with a lightly smoked flavor — and freekah was born. I love that it is a firm, slightly chewy grain, with a distinct flavor that's earthy and nutty. It is loaded with fiber and protein to boot. When I smell it raw, it smells grassy like bird seed, but once it's cooked, it is divine and is a blank canvas for any add-in ingredients for salads, tabbouleh, or grain recipes.

P YIELDS **8-10 SERVINGS**

4 tablespoons canola oil, *divided*

1 medium onion, *peeled, cut into ¼-inch dice*

1 clove fresh garlic, *minced*

14 ounces *(2½ cups)* **freekah**

5 cups water

1 teaspoon fine sea salt, *divided*

½ cup pine nuts

1 cup sliced black olives

¼ cup golden raisins

1 cup curly parsley, *chopped*

¼ cup extra-virgin olive oil

zest and juice of ½ navel orange

Preheat the oven to 375°F.

Heat 3 tablespoons canola oil in a medium, ovenproof pot that has a lid. Add the onion; cook over medium heat until shiny and translucent, 5-6 minutes. Do not allow it to brown. Add the garlic; cook for 1 minute. Add the freekah; toast, mixing it well with the onion for 4-5 minutes. It will be fragrant. Add water and ½ teaspoon salt. Bring to a boil, then cover the pot and transfer to the oven for 20 minutes.

Place the pine nuts and remaining tablespoon canola oil into a small pot. Toast over medium heat, shaking the nuts the whole time until golden and fragrant, about 3 minutes. They may be darker in some spots but don't allow them to burn.

When the freekah is done, remove the lid; allow to cool for a few minutes. Stir in the olives, raisins, parsley, pine nuts, olive oil, orange zest, orange juice, and remaining ½ teaspoon salt. Transfer to serving dish.

Basher Fromagerie
Machane Yehuda Market, Jerusalem, Israel

Strawberries
Carpantras, France

Olive harvest, Sorrento, Italy

Parmigiano Reggiano cheese
Parma, Italy

Pasta making, Tuscany, Italy

Kal and Eric, Tuscany hilltops, Italy

Dairy / Fish

Beresheet Spa Kanafe 150

Khachapuri Shakshuka 152

Fried Pizza Napolitana 154

Meir Adoni's Spinach Ricotta Ravioli 156

Butternut Squash Farroto 158

Vegetable Stock 158

Strawberry Mascarpone Bread Pudding 160

Spinach Artichoke Pasta Fritatta 162

Cheesy Grits Casserole 164

Trio of Rosé Pasta 166

Risotto alla Milanese 168

Silan Glazed Salmon with Date and Chickpea Salad 170

Cod al Forno with Roasted Tomatoes 172

Citrus Poached Salmon 174

Tilapia with Browned Butter Caper Sauce 176

Herbed Halibut and White Beans 178

Chef Michael Katz's Fish Kebabs 180

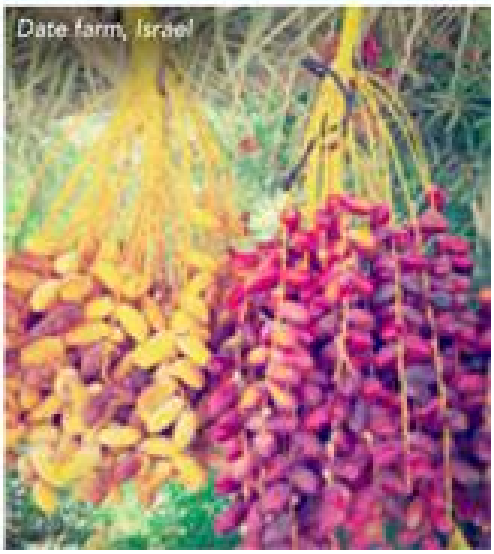
Porcini Crusted Sea Bass 182

Fruit market, Mexico

Verona, Italy

Halvah
Sarona Market,
Tel Aviv, Israel

Ruggles at the Shuk
Jerusalem, Israel



Date farm, Israel

Bakery display, Venice, Italy

Desserts

Lemon Tiramisu	220
Almond Chocolate Chip Sticks	222
Banana, Date, and Pecan Cake	224
Nutella Peanut Butter Cheesecake	226
Cannoli Sandwiches	228
Sbrisolona	230
Blueberry Sauce	231
French Napoleons	232
Ilene's Oatmeal Cookies	234
Grilled Pineapple	236
Almond Bobka Ring	238
Melting Chocolate Meringues	240
Halvah Baklava	242
Glazed Donut Twists	244
New Fishbein Brownies	246

HALVAH baklava

My all-time favorite stop in Machane Yehuda and in the new Sarona Market in Tel Aviv is Halva Kingdom. I think I have sampled all 60 flavors, or maybe that's just the dream. This business was founded in 1947 by the grandfather of the current shop owner, Eli Maman. After the expulsion of Jews from the Old City of Jerusalem, the family moved the shop to Machane Yehuda Market. The recipe of their famous halvah is from Morocco, and it is hand-made with traditional methods from organic sesame seeds imported from Ethiopia.

This recipe, with its addition of halvah to baklava, is another gem that I learned at Te'amim Cooking School in Jerusalem (see page 16). The richness that the halvah adds to the baklava is outrageous.

P YIELDS **10-12 SERVINGS**

PASTRY

15 sheets *(from a 1-pound box)* **phyllo dough,** *defrosted overnight in the refrigerator*

½ cup canola oil

FILLIING

1 cup roasted pistachios

1 cup roasted almonds

1 cup roasted pecans

1 pound halvah, *chopped*

2 teaspoons vanilla extract

HONEY SYRUP

½ cup sugar

½ cup honey

2 cups water

1 tablespoon lemon juice

Preheat the oven to 375°F. Line a jellyroll pan with parchment paper. Set aside.

Prepare the filling: Place the pistachios, almonds, pecans, halvah, and vanilla into the bowl of a food processor fitted with the metal "S" blade. Pulse until ground but not a paste. Set aside.

Prepare the syrup: Place the sugar, honey, water, and lemon juice into a medium pot. Over medium heat, bring to just a boil. Turn down to a simmer; cook for 10 minutes. Set aside.

Place a sheet of phyllo lengthwise on the work surface. Brush with canola oil. Top with another layer of phyllo. Brush with canola. Top with a third layer of phyllo and oil. Roll all four edges ½-inch inward to make a frame. Brush rolled edges with oil.

Spread a thick layer of the nut filling over the phyllo. Starting with a short end, roll up, jellyroll fashion; transfer to prepared sheet. Repeat, making 4 more rolled logs. Brush the logs with oil. Using a serrated knife, cut 4 diagonal slits across the top of each log.

Bake, uncovered, for 12 minutes, or until golden. Remove from oven and immediately spoon the syrup over the logs. Slice each log into 4-5 slices. Serve 2 slices to a plate. Drizzle with more syrup around the plate.

INDEX

A

ALMONDS
- Almond Bobka Ring, *238*
- Almond Chocolate Chip Sticks, *222*
- Carmel Spa Pomegranate Almond Salad, *70*
- Halvah Baklava, *242*
- Sbrisolona, *230*

APPETIZERS
- Arancini, *20*
- Chicken Flautas, *30*
- Chicken Lollipops with Ranch Dip, *24*
- Chicken Pasta Genovese, *18*
- Coconut Lime Pargiyot Skewers, *22*
- Mozzarella in Carrozza, *26*
- Petit Farci, *12*
- Pita Bread with Green Techina, *16*
- Quinoa Mushroom Sliders, *10*
- Roasted Eggplant with Silan Techina, *14*
- Seed Crackers, *28*
- Spicy Pickled Carrots, *32*
- Tuna Seviche Tostados, *34*

Apple Root Vegetable Salad, *82*
Arancini, *20*
ARTICHOKES
- Spinach Artichoke Pasta Frittata, *162*
- Tuscan Square Roast, *144*

AVOCADOS
- Chicken Flautas, *30*
- Coconut Lime Pargiyot Skewers, *22*
- Ranchero Soup, *38*
- Tuna Seviche Tostados, *34*

B

Baklava, Halvah, *242*
Balsamic Glazed Onions, *196*
Banana, Date, and Pecan Cake, *224*

BASIL
- Herbed Halibut and White Beans, *178*
- Pesto, *48*
- Pistou Soup, *40*
- Tuscan Square Roast, *144*

BEANS. *See also* Green Beans; Lentils
- Chicken Flautas, *30*
- Coconut Lime Pargiyot Skewers, *22*
- Edamame, Corn, Pepper Salad, *78*
- Farro, Chickpea, and White Bean Soup, *48*
- Herbed Halibut and White Beans, *178*
- Lamb Cholent "Cassoulet," *136*
- Meze Burger, *120*
- Moroccan Harira, *58*
- Pistou Soup, *40*
- Silan Glazed Salmon with Date and Chickpea Salad, *170*
- Tuscan Bean and Farro Soup, *44*

BEEF
- Beef Carbonnade, *134*
- Beef Pizzaiola, *122*
- Braciole, *130*
- Korean Short Ribs, *138*
- Lasagna Bolognaise, *146*
- Meze Burger, *120*
- Moroccan Harira, *58*
- Pumpkin Braised Short Ribs, *132*
- Shoyu Tamago Ramen Soup, *56*
- Sloppy Joe Pulled Beef Tacos, *142*
- Spicy Kim Chee Hangar Steaks, *140*
- Stadium Salad, *88*
- Steak Salad with Sumac Red Onions, *74*
- Tuscan Square Roast, *144*

BEER
- Beef Carbonnade, *134*
- Cheddar Ale Soup, *46*
- Pumpkin Braised Short Ribs, *132*

Beet Salad, Lara Restaurant, *66*
Blueberry Sauce, *231*

BOK CHOY
Bok Choy Chicken Salad, *76*
Shoyu Tamago Ramen Soup, *56*
BREADS
Caesar Salad croutons, *80*
Pita Bread with Green Techina, *16*
Strawberry Mascarpone Bread Pudding, *160*
Brownies, New Fishbein, *246*
BRUSSELS SPROUTS
Roasted Chicken with Cauliflower and Brussels Sprouts, *94*
Silan Shaved Brussels Sprouts, *202*
BURGERS
Firecracker Turkey Burger, *102*
Meze Burger, *120*

C

CABBAGE. See also Bok Choy
Spicy Kim Chee Hangar Steaks, *140*
CAKES
Almond Babka Ring, *238*
Banana, Date, and Pecan Cake, *224*
Nutella Peanut Butter Cheesecake, *226*
Cannoli Sandwiches, *228*
CAPERS
Melanzane di Scarponcino, *192*
Mustard Caper Chicken, *98*
Tilapia with Browned Butter Caper Sauce, *176*
Capons, Dried Fruit & Quinoa Stuffed, *108*
CARROTS
Carrot Salad with Honey Dressing, *62*
Spicy Pickled Carrots, *32*
Cauliflower
Cauliflower Milanese, *206*
Roasted Chicken with Cauliflower and Brussels Sprouts, *94*
CHEESE
Arancini, *20*
Beresheet Spa Kanafe, *150*
Butternut Squash Farroto, *158*
Cannoli Sandwiches, *228*
Cheddar Ale Soup, *46*
Cheesy Grits Casserole, *164*
Fried Pizza Napolitana, *154*
Meir Adoni's Spinach Ricotta Ravioli, *156*
Mozzarella in Carrozza, *26*
Nutella Peanut Butter Cheesecake, *226*
Risotto alla Milanese, *168*
Strawberry Mascarpone Bread Pudding, *160*
Trio of Rosé Pasta, *166*
CHESTNUTS
Chestnut Tomato Quinoa, *200*
Sweet Potato Chestnut Soup, *54*
CHICKEN
Amalfi Sage Chicken, *96*
Bok Choy Chicken Salad, *76*
Chicken Adobo, *104*
Chicken Flautas, *30*
Chicken Lollipops with Ranch Dip, *24*
Chicken Pasta Genovese, *18*
Coconut Lime Pargiyot Skewers, *22*
Dried Fruit & Quinoa Stuffed Capons, *108*
Eggplant Chicken, *100*
Israeli Spiced Chicken, *114*
Itai's Four-Onion Chicken, *116*
Lemon Chicken Soup with Orzo, *50*
Mustard Caper Chicken, *98*
Roasted Chicken with Cauliflower and Brussels Sprouts, *94*
Rosemary Lavender Chicken, *92*
Slow Roasted Honey-Spiced Chicken, *112*
Stadium Salad, *68*
Udon Chicken Noodle Bowl, *110*
Chili Delicata Squash with Blueberry Honey, *198*
CHOCOLATE
Almond Chocolate Chip Sticks, *222*
Banana, Date, and Pecan Cake, *224*
Cannoli Sandwiches, *228*
French Napoleons, *232*
Melting Chocolate Meringues, *240*
New Fishbein Brownies, *246*
Nutella Peanut Butter Cheesecake, *226*
CILANTRO
Cilantro Honey Mayo, *102*
Citrus Poached Salmon, *174*
COCONUT
Coconut Lime Pargiyot Skewers, *22*
Sweet Potato Coconut Casserole, *212*
COD
Chef Michael Katz's Fish Kebabs, *180*
Cod al Forno with Roasted Tomatoes, *172*

COOKIES AND BARS
Almond Chocolate Chip Sticks, *222*
Ilene's Oatmeal Cookies, *234*
Melting Chocolate Meringues, *240*
New Fishbein Brownies, *246*
CORN
Beresheet Spa Corn Soup, *42*
Edamame, Corn, Pepper Salad, *78*
COUSCOUS
Cod al Forno with Roasted Tomatoes, *172*
Tershi and Couscous, *190*
Crackers, Seed, *28*
CUCUMBERS
Citrus Poached Salmon, *174*
Lumina Market Salad, *68*
Stadium Salad, *88*
Tuna Seviche Tostados, *34*

D

DATES
Banana, Date, and Pecan Cake, *224*
Date Gremolata, *126*
Silan Glazed Salmon with Date and Chickpea Salad, *170*
DESSERTS
Almond Babka Ring, *258*
Almond Chocolate Chip Sticks, *222*
Banana, Date, and Pecan Cake, *224*
Cannoli Sandwiches, *228*
French Napoleons, *232*
Glazed Donut Twists, *244*
Grilled Pineapple, *236*
Halvah Baklava, *242*
Ilene's Oatmeal Cookies, *234*
Lemon Tiramisu, *220*
Melting Chocolate Meringues, *240*
New Fishbein Brownies, *246*
Nutella Peanut Butter Cheesecake, *226*
Sbrisolona, *230*
DIPS AND SAUCES
Blueberry Sauce, *231*
Cilantro Honey Mayo, *102*
Citrus Mayo, *174*
Green Techina, *16*
Ranch Dip, *24*
Silan Techina, *14*
Teriyaki Dipping Sauce, *204*
Donut Twists, Glazed, *244*

E

EGGPLANT
Eggplant and Tomato Tart, *186*
Eggplant Chicken, *100*
Melanzane di Scarponcino, *192*
Meze Burger, *120*
Petit Farci, *12*
Roasted Eggplant with Silan Techina, *14*
Tershi and Couscous, *190*
EGGS
Cheesy Grits Casserole, *164*
Khachapuri Shakshuka, *152*
Ranchero Soup, *38*
Shoyu Tamago Ramen Soup, *56*
Spinach Artichoke Pasta Frittata, *162*

F

FARRO
Butternut Squash Farroto, *158*
Farro, Chickpea, and White Bean Soup, *48*
Tuscan Bean and Farro Soup, *44*
FISH
Chef Michael Katz's Fish Kebabs, *180*
Citrus Poached Salmon, *174*
Cod al Forno with Roasted Tomatoes, *172*
Herbed Halibut and White Beans, *178*
Lentil and Tuna Salad, *72*
Porcini Crusted Sea Bass, *182*
Silan Glazed Salmon with Date and Chickpea Salad, *170*
Tilapia with Browned Butter Caper Sauce, *176*
Tuna Seviche Tostados, *34*
Flautas, Chicken, *30*
Freekah Pilaf, *210*
Frittata, Spinach Artichoke Pasta, *162*
FRUIT. *See also specific fruits*
Dried Fruit & Quinoa Stuffed Capons, *108*

G

GRAINS. See also Farro; Quinoa; Rice
Cheesy Grits Casserole, *164*
Freekah Pilaf, *210*
Ilene's Oatmeal Cookies, *234*
GREEN BEANS
Chediva's Warm French Potato Salad, *84*
Pistou Soup, *40*
Provençal Wheatberry Salad, *64*
GREENS. See Kale; Lettuce; Spinach
Grits Casserole, Cheesy, *164*

H

Halibut, Herbed, and White Beans, *178*
Halvah Baklava, *242*
Harissa Maple Roasted Parsnips, *194*
HERBS. See also specific herbs
Citrus Poached Salmon, *174*
Herbed Halibut and White Beans, *178*
HOISIN SAUCE
Turkey Breast with Hoisin Tangerine Glaze, *106*
Udon Chicken Noodle Bowl, *110*
HONEY
Carrot Salad with Honey Dressing, *62*
Chili Delicata Squash with Blueberry Honey, *198*
Halvah Baklava, *242*
Slow Roasted Honey-Spiced Chicken, *112*
HOT DOGS
Stadium Salad, *88*

K

KALE
Kale Squash Caesar Salad, *80*
Pumpkin Braised Short Ribs, *132*
Kanafe, Beresheet Spa, *150*
KOHLRABI
Lumina Market Salad, *68*
Root Vegetable Apple Salad, *82*
Kugel, Ancie's, *208*

L

LAMB
Lamb Cholent "Cassoulet," *136*
Lamb Shanks with Date Gremolata, *126*
Moroccan Harira, *58*
Petit Farci, *12*
Ragu Napolitano, *128*
Spicy Lamb Meatball Soup, *52*
Lasagna Bolognaise, *146*
Lavender Rosemary Chicken, *92*
LEMONS
Citrus Mayo, *174*
Lemon Chicken Soup with Orzo, *50*
Lemon Tiramisu, *220*
LENTILS
Lentil and Tuna Salad, *72*
Moroccan Harira, *58*
Mujadara, *216*
Spicy Lamb Meatball Soup, *52*
LETTUCE
Carmel Spa Pomegranate Almond Salad, *70*
Curly Sweet Potato Salad, *66*
Kale Squash Caesar Salad, *80*
Stadium Salad, *88*
Steak Salad with Sumac Red Onions, *74*
LIMES
Citrus Mayo, *174*
Tuna Seviche Tostados, *34*

M

MANGOES
Bok Choy Chicken Salad, *76*
Coconut Lime Pargiyot Skewers, *22*
MAYONNAISE
Cilantro Honey Mayo, *102*
Citrus Mayo, *174*
MEAT. See Beef; Lamb; Veal
Meatball, Spicy Lamb, Soup, *52*
Mujadara, *216*
MUSHROOMS
Porcini Crusted Sea Bass, *182*

Quinoa Mushroom Sliders, *10*
Veal Scallopini, *124*
Mustard Caper Chicken, *98*

N

Napoleons, French, *232*
NOODLES
Shoyu Tamago Ramen Soup, *56*
Udon Chicken Noodle Bowl, *110*
Nutella Peanut Butter Cheesecake, *226*
NUTS. *See specific nuts*

O

Oatmeal Cookies, Ilene's, *234*
OLIVES
Eggplant and Tomato Tart, *188*
Freekah Pilaf, *210*
Melanzane di Scarponcino, *192*
Provençal Wheatberry Salad, *64*
ONIONS
Balsamic Glazed Onions, *196*
Beef Carbonnade, *134*
Chicken Pasta Genovese, *18*
Israeli Spiced Chicken, *114*
Itai's Four-Onion Chicken, *116*
Mujadara, *216*
Pickled Onions, *102*
Steak Salad with Sumac Red Onions, *74*
ORANGES
Citrus Mayo, *174*
Citrus Poached Salmon, *174*
Freekah Pilaf, *210*
Lamb Shanks with Date Gremolata, *126*

P

PARSLEY
Date Gremolata, *126*
Freekah Pilaf, *210*
Herbed Halibut and White Beans, *178*
Pita Bread with Green Tehina, *16*
PARSNIPS
Harissa Maple Roasted Parsnips, *194*
Lamb Shanks with Date Gremolata, *126*
PASTA. *See also Couscous; Noodles*
Chicken Pasta Genovese, *18*
Lasagna Bolognaise, *146*
Lemon Chicken Soup with Orzo, *50*
Meir Adoni's Spinach Ricotta Ravioli, *156*
Pistou Soup, *40*
Ragu Napolitano, *128*
Spinach Artichoke Pasta Frittata, *162*
Trio of Rosé Pasta, *166*
Peanut Butter Nutella Cheesecake, *226*
PEANUTS
Lara Restaurant Beet Salad, *66*
Stadium Salad, *68*
PECANS
Banana, Date, and Pecan Cake, *224*
Curly Sweet Potato Salad, *86*
Dried Fruit & Quinoa Stuffed Capons, *108*
Halvah Baklava, *242*
PEPPERS
Edamame, Corn, Pepper Salad, *78*
Petit Farci, *12*
Sweet and Sour Ratatouille, *186*
Tuscan Square Roast, *144*
Pesto, *48*
PHYLLO DOUGH
Beresheet Spa Kanafe, *150*
Halvah Baklava, *242*
Pickled Carrots, Spicy, *32*
Pickled Onions, *102*
PINEAPPLE
Grilled Pineapple, *236*
Teriyaki Dipping Sauce, *204*
PINE NUTS
Date Gremolata, *126*
Freekah Pilaf, *210*
PISTACHIOS
Cannoli Sandwiches, *228*
Halvah Baklava, *242*
Pistou Soup, *40*
Pizza Napolitana, Fried, *154*
Pomegranate Almond Salad, Carmel Spa, *70*
POTATOES. *See also Sweet Potatoes*
Ancie's Kugel, *208*

Beresheet Spa Corn Soup, *42*
Chedva's Warm French Potato Salad, *84*
Roasted Vegetable Crisps, *214*
Slow Roasted Honey-Spiced Chicken, *112*
POULTRY. See Chicken; Turkey
Pudding, Bread, Strawberry Mascarpone, *160*
PUFF PASTRY
Eggplant and Tomato Tart, *188*
French Napoleons, *232*
PUMPKIN
Pumpkin Braised Short Ribs, *132*
Seed Crackers, *28*
Tershi and Couscous, *190*

Q

QUINOA
Almond Chocolate Chip Sticks, *222*
Chestnut Tomato Quinoa, *200*
Dried Fruit & Quinoa Stuffed Capons, *108*
Quinoa Mushroom Sliders, *10*

R

RICE
Arancini, *20*
Mujadara, *216*
Risotto alla Milanese, *168*
Rosemary Lavender Chicken, *92*

S

SAFFRON
Risotto alla Milanese, *168*
SALADS
Bok Choy Chicken Salad, *76*
Carmel Spa Pomegranate Almond Salad, *70*
Carrot Salad with Honey Dressing, *62*
Chedva's Warm French Potato Salad, *84*
Curly Sweet Potato Salad, *86*
Edamame, Corn, Pepper Salad, *78*
Kale Squash Caesar Salad, *80*
Lara Restaurant Beet Salad, *66*
Lentil and Tuna Salad, *72*
Lumina Market Salad, *68*
Provençal Wheatberry Salad, *64*
Root Vegetable Apple Salad, *82*
Silan Glazed Salmon with Date and Chickpea Salad, *170*
Stadium Salad, *88*
Steak Salad with Sumac Red Onions, *74*
SALMON
Citrus Poached Salmon, *174*
Silan Glazed Salmon with Date and Chickpea Salad, *170*
SAUCES. See Dips and Sauces
SAUSAGES
Petit Farci, *12*
Ragu Napolitano, *128*
Sbrisolona, *230*
Sea Bass, Porcini Crusted, *182*
Seed Crackers, *28*
Shakshuka, Khachapuri, *152*
Sliders, Quinoa Mushroom, *10*
SOUPS
Beresheet Spa Corn Soup, *42*
Cheddar Ale Soup, *46*
Farro, Chickpea, and White Bean Soup, *48*
Lemon Chicken Soup with Orzo, *50*
Moroccan Harira, *58*
Pistou Soup, *40*
Ranchero Soup, *38*
Shoyu Tamago Ramen Soup, *56*
Spicy Lamb Meatball Soup, *52*
Sweet Potato Chestnut Soup, *54*
Tuscan Bean and Farro Soup, *44*
SPINACH
Bok Choy Chicken Salad, *76*
Curly Sweet Potato Salad, *86*
Lemon Chicken Soup with Orzo, *50*
Meir Adoni's Spinach Ricotta Ravioli, *156*
Porcini Crusted Sea Bass, *182*
Spinach Artichoke Pasta Frittata, *162*
SQUASH. See also Pumpkin; Zucchini
Butternut Squash Farroto, *158*
Chili Delicata Squash with Blueberry Honey, *198*
Kale Squash Caesar Salad, *80*
Lamb Shanks with Date Gremolata, *126*
Pistou Soup, *40*

Sweet and Sour Ratatouille, *186*
Tershi and Couscous, *190*
Trio of Rosé Pasta, *166*
Stock, Vegetable, *158*
Strawberry Mascarpone Bread Pudding, *160*
Sumac Red Onions, Steak Salad with, *74*
SWEET POTATOES
Curly Sweet Potato Salad, *86*
Roasted Vegetable Crisps, *214*
Sweet Potato Chestnut Soup, *54*
Sweet Potato Coconut Casserole, *212*
Sweet Potato Wontons with Teriyaki Dipping Sauce, *204*

T

Tacos, Sloppy Joe Pulled Beef, *142*
TAHINI
Pita Bread with Green Techina, *16*
Roasted Eggplant with Silan Techina, *14*
Tangerine Hoisin Glaze, Turkey Breast with, *106*
Tart, Eggplant and Tomato, *188*
Teriyaki Dipping Sauce, *204*
TILAPIA
Chef Michael Katz's Fish Kebabs, *180*
Tilapia with Browned Butter Caper Sauce, *176*
Tiramisu, Lemon, *220*
TOMATOES
Beef Pizzaiola, *122*
Braciole, *130*
Chestnut Tomato Quinoa, *200*
Cod al Forno with Roasted Tomatoes, *172*
Eggplant and Tomato Tart, *188*
Eggplant Chicken, *100*
Khachapuri Shakshuka, *152*
Lamb Cholent "Cassoulet," *136*
Lasagna Bolognaise, *146*
Melanzane di Scarponcino, *192*
Moroccan Harira, *58*
Petit Farci, *12*
Ragu Napolitano, *128*
Ranchero Soup, *38*
Sloppy Joe Pulled Beef Tacos, *142*
Trio of Rosé Pasta, *166*
Tuscan Square Roast, *144*
TORTILLAS
Chicken Flautas, *30*
Sloppy Joe Pulled Beef Tacos, *142*
Tuna Seviche Tostados, *34*
TUNA
Lentil and Tuna Salad, *72*
Tuna Seviche Tostados, *34*
TURKEY
Firecracker Turkey Burger, *102*
Turkey Breast with Hoisin Tangerine Glaze, *106*
TURNIPS
Lamb Cholent "Cassoulet," *136*
Root Vegetable Apple Salad, *82*

V

VEAL
Ragu Napolitano, *128*
Veal Scallopini, *124*
VEGETABLES. *See also specific vegetables*
Roasted Vegetable Crisps, *214*
Root Vegetable Apple Salad, *82*
Vegetable Stock, *158*

W

WALNUTS
Carrot Salad with Honey Dressing, *62*
Root Vegetable Apple Salad, *82*
Sweet Potato Coconut Casserole, *212*
Wheatberry Salad, Provençal, *64*
Wontons, Sweet Potato, with Teriyaki Dipping Sauce, *204*

Z

ZUCCHINI
Petit Farci, *12*
Pistou Soup, *40*
Quinoa Mushroom Sliders, *10*
Roasted Vegetable Crisps, *214*
Sweet and Sour Ratatouille, *186*
Trio of Rosé Pasta, *166*