

# WORLD CULINARY ARTS: *Israel*



Unilever Food Solutions  
Recipes from

## Savoring the Best of World Flavors: Israel

These materials were developed by Unilever Food Solutions.

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# CHICKEN MASACHAN

*Yield: 6 servings*

| <b>Ingredients</b>  | <b>Amounts</b> |
|---|----------------|
| Chicken thighs, boneless, skinless                          | 3.5 lb.        |
| Knorr Chicken Caldo   | 2 TBS.         |
| Medium onions, Cut in half and<br>then cut into half moons. | 4-5 ea.        |
| Extra Virgin Olive Oil                                      | 2 quarts       |
| Cardamom pods, whole  | 3 ea.          |
| Cinnamon stick  | 1 ea.          |
| Star anise  | 1 ea.          |
| Bay leaves  | 2 ea.          |
| Allspice  | 8 ea.          |

## **Method**

1. Season chicken with Knorr Chicken Caldo.
2. Place the chicken in a pot over medium high heat (without oil) and brown on each side.
3. Remove the chicken and add the onion into the same pot. Continue to stir until onions are browned.
4. Return the chicken and any drippings to the pot.
5. Add oil and the spices, and heat until little bubbles form (about 200°F). Cover and cook on low heat for 1.5 hours. Remove cover and let sit.

# FENNEL MASACHAN

*Yield: 6 servings*

| <b>Ingredients</b>  | <b>Amounts</b> |
|---|----------------|
| Olive oil   |                |
| Medium onion, cut in half then in<br>half moons                               | 1 ea.          |
| Fennel or baby fennel, whole,<br>trimmed, halved, then cut<br>into half moons | 4 ea.          |
| Cardamom pods, whole  | 3 ea.          |
| Cinnamon stick  | 1 ea.          |
| Star anise  | 1 ea.          |
| Black pepper  |                |
| Bay leaves  | 2 ea.          |
| Allspice  | 8 ea.          |

Flat pita bread (lafa or other Iraqi flat bread)  
Hellmann's mayonnaise

## *Herb Salad*

|                               |            |
|-------------------------------|------------|
| Parsley                       | 1 cup      |
| Cilantro                      | ½ cup      |
| Basil                         | ½ cup      |
| Mint                          | 1/3 cup    |
| Jalapeño, red, thinly sliced  | 1 ea.      |
| Serrano pepper, thinly sliced | 1 ea.      |
| Hellmann's Lemon Za'atar      | 2 - 3 TBS. |

## **Method**

1. Heat olive oil in a pot and add onions. Once the onions are browned, add in the chopped fennel.
2. Add olive oil until it covers the fennel and then add seasonings. Gently stir, bring to 200°F then cover pot with lid.
3. Cook the fennel for about 45 minutes over low heat until tender. Strain from the oil and set aside.
4. *For the Bread:* Lightly brush bread with Hellmann's mayonnaise and put over grill to soften and keep moist.
5. *For the Herb Salad:* Combine ingredients for the herbs and toss together in Hellmann's Lemon Za'atar.
6. *To Plate:* Cover the Masachan with the fennel mixture and top with herb salad.

# WALNUT RICE AND QUINOA STUFFED LEEKS

*Yield: 4 – 5 servings*

| <b>Ingredients</b>                                       | <b>Amounts</b> |
|--|----------------|
| <i>Stuffing</i>  |                |
| Brown rice, soaked in water 1 hour                       | 1 cup          |
| Quinoa, soaked in water for 1 hour                       | 1 cup          |
| Walnuts, chopped   | 2 cups         |
| Garlic cloves, minced                                    | 7 ea.          |
| Mint, chopped  | 1 cup          |
| Pomegranate molasses                                     | ¼ cup          |
| KIF Miso Umami   | 2 Tbs.         |
| Salt   | to taste       |
| Pepper   | to taste       |
| Cumin  | 1 tsp.         |
| <br>   |                |
| Leeks, large   | 1 ea.          |
| Knorr Professional Liquid<br>Concentrated Vegetable Base | as needed      |
| Dried Persian limes                                      | 2 ea.          |
| <br>   |                |
| Parsley, chopped   | for garnish    |
| Pomegranate seeds  | for garnish    |

## **Method**

1. *For the Stuffing:* Strain the rice and quinoa, and combine. Add the walnuts, garlic, and mint and mix. Then add the pomegranate molasses and KIF Miso Umami, cumin, and season with salt and pepper, then mix together again.
2. *For the Leeks:* Cut off the stem and put into water to boil, treat the leeks in Knorr Professional Liquid Concentrated Vegetable Base. After 30 minutes remove from pot and peel. Roll stuffing into leeks.
3. Layer stuffed leeks in a shallow pot, fill up the pan so that the diluted Knorr Professional Liquid Concentrated Vegetable Base covers the leeks, and add the Persian limes.
4. Simmer over low heat for 45 minutes making sure there is enough liquid in the pan through cooking, adding more diluted stock if needed.
5. After 45 minutes or until the rice is fully cooked, gently transfer leeks to a serving platter, garnish with chopped parsley and pomegranate seeds.

## ROASTED CAULIFLOWER

*Yield: 4 servings*

| <b>Ingredients</b>       | <b>Amounts</b>  |
|--------------------------|-----------------|
| Cauliflower              | 1 head          |
| Salt                     | 2 tsp.          |
| Olive oil                | ¼ cup           |
| Figs, fresh, halved      | 10 ea.          |
| <br><i>Dressing</i>      |                 |
| Yogurt, plain            | ½ cup           |
| Hellmann's Lemon Za'atar | ½ cup + 3 Tbsp. |
| Arugula                  | 1 cup           |

### **Method**

1. Preheat the oven to 400°F. Dress the cauliflower with olive oil and salt, and roast for about 1 hour, or until the core is tender.
2. Coat the figs with salt and olive oil and place on a hot grill. Grill for 30 seconds or until nice grill marks have formed.
3. *For the Dressing:* Whisk together yogurt and a ½ cup of Hellmann's Lemon Za'atar.
4. Remove the roasted cauliflower from the oven and toss with 2 tablespoons of Hellmann's Lemon Za'atar.
5. Toss arugula with 1 tablespoon of Hellmann's Lemon Za'atar Dressing.
6. *To Serve:* Break up the cauliflower into chunks. Drag the finished dressing in a circle around the plate, place arugula on top of the dressing, and evenly divide the grilled figs on top of the cauliflower. Sprinkle Zaatar for garnish.

# MIDDLE EASTERN EGGS BENEDICT

*Yield: 6 servings*

| <b>Ingredients</b> | <b>Amounts</b> |
|--------------------|----------------|
| Knorr Hollandaise  | 1 pint         |
| Sumac              | 1 TBS.         |
| <br>               |                |
| Kataifi noodles    | 1 lb.          |
| Butter, melted     | ½ lb.          |
| Salt               | 2 tsp.         |
| Baharat            | 2 tsp.         |
| <br>               |                |
| Eggs, poached      | 24 ea.         |
| Parsley, chopped   | ½ cup          |
| Nigella seeds      | 2 TBS.         |

## **Method**

1. Make hollandaise using Knorr Hollandaise per package instructions. Mix in sumac.
2. Blend kataifi noodles with butter, season with salt and Baharat. Put in oven until brown.
3. *To Serve:* Place the browned kataifi on a plate with a poached egg on top. Cover with the sumac hollandaise and garnish with parsley and nigella seeds.