



# TUV HASHAVUA

## BEST OF THE WEEK

**MANY THANKS TO  
OUR VOLUNTEERS**

### 8/4 [Week #11 – A]

5-8pm Pick-up

**Erica Foggo**

**Laurie Duke**

**Jeffrey Piekarsky**

1pm Truck Unloading

**Marci Birnbaum**

**Babitha Dhuler**

**Rachael Janowitz**

8pm Unclaimed Shares

**Farah Diaz-Tello**

### 8/11 [Week #12 – B]

5-8pm Pick-up

**Alison Hartwell**

**Carrie Leifer**

**Sue Finkelstein**

1pm Truck Unloading

**Jessica Keane**

**Ariela Fryman +1**

8pm Unclaimed Shares

**Jessica Pace**

**EQUAL EXCHANGE –  
A & B HALF-SHARES,  
PLEASE COLLECT ON  
YOUR RESPECTIVE  
PICK-UP WEEKS.**

TUV HA'ARETZ CSA at the  
Forest Hills Jewish Center  
106-06 Queens Blvd.  
Forest Hills, NY 11375  
tuv@fhjc.org

- **Tuv Ha'Aretz CSA:**  
foresthilstuvcsa.com
- **Facebook:**  
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- **Golden Earthworm Farm:**  
goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

## An Inspired Cookbook from Chefs Born in the Land of Milk and Honey

*Naomi Danis, Member, Tuv Ha'Aretz CSA*

This is a delightful cookbook for someone who would like to read about food and never set foot in a kitchen. Indeed, it has the luxurious padded cover and beautiful tempting food images of an attractive coffee table book (photography by Patricia Niven, and published by Little, Brown, and Co.). But if you do like to cook, you will be tempted throughout the engaging rambling narrative to get up, move to the kitchen, and start preparing the food before you turn the next page.

*Honey & Co.: The Cookbook*, is named for the London restaurant opened in 2012 by Israeli husband and wife Itamar Srulovich and Sarit Packer. They had previously been head chef and pastry chef, respectively, at Ottolenghi, the famed London restaurant named for chef Yotam Ottolenghi.

Besides being a cookbook based on the repertoire of a popular new restaurant, *Honey & Co.: The Cookbook* tells about a romance between two aspiring young chefs, the arc of their careers, and how that turned into a marriage and a business venture / adventure. One senses throughout the book the nurturing of relationships with staff, customers and readers too, and a passion for great food.

There are instructions for creating the basic ingredients of their Mediterranean Middle Eastern cuisine, for example the Baharat spice mixture, which in their recipe contains dried chili, coriander seeds, cumin seeds, ground allspice, white pepper, turmeric, and the addition of some of their “sweet spice mix” of cardamom, cloves, nutmeg, fennel, mahleb seeds, ground ginger and cinnamon. There are instructions for making whole preserved lemons, which take a month, and preserved lemon slices, which take a day to be ready.

Elaborate detailed instructions tell how to bake pita bread, grilled ashtanur bread, how to make the perfect hummus, and three variations on falafel:

Jerusalem, Haifa, and Yemenite. There are four tabbouleh salads: one a tomato and pomegranate tabbouleh for high summer; an autumnal apricot and pistachio tabbouleh with orange blossom; a crunchy root vegetable tabbouleh for winter; and green tabbouleh salad for spring.

The recipes are not exceedingly difficult or complicated. The cookbook is not kosher, but there are many recipes a kosher cook could make here.

There is much use of fresh mint, which is abundantly available in my Forest Hills garden, and from our FHJC Tuv Ha'aretz Golden Earthworm CSA. I made Mint and Lemon Chicken with Apricots and Potatoes two weeks in a row, perhaps motivated by the observation in the book that really good apricots are available only for a couple weeks each year.

If three or four recipes from a cookbook become standards in my own home cooking, I consider that book a great success. My copy of *Honey & Co.: The Cookbook* is full of many little slips of paper tucked between pages, indicating recipes I want to try, which means I am optimistic this cookbook is well worth my while. You might enjoy it, too.

*Naomi Danis is managing editor of Lilith magazine—independent, Jewish, and frankly feminist. Her most recent children's book is It's Tot Shabbat.*



**HUMMUS** | *Enough for 4-6 to have as a starter portion, or you could make half the amount to share as a mezze. From Itamar Srulovich & Sarit Packer, Honey & Co.: The Cookbook (Little Brown, 2015, \$35) p72*

- 1 1/4 cups / 250g dried chickpeas, soaked overnight in plenty of water so they double in volume
- 1 tsp baking soda
- 3 cloves of garlic, peeled
- Scant 1 cup / 250 g of tahini paste
- 1/2 tsp ground cumin
- 1 tsp salt, plus more to taste
- 1 tbsp lemon juice, plus more to taste

Drain the soaked chickpeas and check for any small stones or damaged chickpeas, discarding any you find. Tip the chickpeas into your largest pan and cover with plenty of fresh cold water. Bring to the boil and skim off the foam that forms. Allow to boil for 5 minutes, then skim again. Add the baking soda and mix well, the whole thing will bubble up like a volcano. Skim it thoroughly, then cook at a steady simmer, skimming regularly—this will give you a much clearer, paler result. It will take about 20-40 minutes for the chickpeas to soften entirely. The best indication will be the foam, which will become really thick and yellow. This is the time to check them: they should melt in your mouth without any resistance.

Remove the pan from the heat and drain the chickpeas into a colander sitting on a bowl or jug, as you want to retain the cooking liquid. Tip the chickpeas into a separate bowl—the drained weight should be about 1 1/4 lb / 600g. To this you want to return 1 cup / 250ml of the cooking liquid. It is important to do this while everything is still hot, as you get a much smoother texture—if you leave the chickpeas and liquid to cool before blending, the texture is chunkier.

Add the garlic cloves and blitz with a stick blender or food processor until the mixture is really smooth. It will look more like chickpea soup than a dip, but don't worry! Add the rest of the ingredients and continue blitzing until everything is well combined. Cover the surface of the hummus directly with cling wrap to avoid a skin developing while it is cooling. It will thicken as it cools, and you may even need to add a touch of water to loosen it when it is cold. The final texture should be lovely and creamy, easy to scoop up in a piece of pita bread. If you end up with a solid mass just mix in a couple of tablespoons of water to loosen.

You can place it in the fridge until serving or just leave it to cool at room temperature. We prefer making and eating hummus on the same day, but it will keep in an airtight container in the fridge for up to 2 days (avoid keeping it any longer, as chickpeas can ferment).

When you are ready to serve, taste and adjust the salt and lemon levels to your own preference. Spread the hummus on a plate and top with ground cumin or smoky paprika or chopped parsley or chopped cilantro or roasted pine nuts or olive oil or za'atar or sumac, or all of the above, or none of them. Serve with fresh pita, crackers, onion wedges, hard-boiled eggs, vegetable sticks or just spoons.

## WHAT'S IN THE BOX??

**Green Beans, Purslane (a.k.a. Verdolagas, Semizotu), Watermelon, Red Potatoes, Cherry Tomatoes, Cucumbers, Red Onion**

**FRUIT: Peaches, Donut Peaches**

### CHOPPED SALAD WITH PURSLANE

*Serves 4 – 6 | Kalyn Denny, kalynskitchen.com*

- 3 large tomatoes, diced in 1/2-inch pieces, salted, and drained
- 1 large cucumber, diced small into 1/4-inch pieces
- 2 cups chopped purslane – discard roots and larger stems
- 1 small red onion, sliced thinly or chopped small (optional)
- 1 cup finely chopped parsley
- 1/2 cup finely chopped mint
- zest of one lemon
- 2 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1 tbsp mayonnaise or Greek yogurt
- salt and freshly ground pepper, to taste

In a large bowl, combine tomatoes, cucumbers, purslane, mint, and parsley. In a small bowl, whisk together lemon zest, juice, olive oil, and mayonnaise or yogurt. Drizzle dressing over vegetables and toss gently, then season to taste with salt and pepper. Serve immediately.

## DRIVERS WANTED!

We need volunteers for unclaimed shares deliveries:

**09/01 (A-week) and 10/27 (A-week)**

If you have access to a car, please email me directly with the date(s) you can help:

**IWARCH @ GMAIL.COM**

Even if you have already fulfilled your volunteer requirement, you can still take one of these shifts.

Thank you!

## Do your work-out with the TRUCK UNLOADING mid-day volunteer shift!

Great for those who want a mid-day volunteer task.

We need volunteers for September and beyond – the shift is from 1 to 2pm on Tuesdays.

You must sign up for 4 weeks, but they need not be in a row.

Questions? Please contact Alexa

**alexaweitzman**

**@gmail.com**

### PURSLANE KOOTU *Serves 4 | Suganya, tastypalettes.com*

- Purslane – 1 - 2 bunches, leaves and stems, chopped coarsely
- Ginger – 1/2-inch piece
- Garlic – 1 clove
- Green chillies – 1-2
- Cilantro – small handful
- Mustard seeds – 1/2 tsp
- Turmeric powder – pinch
- Oil – 1/2 tbsp
- Salt, to taste

In a food processor or blender, grind ginger, garlic, green chillies and cilantro into a smooth paste with little water. In a pan, heat oil and splutter mustard seeds until golden brown. Add the purslane and turmeric, cook covered until the greens are done. Add the blended spice paste and salt, and cook for an additional two minutes. Serve with rice.