

SUSTAIN: A ROOT TO STEM JEWISH COOKING EXPERIENCE

Live with Chef Michael Solomonov

Thursday, October 21, 2021 at 8 p.m. EDT virtualjcc.com/channel/jfest-an-art-festival

List of Ingredients

5-MINUTE HUMMUS WITH QUICK TEHINA SAUCE

1 garlic clove
Juice of 1 lemon
1 (16-ounce) jar tehina
1 tablespoon kosher salt
1 teaspoon ground cumin
1 to 1½ cups ice water
2 (15-ounce) cans chickpeas,
drained and rinsed

BRUSSELS SPROUTS TWO WAYS

2 pounds Brussels sprouts,
root removed and halved
¼ cup white wine vinegar
3 tablespoons salt
2-3 cups canola oil
1/3 cup prepared tehina
2-3 tablespoons lemon juice
¼ cup white anchovies, minced
2-3 tablespoons olive oil
¼ cup chopped parsley
¼ cup chopped dill
Salt to taste
1 ½ cup hazelnuts
2-3 tablespoons harissa
½ cup feta cheese, dried and crumbled

FRIED CAULIFLOWER WITH HERBED LABNEH

¼ cup chopped fresh parsley
¼ cup chopped fresh dill
¼ cup chopped fresh chives
¼ cup chopped fresh mint
½ garlic clove, grated on a microplane
1 cup labneh
Kosher salt
Canola oil, for frying
1 head cauliflower, broken into florets
Kosher salt

ISRAELI PICKLES

4 celery ribs, cut into 1-inch chunks
½ head cauliflower, cut into 1-inch chunks
(about 2 cups)
3 carrots, peeled and cut into 1-inch chunks
(about 2 cups)
2 cups white vinegar
¼ cup kosher salt
¼ cup sugar
1 tablespoon ground turmeric
1 tablespoon schug
(a hot sauce made with jalapeno peppers
and seasonings; part of Yemeni cuisine)