

Chef Eyal Shani's Recipes for The Great Big Jewish Food Fest



MIZNON

NORTH *miznon*

Beetroot Carpaccio



Logics: Beetroot is a firm flesh animal, which is fire resistant and can sustain itself for a long time, even in 600°C, which is twice the maximum heat of a premium home oven. It does so with the help of its very thin skin. When it meets extreme heat, its skin gets charred. Charcoal is one of the best heat insulators, and so the heart of the beet remains protected. Only their water slowly evaporates from the flesh and gives the beets a prosciutto-like texture. After many hours, open the oven and you'll have as many charcoals as the beets you've put in. Take them out. Slice the beets very thin using a sharp knife. The magic will reveal itself. Nothing has touched the beet's heart. It remains red, lifeful. Most of the fluids have evaporated and left it weightless, but it's juicy and sweeter than ever, and filled with mineral tastes which you can't find anywhere else. On a large flat plate, spread out the beet slices, overlapping, sprinkle sea salt and olive oil, and add a spoon of sour cream or horseradish cream on the side.

Ingredients:

- 10 medium beets, fresh and firm, preferably with the stems still attached
- Olive oil
- Atlantic sea salt
- Sour cream or horseradish cream (optional)

Mechanics:

1. Preheat the oven to its maximum temperature
2. Cut the beet stems at the base. Wash thoroughly in the sink
3. Place the beets on a large baking pan and place in the oven. Cook for 1.5-2.5 hours (depending on the size of the beets). When the beets have charred and weigh about half of their original weight, take out of the oven and put aside to cool.
4. Once cooled, finely slice the beets with a sharp knife and pave a flat plate with the slices.
5. Sprinkle Atlantic sea salt and olive oil on top. Finish with a spoon of sour cream or horseradish cream.

Whole Roasted Baby Cauliflower



Logics: The cauliflower was once a cabbage - so was broccoli, kohlrabi, and brussels sprouts. About 5,000 years ago, man domesticated cabbage and chose the specimens with the biggest flowers to hybridize, when the cauliflower was formed. That gave birth to a cabbage that is almost all flower. Since then, throughout ages, cultures, and cuisines, people mistakenly saw the cauliflower as a bouquet of cauli-flowers, so they broke it down into tiny flower fragments. It's like taking a flower, tearing its petals and claiming that each of them is a flower. We understood that and made the decision never to break apart any more flowers. We found ourselves caressing them with both hands. The secrets of cooking are often found within the movements of the body, in how it reacts to the material that it's touching. This is how we found the secret for the exact amount of olive oil: it's the amount gathered by two palms of hands, bathed in oil.

Ingredients:

- 1 medium-sized cauliflower
- 2 tsp olive oil
- Salt

Mechanics:

1. To prep the cauliflower, slightly cut the base of the cauliflower but make sure to keep the leaves intact.
2. Bring a pot of very salty water to a rolling boil. Boil the cauliflower for about 7 minutes. It's ready when you're able to pierce it with a fork, but is still a little firm.
3. Take out of water and place on a baking tray. Let chill. Preheat the oven to 480 °F.
4. Once chilled, rub it thoroughly with olive oil and sprinkle with salt. Roast in the oven until beautifully golden brown.
5. To serve, drizzle with additional olive oil and a pinch of salt. Be sure to enjoy the leaves.

Mesabaha of Lima Beans Recipe



Ingredients:

- 1lb lima beans
- 1/2 cup olive oil
- 3 large garlic cloves
- 1 sprig of sage
- 1/2 green chili pepper
- Red onion and tomato, to serve

Mechanics:

1. To prepare the beans: in a large bowl, pour in 1 lb of beans and add water, 4 times the bean's volume. Let soak overnight at room temperature. By morning, the beans should be more than doubled in size. Drain the water, rinse the beans and pour them into a pot. Cover with water and bring to a boil. Drain the water again and rinse.
2. Place all the ingredients in a heavy bottomed pot and cover with water, about an inch higher than the beans. Preheat oven to 350°F
3. Place pot on the stove and bring to a boil, then immediately lower the flame. A forceful boil might dismantle the beans and make them smear.
4. Cover the pot with parchment paper and aluminum foil and place in the oven. Cook for three hours. The beans are then baked when they're quiet and stable, without the turmoil of boiling. This way you'll get whole, large, white and soft beans.
5. Remove from the oven, take off the cover and add salt. Gently shake the pot to make the salt penetrate through the deft of the beans.
6. To serve, transfer serving to a pan. Bring to a boil and watch as the liquids turn from clear to white, like a thick layer that binds the beans to each other.
7. Transfer the beans to a plate. Drizzle with olive oil, add some chopped green chili pepper, some chopped onion, and squeeze half a tomato (the seeds). Eat with a spoon while burning hot.

Chraime Fish



Ingredients:

- 2 lbs assorted tomatoes, halved
- 3-4 cloves of garlic, peeled and thinly sliced
- 1 hot green chili pepper, sliced
- Filet of white fish of your choice (cooking time varies)
- Tomato perfume (recipe below)
- Tahini sauce (recipe below)
- Olive oil
- Sea salt

Mechanics:

1. Heat a cast iron skillet or heavy bottomed pot or pan.
2. Add oil, tomatoes, green pepper and garlic.
3. Sauté until juices are released and flavors start to blend together.
4. Place fish on top of tomatoes.
5. Cover fish with tomato perfume and place into oven. The temperature should be around 500°F, but will depend on the type of fish and how your oven runs. Check it periodically to be sure that it does not overcook.
6. Remove from the oven. Drizzle with tahini and serve.

Tomato Perfume



Ingredients

- 4 lb cherry tomatoes, halved
- 2 lb assorted large tomatoes, halved
- 1 hot green chili pepper, sliced
- 4 cloves garlic, smashed
- Olive oil
- Sea salt

Mechanics

1. In a large pot, heat olive oil on medium heat. Once hot (but not smoking), add the hot pepper. Sauté for about one minute, or until it gets a bright, shiny coating but remains the same color.
2. Add garlic and sauté for a few seconds. Do not let it brown.
3. Add all the tomatoes but do not stir. Do not touch it until they start to release their juices. After a few minutes, stir the pot.
4. Cook tomatoes for about eight minutes.
5. While tomatoes are still in the pot and on medium heat, start crushing them against the side of the pot with a large spoon or masher, so as to squeeze out their "meat."
6. Remove from heat and push tomatoes through a fine mesh sieve into a bowl.

Tahini Sauce



Ingredients

- 1 cups raw tahini (ideally Har Bracha brand)
- 1 cup mineral water
- 1 tbsp lemon juice
- 2 tsp sea salt

Mechanics

1. Mix the salt with the lemon juice until the salt is melted.
2. Pour in the raw tahini and stir, then add the water and stir until an even texture is achieved. Taste and correct the seasoning.

Eyal's notes: The tahini must be stirred in the direction of the earth's rotation.

Cheesecake



Ingredients:

- Butter
- 2 lb. cream cheese, room temperature
- 1½ cups sugar
- 5 eggs
- 2 cups heavy cream
- 1 tsp salt
- 1/3 cup flour

Mechanics:

1. Preheat oven to 400°.
2. Butter a springform pan, then line with 2 overlapping large sheets of parchment. Place pan on a rimmed baking sheet.
3. Using a mixer, beat cream cheese and sugar in a bowl on medium-low speed, scraping down sides of bowl, until very smooth, no lumps remain, and sugar has dissolved, about 2 minutes.
4. Increase speed to medium and add eggs one at a time, beating each egg 15 seconds before adding the next. Scrape down sides of bowl, then reduce mixer speed to medium-low. Add cream and salt and beat until combined, about 30 seconds.
5. Turn off mixer and sift flour over cream cheese mixture. Beat on low speed until incorporated, about 15 seconds. Scrape down sides of bowl and continue to beat until batter is very smooth, homogenous, and silky, about 10 seconds.
6. Pour batter into the prepared pan. Bake cheesecake until beautifully golden brown on top and still very soft in the center, 60-65 minutes.
7. Let cool slightly (it will fall a lot as it cools), then remove the pan. Let cool completely. Then, carefully peel away parchment from sides of cheesecake.