

# Palestinian and Jewish Recipes for Peace

وصفة مأكولات فلسطينيه و يهوديه للسلام

מתכונים פלסטינאים ויהודיים לשלום



Celebrating 12 years of sustained relationship-building and outreach  
by the Jewish-Palestinian Living Room Dialogue Group  
of San Mateo County, California

Winter 2004



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The Jewish-Palestinian Living Room Dialogue Group

First Edition · 750 books printed

Second Edition · 250 books printed

Third Edition · 200 books printed

Book Design by Ricki McGlashan

San Mateo, California

Produced by the Jewish-Palestinian Living Room Dialogue Group  
San Mateo, California

ISBN: 1-881529-68-1



**We** dedicate this book to our two  
peoples and to all humankind, for  
we are one — neighbors forever.



*“There are some things only governments can do, such as negotiating binding agreements. But there are some things that only citizens outside government can do, such as changing human relationships.”*

Dr. Harold Saunders, former U.S. Assistant Secretary of State  
and negotiator of the Camp David Accords

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## Introduction

In July of 1992, a small group of American Jews, Palestinians and supportive others\* met for the first time in a living room in San Mateo, California. The intention was to get to know one another on a more personal level, to build trust through overcoming stereotypes and assumptions learned in our separate communities. The approach was to share our personal stories, revealing lives and experiences never heard before by the “other side,” often painful and even shocking to hear. Such living room dialogues are still thriving and have expanded to ten groups in the Bay Area in California and more than 50 others around the United States. There are others on high school and college campuses. “An enemy is one whose story we have not heard” is the inspiration behind the Dialogue movement. We hope it inspires and serves as a model for those in conflict. Christians, Muslims and Jews are all represented in these groups as well.

At each gathering of the Dialogue, one common theme is food. The meetings either begin with food, end with food, or contain food throughout the meeting. One of many things that connect Palestinians and Jews is their love of delicious food. One would almost believe that the conflict is between the kitchens to see who can put out the best spread, be the most generous and creative. When one looks at pictures taken when the group first started and then twelve years later, you can see many of us have GROWN, in size as well as spiritually and emotionally.

Recently, the original Dialogue group of San Mateo decided that a cookbook was in order. The idea behind the cookbook is that we have all sorts of recipes to share, although not all of them are for food. Some “recipes” describe how to have a better dialogue or how to truly listen to someone. This book also contains the stories behind some of the dishes, why they are favorites, and what a special dish means to a person or family. The request was for recipes that are a family favorite or remind one of a very special ceremony, event or relationship. When possible, we have included a short personal account, allowing the reader to see beyond the recipe to the human story.

We hope these recipes for building relationships—some of the most tasty food enjoyed by the Jewish and Palestinian communities—will inspire you to engage in both sustained Dialogue and some delicious meals with newfound friends.

The recipes in this book are love as well as time intensive. They are not recipes for “fast” foods so we hope you will enjoy both the preparation as well as the consumption. Many of these dishes provide hours of relating during preparation and bring back wonderful memories for special holidays and ceremonies shared with loved ones. The anticipated tastes of time-proven recipes assures they’re being passed on from one generation to the next.

*—Thou preparest a table before me in the presence of mine enemies—*

from Psalm 23

Whenever we sit down together to break bread, fulfilling the conditions to be met for good relationship, it is a sacred and blessed place.

*\*To simplify, this book will refer to Palestinians and Jews. In practice, the Dialogue groups have other participants who are Israeli Jews and Palestinians, diverse Arabs — Muslims and Christians — and supportive others.*

# Recipes for Peace

## A Jewish–Palestinian Living Room Dialogue Project

### Stories and Recipes Contributed by Dialogue Participants\*

Raeda Ashkar  
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Arnon Moscona and Adele Bueno  
Neimeh and Jiries Nazzal  
Shlomi and Linda Ravid  
Nahida and Adham Salem  
Basam and Maha Totah  
Libby and Len Traubman  
Henriette Zarour  
Miriam Zimmerman

*\*See index for location of contributors’ stories*

## A Well-Supplied Pantry

Some ingredients that make Arabic cooking distinctive — and are often found in a well-supplied Palestinian kitchen — include coarse burghul (bulger), tahini, dried beans, chick-peas, dried mint and the ever-popular spice za'atar. Flat leaf parsley is used in many recipes. Olive oil and samneh (clarified butter) are the most common fats. Rose water and orange flower water are used for flavoring syrups used in pastries along with walnuts, almonds and pine nuts. Salted nuts, toasted and salted chick-peas and pumpkinseeds are a tasty snack when having a drink of arak, the aniseed-flavored spirit of choice. While the cuisine of Palestine has a Middle Eastern flavor, practically every household, street stall, café and restaurant has its own preferred way of making the basic dishes eaten every day by Palestinians. Some use a little more garlic and a bit less onion, while others pour on lemon juice and skimp on the olive oil.

Jewish recipes draw from the cultures where the people have resided in Diaspora, especially from Western and Eastern Europe and the Middle East.

Some of the basic ingredients found in the average Ashkenazi Jewish kitchen might include garlic, paprika, black and white pepper, bay leaves, dill and kosher salt. The basic vegetables usually include potatoes, carrots, onions, celery, parsnips (for chicken soup), cabbage, lettuce, tomatoes and beets for borscht. Green and yellow peas, barley, lima beans and bones (cow knee bones with lots of marrow) are used in basic heavy vegetable soup along with lots of dried beans. Mandel Brit., a twice-baked cookie, and rugula, a small rolled cookie, usually using orange zest, vanilla, cinnamon, sugar and raisins in various combinations, are two favorites.

Spices and herbs are also essential in every well-stocked Sephardi kitchen, which usually contains, dates, nuts, chicken, grape juice, rice and pita bread or Livash (thin flat bread). Spices and herbs are used in most dishes to enhance the flavor of the meat, chicken and rice. For example, fenugreek (dry leaves) are used in flavoring stews along with parsley and cilantro. Fresh or dry dill is used in flavoring rice and peas and lima beans along with saffron to intensify the flavor. Cardamon, salt and pepper are used in preparing traditional chicken soup for Friday night dinners. Blessing is said over pita bread and Sephardis in America are now using challah (braided egg bread) in place of the pita bread. Jewish cooks have always integrated their cooking with the customs of the dominant culture. Now, if we could only learn to live and cherish each other's traditions and respect our differences as well!

Gondi is a traditional Friday evening meal. It is chicken soup made with cardamon, salt and pepper, using the bones of the chicken, and then when the soup is richly flavored you add chicken balls (not matzo balls) made from ground chicken seasoned with grated onion, turmeric and lemon juice. Add dried chick-peas and you have a traditional Friday evening meal. Rice is another staple in the diet and cooked rice with peas and or lima beans are seasoned with fresh or dried dill to round out the meal. On Passover the haroset is made from a paste of finely ground almonds or walnuts, dates and wine. All recipes begin with fresh ingredients and lots of love.

**For your garden of daily living  
Plant three rows of peas**

*Peace of mind*

*Peace of heart*

*Peace of soul*



*Dialogue participants designed  
squares for the travelling  
Middle East Peace Quilt,  
created by Elizabeth Shefrin,  
Vancouver, Canada.*



# Appetizers

Baba Ghannouj (Eggplant)

Calf Liver

Chopped Chicken Liver

***Miriam Zimmerman***

Falafel (Dried Bean Croquettes)

Feta and Marinated Nicoise Olives with Grilled Pitas

***Sandra Kahn and David Levant***

Gefilte Fish a la Veracruzana

Herring Salad with Sour Cream Sauce

***Shlomi and Linda Gattmann-Ravid***

Hummus

Fool (Ful) Mudammas

Knishes



## Baba Ghannouj (Eggplant appetizer)

- 1 medium eggplant, about 12 oz.
- 1/4 cup lemon juice
- 1/4 cup tahini
- 2 cloves garlic
- 2 tsp. salt or to taste
- 1 Tbsp. olive oil
- 1/4 cup finely chopped parsley

Bake the eggplant in the center of a 400 degree oven and cook until soft, turning often.

Peel off skin while hot and remove stem and end of eggplant, if firm. Chop flesh and place in a blender or food processor and puree. Blend in most of the lemon juice and gradually add the tahini. Crush garlic to a paste with 1 tsp. salt and add to eggplant. Beat well and adjust flavor with more lemon juice and salt if needed. Beat in olive oil and parsley. If using a blender, put about 4 sprigs of parsley into blender and process until parsley is chopped but still visible.

Place in a shallow dish, garnish with parsley and serve as an appetizer.

Can be made ahead and stored in a sealed container in the refrigerator. Bring to room temperature before serving.



*"If you don't talk directly, it will be very hard to get peace."*

Ms. Isis Nusair, Palestinian, native of Nazareth



*Sandra, Doris, Fanny, Nahida and Carol — cooks in Dialogue*



## Calf Liver Appetizer

- 1 pound calf liver – washed and chopped
- 1 jalapeno cut small
- 3 cloves garlic minced
- 3 Tbsp. olive oil

Sauté the pepper and garlic in olive oil. Add the liver. Sprinkle with salt and stir for a few minutes. Serve with lemon juice.



## Chopped Chicken Liver

- $\frac{1}{2}$  lb. chicken liver or 4 chicken livers
- $\frac{1}{4}$  of a small onion
- 2 hard boiled eggs
- 1 stalk celery, if desired
- 2 Tbsp. chicken fat
- salt, pepper, cinnamon to taste

(Liver must always be broiled before it may be used in any way. Boiling, baking or frying the raw liver is not permitted.)

Wash the liver, salt it on both sides and broil on a wire rack so that the blood drips off into the drip pan. Wash again, then put liver, onion, egg and celery TWICE through a food chopper. Season to taste, add the chicken fat and mix thoroughly to form a fine paste. Serve as an appetizer on crackers, toast or celery.



*Growing up, Miriam Zimmerman's mother, a convert to Judaism, had Miriam prepare chopped liver for Friday night Sabbath dinner. Her recipe was one she would **not** recommend: one cooked chicken liver chopped up with one hard-boiled egg. That's it! No salt or fat to hold it together. "Mother didn't know from chopped liver," says Miriam. "I grew up thinking chopped liver was supposed to be crumbly."*

*Miriam Zimmerman describes celebrating Passover with her cousins each year as very memorable. The special foods with ritual significance were wonderful, but even more was the connection made with the people at the table. The strictly kosher cousins and Miriam's Reform family were able to transcend their differences for Passover. During the Seder service, Miriam made certain that the door was opened for Elijah, intuiting the importance of this ritual even as a young girl. This custom symbolizes being open—opening the door to new possibility or new beginnings. After the meal, they would sing and play games and have lots of fun together. Miriam believes that breaking bread together and experiencing each other's customs are healing.*



# Falafel (Dried bean croquettes)

- 1 cup fava beans (dried broad beans)
- 1 cup chick-peas
- water
- 1 medium onion
- 2 cloves garlic
- $\frac{1}{2}$  cup finely chopped parsley
- pinch of hot chili pepper
- 1 tsp. ground coriander
- $\frac{1}{2}$  tsp. ground cumin
- 1 tsp. bicarbonate of soda
- salt
- freshly ground black pepper
- oil for frying

Put broad beans in a bowl and cover with 3 cups cold water to soak for 48 hours, changing water once each day, twice in hot weather.

Put chick-peas in 3 cups cold water and soak for 12 to 15 hours.

Drain beans and peas and remove skins from broad beans. Skin may be left on chick-peas. Combine beans and peas with roughly chopped onion and garlic and grind twice in food grinder using fine screen, or process in food processor in two batches.

Combine with parsley, chili pepper, coriander, cumin and soda and add salt and pepper to taste. Knead well and leave to rest for 30 minutes. Shape a tablespoon of the mixture into balls, then flatten into thick patties about  $1\frac{1}{2}$  inches in diameter.

Place on a tray and leave for 30 minutes at room temperature.

Deep fry in hot oil, 6 to 8 at a time, and cook for 5 to 6 minutes, turning to brown evenly. When well browned, remove and drain on paper towels.

Serve hot as an appetizer with tahini sauce. It can be eaten in pita bread with tahini sauce and salad vegetables.

(If you like falafel, but don't have time to make it from scratch, you can buy a mix and prepare as above.)

## Tahini Sauce

- $\frac{2}{3}$  cup tahini (sesame paste)
- 3 Tbsp. water (or as needed)
- 2 lemons, juiced
- 2 garlic cloves, minced
- 1 Tbsp. fresh parsley, minced
- black pepper

In a small bowl place the tahini, water, and lemon juice. Mix the ingredients together so that a smooth sauce is formed (add more water if necessary). Add the garlic, parsley, and black pepper. Mix them in so that they are well blended. Makes 1 cup.





# Feta Cheese and Marinated Nicoise Olives with Grilled Pitas

This recipe can be prepared in 45 minutes or less.

## For marinated olives

- 1 lemon
- 1 garlic clove
- a 6-inch fresh rosemary sprig
- 2 3-inch fresh thyme sprigs
- 2 bay leaves (preferably Turkish)
- $\frac{1}{4}$  tsp. cracked or coarsely ground black pepper
- $\frac{1}{3}$  cup extra virgin olive oil
- 1 cup nicoise olives (about 6 ounces)

- $2\frac{1}{2}$  pounds feta cheese
- 8 to 12 6-inch pitas
- about 2 Tbsp. olive oil

Accompaniment: Japanese or English cucumber spears

## Make marinated olives

With a vegetable peeler, remove 4 wide strips zest from the lemon. Thinly slice garlic.

Break rosemary and thyme into 1-inch pieces and halve bay leaves. In a small airtight container, stir together all marinated-olive ingredients. Marinate olives, covered and chilled, at least 2 hours and up to 1 month.

Prepare grill.

Put the feta on a platter and pour olives and marinade over it.

Lightly brush pitas with oil and season with salt and pepper.

Grill pitas on a rack set 5 to 6 inches over glowing coals about 1 minute on each side. (Alternatively, grill pitas in a hot well-seasoned ridged grill pan over moderately high heat.)

Serve pitas warm with feta and olives. Serve cucumber spears on the side.

Serves 8 people.





*Sandra Kahn, a Mexican-American Jew, is married to David Levantthal, an American-Jew who grew up in Mexico from age 3 to 11. They share much in common from their childhood, and as they look back and compare notes, many of their memories are similar. When the United States passed the Immigration Act in the late 20s, stopping the steady stream of immigrants into the US, the ships carrying families across the ocean ended up in other countries, many in Latin America. As a result, half of Sandra's family ended up in the United States and half in Mexico.*

*Growing up in Mexico, Sandra and her brother started their own business as small kids. Rather than sell lemonade from a stand, they sold challahs baked by "Bubbe," their Grandmother Sarah Jarowinsky, selling them door-to-door in their neighborhood. Sandra and her brother went to "Jewish" school and spoke Yiddish before they spoke English. Growing up in Mexico, it is interesting to note how Jewish culture was integrated into Mexican culture. The recipe for Gefilte fish a la Veracruzana is one example.*

*David's early memories of being Jewish also revolve around food. His loving Grandmother Anne Schneider, "Mema," would come visit them in Mexico from New York and bring bags and bags of fresh bagels, lox and cream cheese. At that time, it was impossible to find a bagel, much less lox, anywhere in Mexico. When the food arrived, everyone was happy, especially David's Dad. You would never think a man would be so happy to see his mother-in-law. Today, David and Sandra enjoy the mixed culture of their upbringing and sprinkle in some new traditions including a cleaner, healthier diet with an emphasis on vegetarian recipes. Of all the holidays, Passover reminds David of food—waiting for food, eating too much food and just plain good food. David's favorite is matzo ball soup. A few bowls of soup, and who needs the rest of the meal. Buen Provecho!*



## **Refilte Fish a la Veracruzana (Veracruz style)**

- 1 whole buffalo fish (or other fatty fish)
- 1 whole salmon
- 1 whole walleye pike

Have the fish market fillet them and give you the bones and skin for broth. If the fish market will grind the fish for you, too, this is an enormous time saver.

### **Broth**

- 4 onions cut in half
- 4-6 stalks of celery, including leafy parts
- 2 whole carrots
- fish bones and skin

Put all ingredients in the largest pot you own and cover them with water. Bring to a boil and simmer for 2 to 3 hours. This should make a fairly rich stock.

### **Fish Balls**

- 2 large onions, ground through a meat grinder
- fish fillets ground through a meat grinder separately from the onions
- Sometimes the fish market will do this for you. Food processors do not work well for this.
- 1 tsp. sugar (optional)
- 1 tsp. white pepper
- 1 tsp. salt
- approximately  $\frac{1}{4}$  cup matzo meal
- 4 egg whites
- 4 egg yolks
- $\frac{1}{2}$  cup extremely cold water

In a wooden bowl, using a round bladed chopper, chop the ground fish and ground onions. Use a turning motion, working as much air in as possible. (This is where the visual aids come in handy.) Chop for about 10 minutes. Add matzo meal and spices and keep chopping, using the same motions for about 5 more minutes. Beat egg whites until frothy, not stiff, and pour over the fish mixture. Beat egg yolks well, add the very cold water and pour over fish mixture. **DO NOT MIX.**

Chop the mixture, adding more air, until eggs are well worked in. Strain fish broth and bring back to a gentle simmer. Make balls of the fish mixture (handle as little as possible) and drop gently in broth. Peel and slice carrots into  $\frac{1}{4}$  inch rounds and add to broth. Partially cover and simmer for about 2 hours. Turn the balls occasionally if there are too many for them to turn on their own.

When cooked, remove fish balls and place in a single layer in storage containers. Refrigerate.

Serves about 20 people with leftovers.

Serve with Veracruz-style sauce. (See recipe on following page.)



### Veracruz-style sauce

10 pieces of gefilte fish  
2 medium onions  
4 large tomatoes  
2 Tbsp. capers  
4 Tbsp. olive oil  
4 cloves of garlic, minced  
1 bay leaf  
1 Tbsp. crushed oregano  
1 lime  
jalapeno peppers to taste  
salt and pepper to taste

Place fish in a baking dish. Squeeze juice of lime, salt and pepper over both sides of fish. Puree tomatoes in blender with 1 onion, oregano, salt and pepper. Heat olive oil in sauce pan and lightly brown chopped garlic. Add tomato mixture and bay leaf. Simmer for 20 minutes. Pour mixture over fish. Thinly slice remaining onion and place on top of fish with olives, capers and sliced jalapeno peppers (if desired). Bake in 350 degree oven for approximately 10 minutes.



*Mexico has been a host for Jews since its colonization in the 16<sup>th</sup> century. However, the modern Mexican-Jewish community came to Mexico during the six year presidency of Calles, a progressive president, who opened the country to foreign immigration. Calles understood the benefits of receiving a well-educated group of people like the Jews during the industrialization of the country. Sandra Kahn's grandparents went to Mexico during the 1920s from Eastern Europe. From this mix of traditions, Sandra has chosen her paternal grandmother's recipe for Veracruz-style gefilte fish.*

*Sandra Kahn is a Jewish Mexican-American who participates in the Dialogue.*



*A father was dealing with a problem in his backyard fishpond. Some of his fish got stuck and mangled in the filter system. Watching closely, the 5 year old son asked "Is that why we call it 'Ge Filtered Fish?'"*



# Herring Salad with Sour Cream Sauce

1 cup sour cream  
1/2 cup yogurt  
1/2 lemon, juice only  
1/4 tsp. sugar

2 small onions  
2 medium tart apples  
8 herring fillets, marinated  
2 tsp. dill or 1/2 tsp. dill weed

Blend the sour cream, yogurt, lemon juice and sugar. Peel the onions and cut into thin slices. Peel and quarter apples, remove cores and cut into thin wedges. Blend onions and apples with the sauce.

In a dish, arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours. Sprinkle with dill before serving.



*A friend got some vinegar in his ear, now he suffers from pickled hearing.*



*All Bay Area Dialogues gather for a special Season of Light event, December 2003*





*Shlomi Ravid and Linda Gattmann Ravid have been back and forth between San Mateo, California, and Israel over the past 8 years. Shlomi was Israeli born and raised on Kibbutz Glil-Yam and Linda was born in the United States. Both are members of the Kibbutz where they raised their four children. Kibbutz life is unique to Israel, stressing the importance of community, equality and Jewish cultural identity. Holidays are real community celebrations, gathering in the huge dining room for programs and meals. Passover is one such coming together, sharing a feast about freedom, spring and solidarity among peoples. All of the members of Kibbutz Glil-Yam gather together in their finest (if modest) clothes. The Seder includes friends and relatives who live outside the kibbutz. An original Hagada, written by Shlomi's mother, is used to lead the community Seder. It's focus is on freedom from slavery, agricultural renewal, the Jewish tradition, and the establishment of the state of Israel. The service is integrated with the sharing of traditional foods.*



*It is interesting to note there are two very different recipes for haroset, the dish symbolizing the mortar out of which the enslaved Jews made bricks for the Egyptian Pharaohs. Ashkenazi (European) Jews and Sephardi (Morrocan, Yeminite) have their own unique recipes for this very traditional and favorite dish. The Ravids enjoy the Ashkenazi recipe for horoset which is as follows:*

*Grate an apple and add cinnamon, sweet red wine and ground nuts to taste. A Sephardi recipe for horoset is chewy and contains dates and nuts chopped in larger pieces.*

# Hummus

1 can garbanzo beans  
2 cloves of garlic  
 $\frac{1}{4}$  cup tahini sesame seed oil  
juice of 2 lemons  
 $\frac{1}{4}$  tsp. salt

Put all ingredients in a food processor and grind until smooth.  
Garnish with olive oil and paprika.



# Fool (Ful) Mudammas

1 can fava beans  
 $\frac{1}{2}$  green jalapeno  
2 cloves garlic  
 $\frac{1}{4}$  tsp. salt  
juice of 2 lemons

Boil the beans on low for 15 minutes. Chop the garlic and pepper fine then mix with the salt and lemon juice. Add to the fava beans and mix. Serve with olive oil and parsley on top.



*There are times of joy and times of distress. Our Dialogue goes on.*



# Knishes

Note: Plan ahead when preparing this recipe, as potatoes must be cooked and mashed, and the dough refrigerated for an hour.

## Dough

2 cups flour  
1/2 cup shortening  
1 egg  
1/2 tsp. salt  
1/2 cup boiling water

## Filling

1 large onion, diced  
oil  
2 cups mashed potatoes  
salt and pepper to taste  
1/3 tsp. garlic powder  
1/2 lb. ground beef, browned (optional)  
flour

To prepare dough: Mix together flour, shortening, egg and salt as you would pie dough. Add water, combine thoroughly and form mixture into a ball. Cover in plastic wrap and refrigerate for one hour.

To prepare filling: Sauté onion in a little oil until lightly brown. Mix cooled potatoes, sautéed onion, salt and pepper and garlic powder. Add browned ground beef, if desired. Set aside.

To assemble: Preheat oven to 375 degrees. Sprinkle cutting board with a little flour. Take a third of the dough and roll into a rectangle as thin as possible, roughly 5 by 14 inches. Place a row of potato mixture about 1 inch thick on the long edge, as you would a jellyroll. Roll up and seal edge lengthwise. Flour the side of your hand and cut the dough with the edge or your hand into 1 1/2 to 2 inch pieces. Seal ends together. Place on end and flatten down slightly. Place on greased cookie sheet and brush oil on top of knishes. Bake for about 25 minutes or until brown on the bottom. Serve as a hot appetizer.



*Hannah Oreckosky, born in the Ukraine in 1871 and died in Duluth, MN, in 1949, is the Great Great Grandmother of Len Traubman who was born in Duluth and enjoyed Hannah's hot knishes.*





**F**or the garden of your daily living  
**Plant four rows of squash**

*Squash stereotypes*

*Squash indifference*

*Squash blame*

*Squash violence*



*Nadim offers one of his favorite Palestinian dishes*

## Soups

Adas Bis Silo (Lentil and Silverbeet Soup)

Borsht (Beet Soup)

Carl's Favorite Soup

Chicken Soup and Matzo Balls (kosher version)

***Sheila Kay***

Traditional Chicken Soup

Lamb and Vegetable Soup

Lemon Chicken with Rice Soup

Lentil Soup

Vegetable Soup to Live For

Vegetable Stock



## ***A*das Bis Silo (Lentil and Silverbeet Soup)**

1 1/2 cups brown lentils  
6 cups cold water  
8–10 leaves silverbeet (Swiss chard)  
1/2 cup olive oil  
1 large onion, finely chopped  
3 cloves garlic, finely chopped  
1/4 cup chopped coriander leaves  
salt  
freshly ground black pepper  
1/4 cup lemon juice  
lemon wedges for serving

Wash lentils well and place in a heavy pan with the cold water. Bring to boil, skimming if necessary, then cover and simmer gently for 1 hour or until lentils are soft.

Wash silverbeet (Swiss chard) well and cut off stems. Slit leaves down the middle, then shred coarsely.

Heat oil in a separate pan, add onion and fry gently until transparent. Stir in garlic and cook for a few seconds longer.

Add shredded silverbeet to pan and fry, stirring often, until leaves wilt.

Pour onion and silverbeet mixture into lentils, add coriander, salt and pepper to taste and the lemon juice. Cover and simmer gently for another 15 to 20 minutes. Serve soup with lemon wedges for squeezing into the soup. Flat bread or pita make a nice complement.



*“Out beyond ideas of rightdoing and wrongdoing, there is a field.*

*I’ll meet you there.”*

Jelaluddin Rumi (1207-1273)



## Borsht (Beet Soup)

5 large beets  
1 medium onion  
2 eggs  
juice of one lemon  
sugar to taste (about  $\frac{1}{4}$  cup)  
 $\frac{2}{3}$  tsp. salt

Wash and scrape the beets and cook in a quart of water until tender. Remove the beets, cool and grate fine. Measure the liquid in which the beets have boiled and add enough water to make 8 cups. Return the grated beets to the liquid, add the onion cut in half, the lemon juice and sugar. Cook for 20 minutes. Beat the eggs well, add the salt and a Tbsp. of cold water. Beating all the time, gradually stir in some of the hot borsht. Return this “whitened” borsht to the rest of the borsht in the pot, stirring well. Remove the onion and serve the borsht either hot or cold.

If served chilled, add a dollop of sour cream, diced cucumber or coarsely chopped hard-boiled egg to each serving. If using canned beets, use the beet juice as well.



## Carl's Favorite Soup

4–5 large carrots  
1 small potato, peeled and diced  
 $\frac{1}{2}$  onion  
3 Tbsp. ground coriander  
2 Tbsp. olive oil  
salt and pepper to taste  
chicken bouillon or stock to cover

Chop onion coarsely and sauté until well softened, but not burned. Add all other ingredients. Cook for 20 minutes. Puree in a blender until creamy. Thin out with bouillon if necessary. Serve piping hot garnished with parsley or a dab of sour cream or yogurt.



*Carl Estersohn, a retired dentist, participated in the Dialogue to learn and understand more about the conflict. He especially looked for opportunities to speak one-on-one with the Palestinians. Carl has taken this experience with him to New York City.*



# Chicken Soup and Matzo Balls

## A Kosher Version

*Kosher chicken is fed only specific feed and there are no hormones or antibiotics used. When Dialogue participant Sheila Kay was a little girl, she went with her mother to the live chicken market in Brooklyn, NY at 6:30 AM Thursday morning before school to buy a fresh kosher chicken. She watched as her mother inspected the chicken feathers and eyes and saw the Shoket (ritual slaughterer) cut the chicken's neck with a sharp knife. One swift cut. Once the chicken was cut, it was off to the ladies who plucked the feathers. If the color of the chicken's liver was not healthy then the animal would not be sold. It was very rare to ever see an unhealthy chicken at the live chicken market. As Sheila says,*

*"To make a good soup you need a good chicken." And remember, chicken soup is good for the patient.*

*As Sheila says, "Sinkers or floaters, I think you will like my family's recipe."*

Cut the chicken into quarters. Pour hot water over the chicken to clean the skin and inside. Remove all visible giblets.

Put the chicken in a 6 quart pot of water and bring it to a boil. Once it is boiling you will see the dirt rise to the top. Keep boiling and remove all visible dirt, using a slotted spoon. Once the water is relatively clear, add the following ingredients:

- 1 large white onion—cut into quarters, but not completely through
- 3 peeled carrots sliced on the diagonal
- 1 large parsnip—cut the bottom into quarters but not all the way through
- 2 large stalks of celery cut into thirds
- fresh dill tied with white thread so it is easy to remove from the soup

Be sure all the vegetables and the chicken are covered with water. Simmer for one hour and then let it stand to cool. The chicken fat will rise to the top. You can transfer all the soup into another pot with a strainer to create a clear broth. If you like the cooked vegetables, you can eat them separately, but not the dill. Chill the clear broth and the fat can be removed from the surface.

- 4 eggs
  - $\frac{1}{2}$  cup chicken broth
  - 1 cup matzo meal
  - $\frac{1}{3}$  cup vegetable oil
  - $\frac{1}{2}$  tsp. salt and dash of black pepper
- You can add a cup of shredded carrots, onions or parsley for extra taste.

Beat the eggs with broth (or water), oil, salt and pepper until frothy. Don't be lazy, as this is the secret to light matzo balls. Gradually add the matzo meal and stir until all the flour is incorporated. Not too thick. The batter will be on the loose side. Cover and chill for one hour or more. The batter will thicken to the consistency of soft, loose mashed potatoes.

continued



To cook the matzo balls prepare 4 plus quarts of boiling water and be sure the pot has a good cover to prevent the steam from escaping.

Take about 1 Tbsp. of batter into your clean wet hands and roll slightly into a loose ball and drop them into the gently boiling water. After all the matzo balls are in the pot they will sink to the bottom of the boiling water and then pop up. (That's when you know you have floaters and not sinkers.)

Cover the pot with a secure lid and lower to a medium boil, not rapid. Do not lift the lid. Allow the matzo balls to steam cook for 45 minutes.

Uncover and remove the cooked matzo balls and serve in chicken broth or you can place them on a cookie sheet and freeze them. Once frozen, place them in a zip lock bag.

You can enjoy matzo ball soup anytime you want.

The precooked matzo balls can be added to the chicken broth and simmered for 15 minutes.



*Chicken soup is reported to cure ALMOST everything.*

*Moments before a famous Shakespearean actor was to perform Hamlet to a packed house in New York, he dropped dead. The house manager solemnly went onstage and announced, "We are sorry to bring you this news, but our performance tonight has been canceled due to the untimely demise of our featured performer."*

*From the back of the theater a voice cried out, "Give him some chicken soup."*

*Startled, the stage manager cleared his throat and replied, "I apologize if in my grief I have not made my solemn message clear. The man is deceased."*

*Once again, but more emphatically the voice rang out, "Give him some chicken soup."*

*Having had about enough, the manager bellowed back, "Sir, the man is dead. Giving him chicken soup couldn't possibly help."*

*To which the voice replied, "It couldn't hurt."*





*Ida Rosenbloom, better known as “Bubbie-Bubbie-Bubbie” to Sheila Kay, taught Sheila about life in the kitchen. (Grandmother) Bubbie came to New York from Poland with her four children in 1916 when she was 22 years old. Until Sheila was 9 years old, Bubbie lived in the apartment above hers, and this is where Sheila spent her time. Bubbie kept a kosher house. On Fridays she would totally clean the house in preparation for Shabbat, including washing the floors, which she would then cover with newspapers to keep them clean during food preparation. Just before the meal was served, the papers would be removed and the spotless floors displayed.*

*Passover was very special and Sheila’s favorite ceremony. The large extended family would all come together in Bubbie’s kitchen for the Seder, or Passover dinner. Early on the day of Passover, Sheila would go with Bubbie to the local market to buy the huge live fish (carp), which would swim around in their bathtub until time to be killed and made into gefilte fish. Although Sheila never watched the fish being killed, she recalls seeing scales everywhere. Food was central to everything. It was an expression of love.*

*Everyone dressed in their best clothes for these special meals, and Sheila recalls playing a game with filbert nuts and doing lots of singing long into the night.*



# Chicken Soup

## Traditional

- 1 large plump chicken 3½ to 4 lbs. plus giblets cut into small pieces
- 2 stalks celery plus leaves cut in chunks
- 2 carrots cut in chunks
- 1 large onion cut in half
- 2 cloves garlic
- sprig of dill or ½ tsp. dry dill
- 2 tsp. salt
- 6 pepper corns
- 1 bay leaf
- 1 parsnip, peeled (optional)
- 2 parsley sprigs including stems

Place chicken in a large soup pot, cover with cold water. Add vegetables and spices.

Simmer on medium heat for about two hours in a covered pot. Skim the foam that comes to the top. Remove the chicken and strain. Taste and add seasoning as needed.

Serve with matzo balls, egg noodles and any other garnish. If made ahead, place in the refrigerator. When chilled, spoon off the fat.

HINTS: For crystal clear soup, always cook the soup at a simmer, otherwise it will get cloudy. It will keep three days in the refrigerator, and freezes well. Use clean leaves of the onion skin to add a golden color to the soup while simmering.

## Matzo balls (if desired)

Blend 2 Tbsp. oil with 2 eggs in a small bowl. Add ½ cup matzo meal, 1 tsp. of salt and a dash of pepper. Add 2 Tbsp. of the soup stock or water. Do NOT over mix. Cover and refrigerate for ½ hour.

In a 3 quart pot bring 1½ quarts of water and 1 tsp. of salt to a boil. Using wet hands roll the mixture into balls the size of a walnut and drop into the boiling water. Cover and cook 30 to 40 minutes. Drain well and add the matzo balls to the soup.

Serve the soup with 2 or 3 matzo balls, and sprinkle the soup with parsley.

You can purchase matzo mix at most stores.

*This traditional recipe for chicken soup with matzo balls is served on the Sabbath at sundown and all Jewish holidays. This particular recipe comes from Ida Gottstein, born in Lithuania, and is the Great Great Aunt of Len Traubman.*





## **L**amb and Vegetable Soup

- 1 pound of lamb stew
- 1 onion diced
- 2 potatoes cut into small pieces
- 2 Tbsp. chopped parsley
- 3 carrots cut into small pieces
- salt and pepper to taste

Boil the meat for 20 minutes then rinse it with hot water. Add three cups of fresh water, vegetables, parsley, salt and pepper and boil for another 45 minutes to one hour—until the meat is tender.



## **L**emon Chicken with Rice Soup

- 2 cups of chicken cut into small pieces
- 4 cups of chicken broth
- 1 onion diced
- 4 stalks of celery diced
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. pepper
- 1 Tbsp. crushed mint
- $\frac{1}{4}$  cup oil
- 2 cups cooked rice

Sauté the onion, chicken and celery in the oil. Add chicken broth, mint and pepper and let it boil for half an hour. Add two cups of cooked rice. Serve hot.



## **L**entil Soup

- 2 cups of lentils, washed
- 1 large onion, chopped
- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{2}$  tsp. cumin
- $\frac{1}{2}$  tsp. white pepper
- 1 tsp. salt

Boil the lentils with 4 cups of water for 20 minutes. Mix the onion, flour, spices and oil and add to the lentils. Cook the lentils until tender.



## **V**egetable Soup to Live For

1/2 lb. lean ground beef (optional)  
3 Tbsp. butter (optional) or cooking oil  
1 large onion, chopped  
2 cloves garlic, minced  
6 cups prepared fresh vegetables (your homegrown favorites may include cut up carrots, celery, green beans, new potatoes, peas, corn off the cob or zucchini)  
2 quarts beef or chicken broth  
1 16 oz. can kidney beans, drained  
1/2 tsp. each dry basil, oregano and rosemary leaves  
1 8 oz. can tomato sauce  
2 large tomatoes, seeded and chopped  
2/3 cup elbow macaroni or spaghetti, broken in pieces  
2 cups shredded cabbage, spinach or chard  
salt and pepper to taste  
grated Parmesan cheese

In a very large pot, over medium heat, melt the butter or oil. Add the onion, garlic and other vegetables. Cook, stirring often if using the ground beef until it loses its pink color and the onion is limp. Drain off any excess fat. Add the broth of choice, kidney beans, and seasonings and bring to a simmer. Cover and cook about 30 minutes. Add the tomato sauce, tomatoes and macaroni. Bring back to simmer and cook covered for about 20 more minutes or until macaroni is tender. You can cool and refrigerate at this point if making the soup ahead. For the final step, add the cabbage, spinach or chard and cook, covered until the greens wilt, about 5 minutes. Season with salt and pepper.

Sprinkle with grated Parmesan cheese.

This soup is low in fat and high in nutrition.

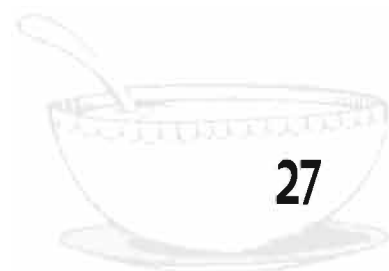
Makes 8 servings.



## **V**egetable Stock

- 4 large carrots sliced
- 1 large yellow onion, sliced thinly
- 1 large bulb fennel (including leaves) chopped coarsely
- 4 large stalks celery, chopped
- 4 cloves of garlic, crushed
- 2 medium red potatoes, quartered
- 1 apple, quartered
- 1 pear, quartered
- 3 ears of corn, quartered
- 1 cup of chopped leeks (green part only)
- 1 bay leaf
- 1 bunch of fresh parsley, chopped
- 2 Tbsp. fresh minced oregano leaves (or 2 Tbsp. dried)
- 2 Tbsp. fresh minced thyme leaves (or 2 Tbsp. dried)
- 1 Tbsp. allspice
- salt and freshly ground pepper to taste
- 20 cups of **cold** water (very important to start with cold water)

In one or two large pots combine all the ingredients. Bring to a boil, cover, lower the heat and simmer for 4 hours. Remove and discard all vegetables except for corn that can be eaten separately. Strain and serve. Note: The apple and pear will give it a sweet taste. If you prefer the more savory taste, substitute the fruit with a colinabo. You can serve this soup with matzo balls. (See recipe under chicken soup.) You can also enjoy this broth with vegetarian kreplach.



**F**or the garden of your daily living  
Plant four rows of lettuce

*Lettuce be open*

*Lettuce have empathy*

*Lettuce be patient*

*Lettuce really love one another*



*Sandra's gift to Palestinians and Jews building relationships.*

# Salads

Batata Mtabbli (Potato Salad)

Fattoush (Toasted Bread Salad)

Green Salad with Fruit and Curry Dressing

*Len and Libby Traubman*

Tabouleh

*Afaf Dudum*

Tomato, Cucumber, and Pita Salad

*Dialogue Paper*



## Batata Mtabbli (Potato Salad)

8 medium potatoes  
salted water  
1 medium onion, finely chopped  
 $\frac{1}{2}$  cup finely chopped parsley  
 $\frac{1}{2}$  tsp. dried mint  
salt  
freshly ground black pepper

### Dressing

1 clove garlic  
1 tsp. salt  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{2}$  cup olive oil  
freshly ground black pepper

Scrub potatoes and boil in their jackets in salted water. Peel and when cool cut into  $\frac{3}{4}$  inch cubes. Place potatoes in a bowl with onion, parsley, mint rubbed to a powder, salt and pepper to taste.  
Make salad dressing and pour over potatoes. Toss and serve at room temperature.

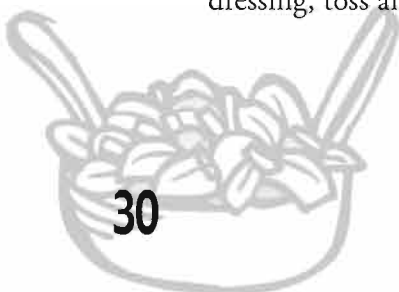
## Fattoush (Toasted Bread Salad)

1 khoubiz or flat bread  
6 leaves romaine lettuce or 4 leaves of another lettuce, crisped  
1 slender green cucumber  
2 medium tomatoes  
 $\frac{1}{2}$  cup chopped spring onion  
 $\frac{1}{2}$  cup chopped parsley  
 $\frac{1}{4}$  cup chopped fresh mint  
1 cup chopped sweet green pepper  
1 cup chickweed or purslane, optional (select leaves near the top of stalks and the young leafy ends)

Toast khoubiz until golden brown. Break into small pieces or cut into small squares using kitchen scissors. Set aside.  
Shred lettuce into small pieces. Peel cucumber, quarter lengthwise and cut into chunks. Cut tomatoes into small cubes. Prepare other salad ingredients.  
Crush garlic in a bowl with the salt and mix to a paste. Stir in remaining dressing ingredients, then beat thoroughly with a fork.  
Combine bread and prepared vegetable ingredients and herbs in a salad bowl, pour on dressing, toss and serve.

### Dressing

1 clove garlic  
1 tsp. salt  
 $\frac{1}{2}$  cup lemon juice  
 $\frac{1}{2}$  cup olive oil  
freshly ground black pepper



## reen Salad with Fruit and Special Curry Dressing

- 1 head of red or romaine lettuce
- 1 cup of spinach
- 11 oz. mandarin oranges
- 1 cup of seedless red grapes cut in half
- $\frac{1}{2}$  cup toasted slivered almonds
- 1 avocado peeled and sliced

### Dressing

- $\frac{1}{2}$  cup oil
- $\frac{1}{3}$  cup white wine vinegar
- 1 clove garlic minced
- 2 Tbsp. packed brown sugar
- 2 Tbsp. minced freeze dried chives
- 1 Tbsp. curry powder
- 1 tsp. soy sauce

Mix all the ingredients together and refrigerate.

Assemble the salad above, adding the almonds and avocado just before serving.

HINT: Other fruits make this salad delicious any season. Apples or pineapple can replace the oranges. It is the fruit and curry mixture that makes this a treat with any meal.



*Len and Libby Traubman, representing two different backgrounds, have brought new understanding to many of the annual holidays, giving them more universal meaning. During December, instead of focusing on just Hanukkah or Christmas, they view the month of December as the "Season of Light." This definition also includes Ramadan as well when it falls into the month of December. It is a time to appreciate the meaning of the three religions—Judaism, Christianity and Islam—and how they bring "Light" to the people. Rather than looking for what separates us, we look for the teachings that emphasize the true meaning of "freedom," and what it means to love all with one's heart, soul, mind and strength. A special part of the season for the Traubman family is the writing and sharing of blessings. Each family member takes time to write a personal message of appreciation and affirmation of the others to be read together in silence, usually around the New Year. These blessings have proven to be the best gift of all.*



# Tabouleh

1/4 cup cracked wheat (bulger) Fine bulger is best.  
2 large bunches parsley  
4 tomatoes  
2 cucumbers  
1 bunch mint  
2 lemons  
1 cup extra virgin olive oil  
salt to taste

Fill bottom of bowl with the wheat. Soak with cold water until soft then drain. Chop parsley and mint fine. Chop tomatoes and cucumbers into chunks. Mix together. Mix juice of 2 lemons and olive oil in the salad. Add salt if needed.



*"I've got a crocodile named Ginger."*

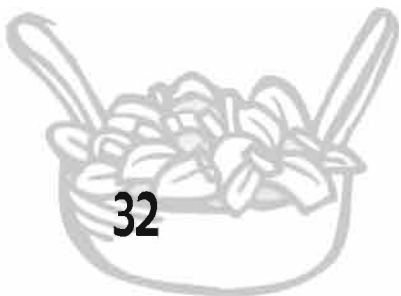
*"Does Ginger bite?"*

*"No, Ginger snaps."*



*Afaf Dudum left Ramallah, Palestine, at the age of 15, when she moved to America as a new bride. She picked up some cooking skills by observing her mother-in-law, but wanted to show her independence by experimenting in the kitchen on her own. To this day, Afaf doesn't use a cookbook.*

*Afaf loved Easter as a child. It represented new beginnings. Everything was fresh and green, and it was a time when she got beautiful new clothes and shoes. Early on Easter, Afaf would go with her father, George Khalaf, to visit relatives and friends and to collect cookies and eggs. The eggs were dyed using onion skin, turning the eggs blood red to represent the blood of Christ. The children would click their hard-cooked eggs together, and the winner got to keep the broken eggs too. It was exciting to see who would end up with the most eggs. Afaf still dyes her eggs every Easter using the natural dye of the onion skin.*





# Tomato, Cucumber and Pita Salad

We seasoned this salad—based on the Middle Eastern bread salad called fattoush—with za'atar, a mixture of salt, sumac, sesame, and thyme. Preparation time: 1½ hours or 9½ hours, including marinating.

## For marinated olives mix together the following

- 1 cup kalamata or other brine-cured black olives (5 oz), halved lengthwise and pitted
- $\frac{3}{4}$  cup extra virgin olive oil
- 2 tsp. minced garlic
- 1 Tbsp. chopped fresh oregano or 1 tsp. dried, crumbled
- 2 (2 by  $\frac{1}{2}$  inch) strips fresh lemon zest, thinly sliced crosswise
- $\frac{1}{2}$  tsp. coarsely ground black pepper
- $\frac{1}{4}$  tsp. coarse salt

Place in an airtight container and chill at least 8 hours. Bring to room temperature before using.

## For pita toasts

- 4 (6 inch) pita loaves with pockets, split horizontally
- $\frac{1}{4}$  cup olive oil and 2 Tbsp. za'atar

## For salad

- 3 Tbsp. fresh lemon juice
- 4 hearts of romaine (1½ lb), cut into 2 inch pieces
- 1 seedless cucumber, peeled, halved lengthwise, cored, and thinly sliced crosswise
- 1 pt. grape or cherry tomatoes, halved
- $\frac{3}{4}$  lb. feta, coarsely crumbled (2½ cups)
- 3 Tbsp. za'atar

## Make pita toasts

Preheat oven to 350 degrees. Brush rough sides of pita halves with olive oil and sprinkle with za'atar. Cut each round into 8 wedges, then halve each wedge diagonally.

Arrange triangles, oiled sides up, on 2 baking sheets and bake in batches in middle of oven until crisp and pale golden, about 10 minutes. Cool on a rack.

## Assemble salad

Add lemon juice to marinated olives, then close container and shake vigorously. Divide olive mixture between 2 large salad bowls. Divide romaine, cucumber, tomatoes, feta, and pita toasts between bowls, then sprinkle with za'atar and toss.

Olives can marinate up to 2 weeks. Pita toasts can be made 2 days ahead and kept in an airtight container at room temperature.

Serves 16 people



# DIALOGUE

... is a balance of advocacy and inquiry. Advocacy is reasoning with supportive data. Inquiry is suspension of reason and exposing your mental models and heart, giving the other person a window to your reasoning, to your humanity, to your story.

## **Good dialogue . . .**

**is an exchange of ideas and experiences that is so active, effective, and highly charged that it leaves none of the participants unchanged.**

**means learning to suspend one's opinions and judgments in order to truly listen to one another.**

**requires staying in the dialogue, even when one's closely held beliefs are challenged.**

**requires all participants to contribute from where they are—even half-formed ideas.**

**can result in divergent views converging,  
discovering a *new social intelligence*.**

**"Suppose we were able to share meanings freely without a compulsive urge to impose our view or to conform to those of others and without distortion and self-deception. Would this not constitute a real revolution in culture?"**

***David Bohm, Changing Consciousness, 1992***

### **Dialogue**

**To inquire and to learn**

**To unfold shared meaning**

**To integrate multiple perspectives**

**To uncover and examine assumptions**

### **Discussion and Debate**

**To tell, sell, persuade**

**To gain agreement on one**

**To evaluate and select the best**

**To justify/defend assumptions**

**"Dialogue is about what we value and how we define it. It is about discovering what our true values are, about looking beyond the superficial and automatic answers to our questions. Dialogue is about expanding our capacity for attention, awareness and learning with and from each other. It is about exploring the frontiers of what it means to be human, in relationship to each other and our world."**

***Glenna Gerard, 1995***

**F**or the garden of your daily living  
**Plant three rows of turnips**

*Turnip for dialogue*

*Turnip for service*

*Turnip to help one another*



*Spring dinner-ceremony: A Celebration of Freedom  
for All the Children of Abraham, Hagar and Sarah*

## Entrées

Bamia máa Ruz (Okra Stew with Rice)

Brisket

Vegetable Stew

Chicken Jerusalem

Chicken Sumac

*Sarah and Hagar (poem)*

Empanadas Chileanas (Meat Turnovers)

*Fanny and Elias Botto*

Kebbeh

Lamb Meclube

Lamb and Eggplant Casserole

Lamb-Stuffed Tomatoes

*Carol Kittermaster*

Potato Latkes

*Fuad and Maha Mansour*

Maza

Mujadara

*Nijmeh 'Star' Hadeed*

Mahshi

Roasted Leg of Lamb

Vegetarian Grape Leaves

*Nazih Malak*

*Some Food for Thought*

*Love Is My Creed (poem)*



## Bamia máa Ruz (Okra Stew with Rice)

1 lb. okra  
2 cans Italian stewed tomatoes  
1/2 white onion  
4-5 garlic buds  
7 lamb chops (If you eliminate the lamb, this makes an excellent vegetarian dish.)  
1 cup white rice  
salt, pepper and allspice to taste

Wash the okra and cut the tips. Pat them dry with a paper towel and fry them in vegetable oil. Cook the lamb chops in vegetable oil. Cook the garlic with the onions in vegetable oil.

Mix all these ingredients with two cans of stewed tomatoes, adding the salt, pepper and allspice to taste. Simmer for 45 minutes, adding water if needed to avoid drying out. Soak a cup of rice in two cups of hot water with a tsp. of salt for 15 minutes. Drain the water and rinse the rice with cold water. Sauté the rice in vegetable oil, then add two cups of boiling water for 30 minutes.

*Miryam Himsalam was born in Bethlehem in 1886. She came to America in 1909, at age 23. She was the grandmother of Dialogue participant Fanny Botto.*



*"An enemy is one whose story we have not heard."*

Mrs. Gene Knudsen-Hoffman



## Brisket

5 or 6 lb. brisket  
can of coke  
12 oz. jar Heinz Chili Sauce  
large green pepper  
large yellow onion

Dredge the brisket in flour and brown in a large pot. (optional) Cut up the pepper and onion and add to the pot. Pour the coke and chili sauce over the brisket. Cover the pot and bake in 300 to 325 degree oven for 3½ hours or until very tender.

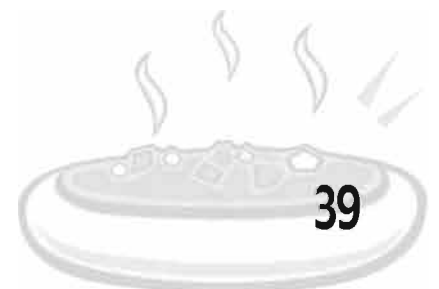


## Vegetable Stew

2 Tbsp. olive oil, divided  
1 cup chopped red onion  
2 cups chopped green pepper  
2 large garlic cloves, crushed  
1 cup sliced mushrooms  
1 small eggplant, unpeeled, cut in 1 to 2 inch pieces (4 cups)  
28 oz. can crushed tomatoes  
½ cup kalamata olives, pitted and sliced  
15 oz. can of chick-peas, drained and rinsed  
1 Tbsp. chopped fresh rosemary  
1 cup coarsely chopped parsley

In a large skillet, heat half the olive oil. Sauté the onion and pepper until soft. Add 1 Tbsp. oil, garlic, mushrooms and eggplant. Simmer and stir occasionally until eggplant is soft but not mushy, about 15 minutes. Add tomatoes, olives, chick-peas and rosemary. Simmer until heated, about 10 minutes more. Stir in the parsley. Serve hot and sprinkle with feta cheese. The stew can be served over brown rice, or your favorite pasta.

Makes 6 servings.



## Chicken Jerusalem

40 oz. boneless chicken breasts, cut into serving pieces  
1/2 cup flour  
2 Tbsp. vegetable oil  
1/2 lb. mushrooms, cut into pieces  
6 oz. marinated artichoke hearts  
2 cups tomatoes, chopped  
2 cloves garlic, minced  
1/2 tsp. oregano  
freshly ground black pepper  
1/2 cup sherry

Heat oil in a frying pan. Dredge chicken pieces in flour and brown in the oil. Place the chicken in a casserole with the mushrooms and artichoke hearts. Stir garlic and spices with tomatoes and pour over the chicken. Bake at 350 degrees for 1 to 1 1/2 hours, or until tender, adding sherry during the last few minutes of cooking time.

Serves 8

*Jerusalem Artichokes was the main dish served at a special spring Celebration of Freedom for the Children of Abraham, Sarah and Hagar. See page 41 for the dialogue between Sarah and Hagar as read by a Palestinian and a Jewish woman.*



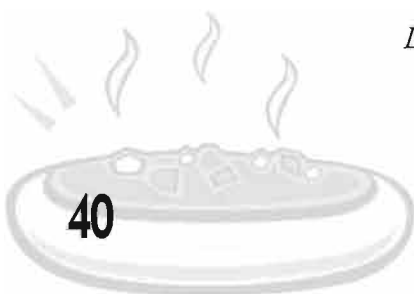
## Chicken with Sumac

one large chicken cleaned and cut into pieces  
one whole head of garlic crushed  
2 Tbsp. sumac  
1 tsp. salt  
1 tsp. pepper  
1 tsp. allspice  
1 large lemon

Coat the chicken with all the ingredients and bake at 350 degrees for 1 hour. Brown the chicken for 10 minutes under the broiler.



*Do chickens think rubber humans are funny?*





## Sarah and Hagar

I am calling you, oh, Sarah.  
This is your sister Hagar  
Calling through the centuries  
To reach you from afar.

Here is my son, Ishmael,  
Your sister's son, alive.  
We share the sons of Abraham,  
Two peoples, one tribe.

Oh, yes, I am your Sarah.  
I remember you, Hagar.  
Your voice comes through the distance,  
A cry upon my heart.

It was I who cast you out,  
In fear and jealousy.  
Yet, your vision survived the wilderness,  
To reach your destiny.

But it wasn't 'til my Isaac  
Lay under the knife  
That I recognized your peril,  
The danger to your life.

I tremble now, Hagar  
For our peril's still the same.  
We will not survive as strangers;  
We must speak each other's name.

We must tell each others' stories,  
Make each other strong,  
And sing the dream of ancient lands,  
Where both of us belong.

We must hear the prayers  
Where spirit was first sown,  
That all of our children  
May call this land their home.

Recorded on audiocassette by Linda Hirschhorn on *More Than Luck and a Prayer* (1985, 1997) and on her 2003 CD album, *Heartbeat*, described on the Web at <http://www.vocolot.com/linda.html> Oyster Productions, Box 3929, Berkeley, CA 94703

# Empanadas Chilenas (Meat Turnovers)

4 cups flour  
1 cup milk  
 $\frac{3}{4}$  cup margarine  
2 eggs  
1 Tbsp. baking powder  
1 cup warm water with 2 Tbsp. sugar and 1 Tbsp. salt

Combine flour, water and baking powder; add margarine and hot milk. Mix well and then add the beaten eggs.

Make a dough. Cut into  $1\frac{1}{2}$  inch pieces, knead them, roll with rolling pin, then stuff with the meat mixture.

## Stuffing

4 hard boiled eggs, raisins and pitless olives  
2 lbs. chuck roast (fat trimmed) ground or substitute meat with 2 lbs. chicken  
3 large white onions, chopped  
2 Tbsp. paprika  
salt and pepper to taste  
 $\frac{1}{2}$  cup margarine  
3 cubes chicken flavor bouillon cubes (Knorr) with  $\frac{3}{4}$  cups warm water

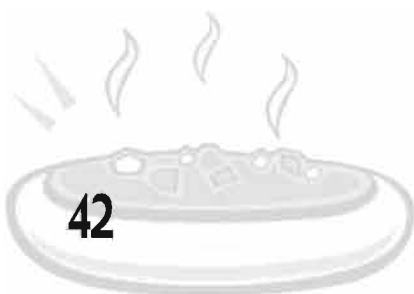
Cook meat until brown. Add onion and margarine and cook until onion gets soft. Add the ground chuck roast or chicken cubes and mix well.

Cook in a 400 degree oven until golden brown.

*Empanados Chilenas were made with love by Elena Himsalam, a Palestinian born in Chile in 1915. She is the mother of Fanny Botto.*



*Fanny — Palestinian super-cook in her kitchen*



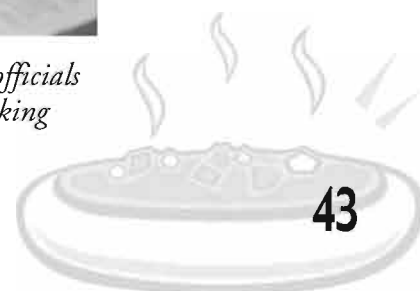


*Fanny Botto, a Palestinian who was born and grew up in Santiago, Chile, recalls how special Christmas was as a child. On Christmas Eve the family would trim the Christmas tree and then go to midnight mass. They would come home from church and enjoy a huge delicious dinner of turkey, lamb and all the trimmings, not to mention sweets galore. Special breads and cookies with apples and walnuts were a favorite. The family would all fall into bed full and exhausted and then get up the next morning to find all the gifts under the Christmas tree. Fanny recalls that each year she would get a new wardrobe for her dolls—all handmade by her mother.*

*Elias Botto, born in Jerusalem in 1932, became a refugee in 1948 when his family moved to Bethlehem. Thinking they would return to their home in Jerusalem after things settled down, the Bottos lost everything. Elias lived in Bethlehem until completing high school, and after finishing college he moved to America in 1954. He fondly recalls Christmas as his favorite holiday, because of all the anticipation for presents from Santa Claus. It was a time of enjoying sweets and goodies. The family gathered around the dining room table to eat the traditional meal of baked ham, pot roast of lamb meat and potatoes. Sometimes Elias would help his mother peel the potatoes. The holiday was a time for the family to be together to share their prayers, food and laughter.*



*Dialogue participants write to government officials at home and overseas to encourage new thinking*



# Kebbeh

3 cups fine cracked wheat  
3 cups cold water

1 lb. ground sirloin  
1 onion chopped  
1 1/4 tsp. salt  
1 1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1 tsp. cardamon

## Stuffing

3 lb. leg of lamb, ground (chili style)  
3 yellow onions, chopped fine  
1 cup pine nuts (sautéed in olive oil until golden brown) (save a handful for decoration)  
4 Tbsp. butter  
3 Tbsp. oil  
1 tsp. allspice  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1 tsp. cardamon

Soak cracked wheat in water for 15 minutes.

Prepare the stuffing: Over medium heat, in a 12-oz. pot, melt oil and butter. Add chopped onions for 5 minutes. Add lamb meat and cook for 15 to 20 minutes. Add all the stuffing spices and mix thoroughly and let it sit.

Preheat oven to 375 degrees.

Mix the ground sirloin with soaked cracked wheat and the spices together. Add onions. Then mix ingredients in a bowl by hand, gently kneading it.

Place half of mixture in a 13 x 9 tray and spread evenly. Then add the stuffing. Place the rest of the dough on top. Brush Tbsp. of olive oil on the surface and cut into rectangles. Decorate with a few pine nuts. Bake for 1 hour.

Yogurt is an excellent compliment to this dish.



## **L**amb Meclube

- 2 packages of lamb chops (7 to 8 to a pack at Costco)
  - 2 cauliflowers—not huge
  - 2 cans garbanzo beans
  - 2  $\frac{1}{4}$  cups long grain white rice
  - $\frac{1}{2}$  tsp. each cumin, salt, pepper
- You can make half this recipe for a smaller group.

Wash lamb chops, put in a large pot with 4  $\frac{1}{2}$  cups water (which you will use for cooking rice). Add small amount of salt. Boil 1 hour and scoop off the brown foam. To prepare the cauliflower you cut it into small pieces and place on a tray with olive oil. Cook in a 400 degree oven until cauliflower begins to cook, approximately 20 minutes. Mix the cauliflower, uncooked rice, garbanzo beans with the seasoning in a large bowl. (Measure to make sure there are 4  $\frac{1}{2}$  cups of boiling water to cover the ingredients after they are layered in the pot.) Melt a little margarine in the bottom of your cooking pot. Put a layer of the cauliflower mixture in the pot. Put all the meat in the middle and cover it with the remaining cauliflower mixture. Add the 4  $\frac{1}{2}$  cups of water. Cover the pot and cook like you would regular rice, on simmer for 45 minutes. When cooked, turn over on a platter and let it sit 3 or 4 minutes before lifting the pot.



## **L**amb and Eggplant Casserole

Cut 1 lb. tender meat from the leg or shoulder of the lamb into 1 inch pieces. Put these in a baking dish with 1 medium onion, finely chopped, and 2 Tbsp. butter. Roast in a 450 degree oven until tender, approximately  $\frac{1}{2}$  hour. Remove the stem from a large eggplant and cut a thick slice off the bottom so that the eggplant can stand upright. Place it on a baking sheet and bake in a 450 degree oven for 45 minutes. Do not puncture the skin. After 45 minutes, peel the eggplant and mash the pulp thoroughly with 2 Tbsp. of butter and  $\frac{1}{2}$  cup of light cream. Season to taste with salt and freshly ground black pepper. Keep warm. Peel and chop 2 ripe tomatoes and mix with 2 or 3 sprigs of chopped parsley. When the meat is done, mix it and its juices and the onion with the tomatoes. Put the eggplant in a buttered casserole, place the lamb mixture on top and bake, uncovered, in a 350 degree oven for 20 minutes.



## Lamb-Stuffed Tomatoes

In this recipe, matzo meal binds a delicious stuffing that features ground lamb, pine nuts, fresh mint and turmeric. This dish is great for Passover.

When I cook this, I like to first cook the meat a bit before stuffing the tomatoes.

- 12 8-ounce tomatoes
- 1 1/2 pounds ground lamb
- 1 large onion, chopped
- 3/4 cup unsalted matzo meal
- 1/2 cup chopped fresh parsley
- 1/4 cup pine nuts
- 1 large egg
- 2 Tbsp. chopped fresh mint
- 1 1/2 tsp. salt
- 1 tsp. ground black pepper
- 1 tsp. ground turmeric

Stand tomatoes on stem ends. Cut off top 1/4 of tomatoes (reserve tops for another use)

Using melon baller, scoop out seeds and pulp from tomatoes. Sprinkle insides of tomatoes lightly with salt. Place tomatoes, cut side down, on paper towels and drain for 20 minutes.

Preheat oven to 350 degrees. Lightly oil 13 x 9 x 2 inch glass baking dish.

Mix lamb and all remaining ingredients in a large bowl to blend. Fill tomatoes with lamb stuffing, mounding slightly at top. Arrange tomatoes in prepared dish.

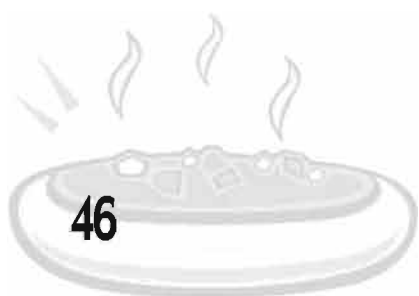
Bake tomatoes until stuffing is cooked through and meat thermometer inserted into center of stuffing registers 160 degrees, about 1 hour. Let stand at least 10 minutes.

Serve tomatoes warm or at room temperature.

Serves 12 people



*Carol Kittermaster, one of the co-founders of the Jewish-Palestinian Living Room Dialogue, continues to be a “supportive other.” Her favorite holiday is New Years and she begins the day with resolutions. Her grandmother taught her how to stuff and bake a turkey, but today Carol’s favorite food is “Trader Joe’s Take Out!”*



## Potato Latkes

5 large potatoes  
2 eggs  
2 Tbsp. flour or 1 Tbsp. matzo meal  
1 tsp. baking powder  
1 tsp. salt  
pepper, to taste  
1 small grated onion, optional  
shortening, as needed, for frying

Peel the potatoes, grate them on a fine grater, and drain off most of the liquid. Beat the eggs and add them to the potatoes. Add the dry ingredients and the onion, if desired, and mix the batter well. Melt the shortening in a large skillet and drop the batter by tablespoons into the hot fat. Fry the latkes on both sides until they are brown. Drain them on a paper towel and serve them hot with applesauce.

For Passover, use matzo meal instead of flour and omit baking powder. Potato Latkes are also a favorite Hanukkah treat.



*Latkes are pancake-like structures not to be confused with anything the House of Pancakes would make. In a latke the oil is **in** the pancake. It is made with potatoes, onions, eggs and matzo meal. Latkes can be eaten with applesauce, but **never** maple syrup. There is a rumor that in the time of the Maccabees they lit a latke by mistake and it burned for eight days!*



*Carl lights the Hanukkah candles at our annual Season of Light gathering.*





*Fuad Mansour's family lived in Muzerah near the Tel Aviv airport until 1948, when 99 % of Muzerah was destroyed, forcing them to move to Ramallah where Fuad was born. Fuad's wife, Maha, was born and lived in El Bira, sister-city to Ramallah, finished high school in Saudi Arabia, and attended university in Jordan. Fuad and Maha are Palestinian Muslims now living in the Bay Area.*

*Fuad describes Eid Al Fitr as his favorite holiday. Eid Al Fitr is a three-day celebration to break the fast at the conclusion of Ramadan. The traditional foods and social customs associated with Eid Al Fitr are very special. Mansaf, eaten with one's fingers, is the favorite food, and is prepared for many people to share together. It is a dish enjoyed in Jordan, Palestinian villages and by the Bedouins. Dried yogurt, stored like pieces of rock, can be turned into a creamy sauce by adding a little water. It is delicious when eaten with the cooked lamb and rice. Lamb and dried yogurt are two foods always available.*

*The first day of breaking the fast at the end of Ramadan is the most important. Early in the day families remember their dead relatives and may visit their graves. Sweets and coffee are shared. All dress in their best clothes. It is a time when women stay home and men visit their female relatives, honoring their mothers, aunts, sisters, grandmothers, etc. It is a sign of respect for the women in the family. It is also a time when the men discreetly help the women by giving them money, especially to a widow or a brother to his sister. The women are first! The children are not given gifts, but lots of money, which they love.*

*Although in the Arab culture the women do most of the cooking, Fuad learned to cook from his mother and enjoys being in the kitchen, as did his father and now his son. Maha tends to cook the traditional Arab foods, and Fuad likes to make breakfast or ethnic dishes.*





## Maza

one leg of lamb, boneless, cut into 1 inch cubes. (beef can also be used)  
2 large whole cloves of garlic, crushed  
2 chili peppers, chopped  
1/2 cup olive oil  
2 bay leaves  
2 Tbsp. chopped parsley  
spices to taste: salt, pepper, allspice, nutmeg  
1 cup water

Place the meat in a pot on medium heat, add salt, 2 bay leaves and simmer until the meat is tender. Drain any juice. Add the olive oil and spices and stir for 1 minute. Add the crushed garlic and chili peppers, (removing seeds for less hot) parsley and water and simmer for 5 minutes stirring occasionally. Serve hot with pita bread.

*Maza is served on the second day of every Palestinian wedding, usually Monday morning. The families of both the bride and groom come to congratulate the newly married couple bringing gifts, usually money. Maza is served for lunch with pita bread.*



## Mujadara

2 cups brown lentils  
1 cup rice  
salt, pepper, cumin to taste  
grilled onions and olive oil to cover

Cook the lentils, rice and seasoning together in 2 cups of water. Add water if needed, but too much water will make the rice and lentils mushy. After the rice and lentils are cooked, serve on a platter covered with grilled onions and drizzle with olive oil. This is a very basic heart healthy vegetarian dish and delicious when eaten with tomato and cucumber salad.



*Nijmeh “Star” Hadeed, a business woman from Ramallah, recalls Christmas as the most special time. “Back home” they celebrated with decorations, gift exchanges and of course, good food. Here in California, Star and her family carry on the tradition. Star’s favorite dish served at Christmas is Mahshi or stuffed white zucchini, stuffed baby eggplant and rolled grape leaves. Mahshi is the special mixture of rice and lamb used in the stuffing.*



## Mahshi

Mix 1 cup uncooked rice, 2 cups uncooked ground lamb, salt, pepper, allspice and a little butter.

Remove the meat of a small white zucchini or baby eggplant. Stuff them with the prepared meat/rice filling. You can also use the filling in rolled grape leaves.

Cover the stuffed vegetables with tomato sauce.

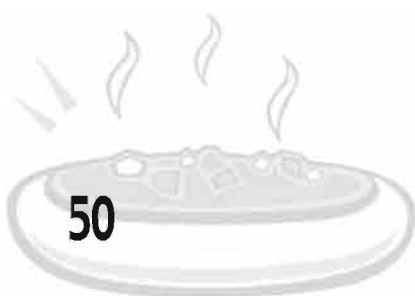
Cover the small pot and bring to a boil for about 5 minutes and then turn to simmer for another 40 minutes to one hour.

Serves 4 to 6



*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

Margaret Mead



## Roasted leg of lamb

1 leg of lamb, boned or bone in  
whole head of garlic peeled  
1 Tbsp. salt  
1 Tbsp. pepper  
1 Tbsp. allspice  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg

Wash the lamb. Make slits in the lamb with a sharp knife and stuff the garlic cloves into the slits. Mix all the spices in a bowl and rub the lamb with it. Wrap it in foil and bake in 400 degree oven for three hours.



*Nahida and Adham prepare the leg of lamb*

## **V**egetarian Grape Leaves

1 cup canned garbanzo beans  
1 cup olive oil  
2 cups rice, washed  
2 bunches parsley, leaves only, washed and chopped  
1 bunch mint, chopped  
1 bunch yellow onion, chopped  
1 bunch green onion, chopped  
1 large can whole tomatoes, chopped or 1 or 1½ lbs. fresh tomatoes, skinned and chopped  
1 jar grape leaves  
2 cups water  
lemon juice, salt and pepper to taste

Mix all of the above ingredients together except the last four, tomatoes, grape leaves, water and seasoning.

Rinse and roll out grape leaves, and stuff with a spoonful of the above mixture. Roll leaves tightly, folding ends of leaf before the final roll. Arrange leaves side by side on top of each other in a covered pot, adding any leftover juices from the stuffing mix. Over the grape leaves pour canned or fresh tomatoes and their juices with the 2 cups of water. Steam over low flame (heat) until done (approximately 1 to 1½ hours). When cooked, add a little lemon juice for taste.



*Nazih Malak, a Palestinian Muslim born in Lebanon, shares that his favorite holiday growing up was Eid Al Fitr, which means breaking the fast. In Islam, Ramadan is a month of daily fasting from sunrise to sunset, a time when many Muslims commemorate the revelation of the Koran to the Prophet Mohammad. During the 30 days of fasting, faithful Muslims do not drink water or eat any food during the light of day. There is to be no swearing or smoking or having bad thoughts. The goal is to live a pure life.*

*Eid Al Fitr, which lasts for three days, closes the month long period of fasting, and is celebrated by visiting the extended family members and relatives not often seen throughout the year. The first day of Eid Al Fitr is the most important and family and friends would gather to eat all their favorite foods such as tabuli, stuffed grape leaves and baklava. Nazih explained that it would take two weeks to hand roll huge platters of delicious stuffed grape leaves and only minutes to eat them all.*

*The conversation would be about family, work, school and social issues. Nazih recalls that the kids talked about how hungry they were and they prayed to get sick so they would have an excuse to stop fasting. Sometimes they even prayed to be converted to another religion so they wouldn't have to fast.*

*The high light of Eid Al Fitr for the children was receiving lots of money from the relatives.*

## Some Food for Thought

Many people are interested in using less meat in their cooking — for health reasons, to help ease the impact that raising animals in large factories has on our finite planet, and to express our oneness with all creatures. Many recipes in this book do use meat and represent the culinary customs and traditions of the Dialogue participants. They reflect the foods that were more available to the Palestinians and Jews “back home.” People ate foods that were grown and produced in their native lands. However, it is interesting to note that the three religions represented in our Dialogue — Judaism, Christianity and Islam — all have teachings about our relationship with other animals.

The recent chief rabbi of Israel, Schlomo Goren, is a strict vegetarian, and so was the first chief rabbi, Abraham Isaac Kook. Kook’s successor, the late Isaac ha-Levi Herzog, tells us that “Jews will move increasingly to vegetarianism out of their own deepening knowledge of what their tradition commands...A whole galaxy of central rabbinic and spiritual leaders . . . has been affirming vegetarianism as the ultimate meaning of Jewish moral teaching.”

Saint Francis of Assisi, founder of the Franciscan order of friars, instructed “Not to hurt our humble brethren (the animals) is our first duty to them, but to stop there is not enough. We have a higher mission — to be of service to them whenever they require it. If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

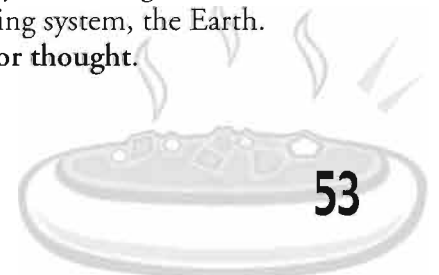
According to scholars, the Prophet Mohammed, although not a vegetarian, did prefer to eat vegetarian foods and had a great love and compassion for animals. His favorite foods consisted of yogurt with butter or nuts, cucumbers with dates, pomegranates, grapes and figs. He was known to have stated: “Where there is an abundance of vegetables, a host of angels will descend on that place.”

“There is not an animal that lives on the Earth, nor a being that flies on its wings, but forms part of communities like you. Nothing have we omitted from the Book, and they all shall be gathered to their Lord in the end.” Al-Qur’an, 6:38

Whether people choose to follow a vegetarian life style depends on a variety of sociological, economic and environmental factors as well as personal beliefs. For many, vegetarianism becomes almost a religion in itself — something they believe in and to which they strive to be faithful in their daily lives.

Many of the world religions have the same basic concept — that a superior force has created all we know, and that we should respect and worship this force, doing unto others as we would have them do unto us. Vegetarianism is a philosophy embracing all this, with benefits for human and animal welfare as well as for the living system, the Earth.

These views on vegetarianism are presented simply as **food for thought**.



# ove is my Creed

My heart is capable of every form,

a cloister of the monk,  
a temple for idols,

a pasture for gazelles,  
the votary's kaaba,

the tables of the Torah,  
the Koran.

Love is the creed I hold:

Wherever his camels turn,  
love is my creed and faith.

Born in 1165, Abu Bakr Ibn al-Arabi was one of the most important mystic Islamic theologians and thinkers. With a cosmology relevant for our times, he was preoccupied with the idea that the individual must overcome mere beliefs in specifics of religion and limited identification, and rather immerse one's total being with God, the whole of life.

**F**or your garden of daily living  
plant berries

*Berry blame*

*Berry mistrust*

*Berry old thinking*

*Berry fear*



*Historic 1997 San Francisco Hotel Dinner-Dialogue  
for 420 Palestinians and Jews.*

## Side Dishes

Applesauce Noodle Pudding

Cottage Cheese Quiche

*Hilde and Eric Gattmann*

Noodle Kugel

Potato Kugel

*Maida Kasle*

Shiitake Kreplach (Dumpling)

Surprise Destination String Beans

Zucchini Stew

*Raeda Ashkar*

*Oseh Shalom-Sanea al-Salam (Peacemakers Camp)*





## Applesauce Noodle Pudding

- 1 8 oz. package noodles
- $\frac{1}{2}$  pound cottage cheese (low fat)
- 1 cup commercial sour cream (low or non fat)
- 1 cup applesauce
- 3 eggs well beaten
- 1 tsp. salt
- $\frac{1}{4}$  cup butter

Cook the noodles according to the directions on the package, drain and rinse in cold water. Combine with remaining ingredients. Bake in a 350 degree oven for one hour in a greased casserole. Raise the heat to 400 degrees the last 15 minutes so that the pudding is crisp and brown.

This recipe is popular with teenagers and older, and is used by Jewish families who keep kosher meals. There are many variations of kugel (noodle) recipes with all degrees of sweetness. This particular dish is subtle, not too sweet, not too tart.

Serves 6 to 8 people.



## Cottage Cheese Quiche

- $\frac{1}{2}$  lb. mushrooms, chopped (portabella, shiitake or any other)
- 5 Tbsp. butter
- $\frac{1}{2}$  cup bread crumbs or cracker crumbs (any left over crackers)
- 1 bunch green onions, chopped
- 2 cups shredded Jack cheese
- 3 eggs (or egg beaters)
- 1 cup cottage cheese
- dill weed (optional)

Sauté chopped mushrooms, add crackers. Put into lightly greased 9 inch pyrex pie pan. Sauté chopped green onions and mix with rest of ingredients, season to taste, pour into pie pan. Bake at 350 degrees, 25 to 45 minutes, checking to see if done and brown. Let stand 15 minutes.

For a reduced fat version: Reduce the butter/margarine, use not-fat Jack cheese, non-fat cottage cheese and egg beaters for eggs.





*Hilde Gattmann, who was born in Germany, loved both Hanukkah AND Christmas as a child. Her best girlfriend who shared the same house was a Christian and the girls would light candles and sing Jewish songs in Hilde's home and then Hilde would celebrate Christmas with her friend's family. Then came 1933 and Hitler. Her friend's dad was the first Brown Shirt (Nazi) in the neighborhood and Hilde's dear friend was no longer allowed to play or speak to her again.*

*Hilde escaped to America when she was 11 years old, settling in New York. During her teens she loved Passover. Her parents were very hospitable and they would include family near and dear and others who did not have people with whom to share the holiday. They sang prayers and shared food. Some of the cake recipes were from her grand and great grandmother's time. Hilde still bakes these favorite cakes at Passover and continues the tradition of including family and friends. Hilde and Eric's daughters have followed the pattern of family sharing their blessings not only with family, but with friends and lonely people as well. In Hilde's words "Linda and Shlomi, Leslie and John have more than followed their forefathers without realizing where it all began."*

*Eric Gattmann was born in Stuttgart, Germany and came to the United States when he was 11 years old. He was the only child of Julius and Bertha Gattmann, didn't know his grandparents or have any cousins. Eric was close to his parents, but missed having other relatives his age. Eric, who has been married to Hilde for 57 years, feels especially blessed to have a large family and many friends with whom to celebrate special holidays. Although his favorite holiday was "no school" he recalls Hanukkah as a happy time when he received gifts. Eric still loves brisket cooked with Lipton's onion soup and spatzle, a German pasta. Eric recalls that "As a child I liked pineapple – a luxury at that time in Germany. Ice Cream and anything made with chocolate and whipped cream were my favorites. I have eaten a mountain of whipped cream and still love it today. That's why I look so young! When coming to America my father saw to it that I could enjoy goodies like this when I came home from school in the afternoon. Can't you just picture it?"*



## Noodle Kugel

1 lb. cooked broad noodles  
16 oz. cottage cheese (low fat)  
16 oz. sour cream (low fat)  
 $\frac{1}{4}$  cup melted butter  
6 eggs, separated  
1 cup sugar  
1 tsp. vanilla  
 $\frac{1}{2}$  tsp. salt

### Topping

1 tsp. cinnamon  
1 tsp. sugar  
2 Tbsp corn flakes pulverized

Preheat oven to 325 degrees. In a mixing bowl, mix sugar, egg yolks and all other ingredients except egg whites. Beat the egg whites until stiff. Adding a pinch of cream of tartar helps. Then fold the beaten egg whites into the other ingredients. Pour into a buttered/floured casserole dish, 8 inch square or 9 inch round. Sprinkle with the topping mixture and bake for 45 minutes. Let cool and serve at room temperature. This freezes well.



## Potato Kugel

3 eggs  
3 cups potatoes, grated and drained  
 $\frac{1}{3}$  cup potato flour  
 $\frac{1}{2}$  tsp. baking powder  
 $1\frac{1}{2}$  tsp. salt  
1 onion, grated  
4 Tbsp. melted butter or fat

Beat eggs until thick. Stir in remaining ingredients. Turn mixture into a greased baking dish and bake at 350 degrees for 1 hour, until browned. Serve hot.





*Maida Kasle, an American-Jew with Russian roots, born in New Haven, CT, shares that some of her happiest days as a child were frequent visits to her father's four sisters in Perth Amboy, New Jersey. The aunts were Orthodox Jews and kept strictly kosher homes. When Maida's father moved the family to Toledo, Ohio, she was excited but worried about living in the "wild west" where there were cowboys and Indians. And after the move, visits with the aunts were fewer, but still occurred for special holidays like the Jewish New Year and Passover.*

*Maida's favorite holiday visit was Passover when all the cousins were present, too. Her Aunt Bess Gavronsky was a self-taught pianist as well as a Hebrew teacher, so the Seders were full of music and singing. Maida's younger cousin Paula and she would sit together and giggle and also helped hand wash and dry mountains of dishes. It was during the hours in the kitchen that Maida was taught manners and where she heard wonderful stories told by Aunts Bess, Rose and Fanny. Once when they were 8 or 9 years old, Maida and Paula drank the rest of the wine left in all the glasses on the table which caused their giggling to get very loud and non stop. Maida doesn't recall doing that again!*



*The Dialogue hosts a table at the annual Palestine Day*



# Shiitake Kreplach (Dumpling)

## Filling

- 1 onion, chopped
- 2 Tbsp. olive oil
- 1 cup of shiitake mushrooms, finely chopped
- $\frac{1}{3}$  cup walnuts, chopped
- 2 Tbsp. of parsley, finely chopped
- salt and pepper to taste
- Optional:
  - 2 medium celery stalks, sliced
  - 10 oz. green beans, French cut and cooked until crisp

Fry chopped onion in 2 Tbsp. of oil. Add shiitake mushrooms. Sauté gently, adding walnuts, salt and pepper and a little water. Continue to cook until the liquid is absorbed.

Add 2 Tbsp. of the finely chopped parsley. Bind with a beaten egg (or egg substitute), added at the end. (If you wish, use a little mashed potato to bind it into a paste to make it easier to use.)

## Dough

- $1\frac{1}{2}$  cups flour, 1 Tbsp. water, 2 eggs and  $\frac{1}{2}$  tsp. salt

Place the unsifted flour on a board and make a well in the center. Drop the eggs, water and salt into it, working them into the flour. Knead the dough until it is smooth and elastic. Flour the board lightly and roll out dough to  $\frac{1}{8}$  inch thickness. Cut the dough into 3 inch squares. Place 1 Tbsp. of the filling on each square. Fold one corner over diagonally to form a triangle and press the edges together lightly, using a little water to seal them.

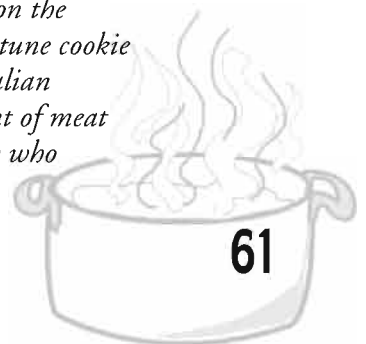
Drop into plenty of boiling salted water and cook over medium heat for about 20 minutes. Start with a fast hard boil to prevent them from sticking, and then, when they float to the top, continue cooking. When ready to serve, drop them into broth. (Cooking them in the broth gives it a cloudy appearance.)

Kreplach are filled dumplings that are served in soup or sautéed for a side dish. You can create the filling you like best, needing approximately 2 cups.



*Dialogue participant Sandra Kahn explains “Since my grandmother’s second biggest fear (after the Nazis) was, god-forbid, someone would leave her house hungry, she always had plenty of (uncooked) kreplach ready in her freezer.”*

*The word kreplach sounds worse than it tastes. Rabbinical debate on the origin of kreplach continues: One Rabbi claims it began when a fortune cookie fell into his chicken soup. Another Rabbi claims it started in an Italian restaurant. Either way, it can be soft, hard or soggy and the amount of meat inside depends on whether it is your mother or your mother-in-law who cooked it.*



## Surprise Destination String Beans

2 Tbsp. flour  
2 Tbsp. butter  
finely chopped small onion  
1 tsp. sugar  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  pint sour cream (non fat)  
2 packages frozen string beans  
grated cheddar cheese

Melt butter and add the onion, cook until onion is limp. Add flour mixed with seasonings and stir until blended. Add a little bean water or milk to thin the sauce. Add sour cream and heat, but do not boil.

Cook string beans for shortest cooking time shown on the package. Mix the sauce with beans in a casserole and top with grated cheese. Heat in a 350 degree oven until the cheese melts. (You can make this early in the day and heat it in the oven for about 20 minutes before serving.



## Zucchini Stew

6 large zucchini  
1 large onion  
5 ripe tomatoes, chopped  
1 small jalapeno  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
 $\frac{1}{4}$  cup olive oil

Chop the onions and jalapeno into small pieces and sauté in olive oil. Chop the zucchini into cubes and add to the onions. Cook until tender. Add the tomato, salt and pepper and cook  $\frac{1}{2}$  hour.

*At olive harvest time in Palestine, Nahida Salem would help gather wood for a large fire for her father's Uncle Saleem who would cook this delicious stew.*





*Raeda Ashkar, a Palestinian with Israeli citizenship, recalls the beauty of Palm Sunday in Nazareth. The streets are full of people, including the Jews who come to watch, as Palestinian Christians fill the streets and attend church. There is an abundance of flowers and candles and the church is overflowing. People listen to the service from outside over loud speakers. Following the service, people begin the week-long ritual of baking special cookies and other goodies for Easter. Palm Sunday begins a week of preparation and activity. After fasting for nearly 40 days, people are eager to break the fast on Easter Sunday. The women go from house-to-house helping each other prepare food. It is a joyous time for the children too as they are with their friends during this very family and community oriented time.*

*Two special cookies represent this season; one is shaped like the crown (of thorns) that Jesus had placed on his head and the other looks like a tomb, representing the tomb of Jesus from which he ascended. These butter cookies, stuffed with dates and nuts, are hand molded.*

*Finally Easter Sunday arrives, fasting is over, and after church, all the carefully prepared food is thoroughly enjoyed. Because many have done without meat and milk products, main staples in the Middle East, lots of meat is served on Easter. Unlike America, there are not as many choices to substitute a diet of meat and milk products so people are hungry for these favorites. Strong black coffee is the drink of choice.*

*Raeda's other favorite holiday is New Year when family and friends have a huge party on New Year's Eve. Kebeh is a dish often served. But on New Year's Day, cabbage rolls stuffed with ground meat, rice, allspice, black pepper, nutmeg and salt are served for lunch as a symbol of rolling into the New Year.*







Fall 2003—While we are the “public peace process” in America, we are always exploring how the citizen process can increasingly find its way across the ocean to Jerusalem. In the past few weeks, Palestinians and Jews from local groups met in living room Dinner-Dialogues with (left) **Daniela and Dr. Jossi Beilin**, former Israeli Minister of Justice, co-framer of the Oslo Accords and co-creator of the new citizen-initiated Geneva Accord, and with (right) **Dr. Nabil Sha’ath**, Palestinian Minister of Foreign Affairs, and a participant in writing the original 1991 Framework for a Public Peace Process.

# עושה שלום peacemakers صانع السلام

Oseh Shalom • Sanea al-Salam  
 Our First Jewish Palestinian Family  
 Peacemakers Camp

**Camp Tawonga**  
 on the Tuolumne River  
 near Yosemite National  
 Park in the mountains of  
 northern California

September 12–14, 2003





*And every garden needs thyme*

*Thyme for listening to each other*

*Thyme for family*

*Thyme for friends*



# Bread

Hearty Corn Muffins

Tante Gilda's Corn Bread

Individual Egg Bread Loaves or Challah

Pita

*The Song of Songs (poem)*



*Eric, Kay and Basam in the Sukkah*

## Hearty Corn Muffins

- 1 cup whole wheat flour
- $\frac{1}{3}$  cup soy flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1 cup yellow cornmeal
- $\frac{1}{2}$  cup instant powdered milk
- 2 eggs, beaten
- 1 cup water (or part pineapple juice)
- $\frac{1}{4}$  cup butter, melted
- 2 Tbsp. honey
- 8 oz. crushed pineapple, drained or pineapple preserves

Stir together all dry ingredients. Combine remaining ingredients (except pineapple) and stir into dry ingredients. Do not over stir. Fill muffin wells about  $\frac{2}{3}$  full and top with  $\frac{1}{2}$  tsp. crushed pineapple or preserves, or orange marmalade is also a delicious topping.

Bake at 400 degrees for about 20 minutes.

Makes 15 muffins.



## Tante Gilda's Corn Bread

- 2 eggs
- 8 oz. sour cream
- 8 oz. can creamed corn
- 1 cup fresh corn kernels, or frozen if out of season
- $\frac{1}{2}$  cup vegetable oil
- 1 cup self-rising cornmeal mix (not corn bread mix!) (Use Jiffy)

Preheat oven to 425 degrees. Butter and flour an 8 inch square baking pan. With a mixer blend eggs, sour cream, creamed corn and oil. Then hand-mix the cornmeal into the batter. Pour into the pan, spread evenly. Bake 30 minutes or until well browned. Let cool.

Cut into 9 even squares. Serve cooled to room temperature.

## Individual Egg Bread Loaves or Challah

In a large mixing bowl put the following then set aside:

- 1 cup white all-purpose flour
- 2 packages dry yeast
- $\frac{1}{3}$  cup sugar
- 1 tsp. salt

In a small pan heat:

- $\frac{1}{2}$  cup milk
  - $\frac{1}{2}$  cup water
  - $\frac{1}{3}$  cup shortening (margarine)
- Cool to about 105 degrees.

Add the liquid to the flour mixture and beat for 2 minutes. Add 3 whole eggs (ONE AT A TIME) and 1 egg yolk (save the white for brushing loaves later). Add  $\frac{1}{2}$  cup flour and beat 2 minutes. Remove beaters and using a spoon, add more flour to make a soft dough.

When you can handle the dough, place it on a slightly floured board and canvas. Knead for 8 to 10 minutes, adding more flour as needed until dough is elastic. You will use about 4 cups of flour in all.

Place in a greased bowl, turning to grease top. Put in a warm place, free from draft and cover with a towel. Let dough rise 1 hour or until doubled in bulk. Turn out on the floured board and divide into 8 equal parts. Working with 1 portion at a time, divide into 3 strips. Roll each piece with hands to form a 5 inch strip. Loosely braid the 3 pieces together, sealing the ends and turning them under to fit into a small well-greased pan 3 by 7 inches.

Let the braided dough rise in a warm place until double in bulk. Brush the tops lightly with the beaten egg white. Sprinkle with sesame or poppy seeds, if desired.

Place in 375 degree oven and bake until golden brown, about 25 minutes. Remove from the pans at once and place on racks to cool.

Makes 8 small loaves.

## Pita Bread

10 cups flour  
3 Tbsp. yeast with  $\frac{1}{2}$  cup warm water and tip of teaspoon sugar  
3 cups water  
 $\frac{1}{2}$  cup olive oil  
1 tsp. Mahleb (special flour found in Middle Eastern market)  
1 tsp. Mastic, grind to a powder (found in Middle Eastern market)  
 $1\frac{1}{2}$  Tbsp. salt

Make dough with the flour and yeast mixture. When this has risen, add the water, working the dough and then add the oil. Let it rise for 5 hours. Cut it in small pieces. Knead each piece individually and roll with a rolling pin into circles  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Let it rest for 1 hour.  
Bake in a hot oven, 500 degrees, until light brown.



*Madeleine Mazars was born in Jerusalem in 1908. Her father was French and her mother a Palestinian from Ramallah. Madeleine was the mother of Elias Botto who was also born in Jerusalem. Elias was raised in Bethlehem before moving to the United States in 1954.*

# The Song of Songs

There is one who sings the song of his soul,  
discovering in his soul  
everything — utter spiritual fulfillment.

There is one who sings the song of his people.  
Emerging from the private circle of  
his soul — not expansive enough,  
not yet tranquil — he strives for  
fierce heights, clinging to the  
entire community of Israel in tender love.

Then there is one whose soul expands until it  
extends beyond the border of Israel,  
singing the song of humanity...  
his spirit spreads,  
aspiring to the goal of humankind,  
envisioning its consummation.

Then there is one who expands even further  
until he unites with all existence,  
with all creatures, with all worlds,  
singing a song with them all.

There is one who ascends  
with all these songs  
in unison — the song of the soul,  
the song of the nation, the song of humanity,  
the song of the cosmos — resounding together,  
blending in harmony, circulating the sap of life,  
the sound of holy joy.

Born in 1865, 20<sup>th</sup> Century Kabbalist Rabbi Abraham Isaac Kook was the Chief Rabbi of Palestine until his death in 1935. A brilliant scholar and mystic, he is remembered for his ability to bring together battling religious and social factions, making harmony out of seemingly irreconcilable differences.

Apple Strudel

Blinztes (Cottage Cheese Pancakes)

***Adele Bueno and Arnon Moscona***

Bolinho de Chuva (Brazilian Doughnuts)

Chocolate Almond Cake

Double Chocolate Brownies

***Neimeh 'Grace' Nazzal***

Ghreyba (Butter Cookies)

Honey Cake

Harissa or Namurrah

***Maha and Basam Totah***

Katayef

***Nahida and Adham Salem***

Knafeh

Macaroon Torte

***Henriette Zarour***

Mamoul (Easter Cookies)

Marble Cake

Panama Torte (Mocha)

***Doris and Carl Landman***

Passover Nut Cake

Schaum Torte

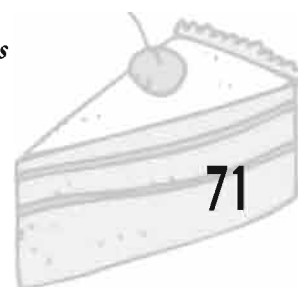
Pear Simas and Fig Torte

***Commemorations and Celebrations***

***Jewish-Palestinian Living Room Dialogue: Background***

***Jewish-Palestinian Living Room Dialogue: Progress***

***A Call to Dialogue***



# Apple Strudel

## Filling

- 2 large green baking apples, peeled and sliced
- 6 strudel leaves, about 1/3 lb., 15 inches by 24 inches
- 2 Tbsp. sugar
- 1 tsp. cinnamon
- 1 cup seedless raisins, large gold ones have best flavor
- 1/2 cup pecans, chopped
- 1/2 cup butter, melted
- 2 tsp. cream
- 1/4 cup bread crumbs

## Dough

For the strudel dough, you can use prepared filo dough or you can make your own with the following recipe:

- 3 cups flour, sifted
- 1/4 tsp. salt
- 1/4 tsp. baking powder
- 2 large eggs
- 3 tsp. oil
- 2/3 cup lukewarm water

Sift flour, salt and baking powder into a bowl. Make a well in the center and drop eggs, oil and water into it. Work into flour, mixing until dough leaves sides of bowl.

Knead dough for 10 minutes or until very smooth and elastic. Divide dough in 3 parts before rolling. This is enough dough for 3 strudels. Place warm bowl over dough and let it rest for 1 hour.

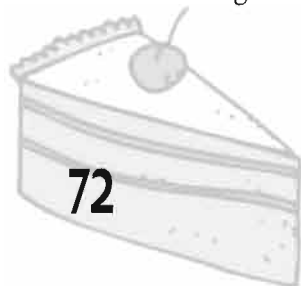
Using a large surface, cover it with a cloth and sprinkle with flour. Roll out dough as thin as you can. Flour your hands. Using the back of your hands under the dough, gently pull it toward you, stretching it as you pull. As the dough stretches, move around the table so that you will not put too much strain on any one part of the dough. Stretch until dough is transparent. You will have a large circle. Brush with oil. It is now ready to use for any recipe calling for strudel dough.

Lay out 2 pieces of strudel dough, filo or homemade, on the cloth or large dish towel. Brush top side of the dough with the melted butter.

Cover apples with sugar and cinnamon. Mix with raisins and pecans. Spoon 1/3 of the fruit in a line along the long side of the dough. Sprinkle remaining surface of dough lightly with the bread crumbs. Roll up dough starting with the end that is fruited. Bend back a little of the dough at each side to keep in the juices. Continue to roll up. Place folded side down on buttered cookie sheet. Brush dough with cream to brown well. Continue as above until fruit is used up. Bake at 325 degrees about 30 to 40 minutes.

Remove from the oven. Run a spatula under roll before it cools to prevent sticking. Cut in diagonal 1 inch slices with a serrated knife.

Makes about 30 slices





# Blintzes (Cottage Cheese Pancakes)

## Batter

4 eggs, well beaten  
1 cup flour  
1 tsp. salt  
1 cup milk

## Filling

2 cups cottage cheese  
1 egg, beaten  
 $\frac{3}{4}$  tsp. salt  
sugar, cinnamon or lemon juice, if desired

Press cottage cheese through a colander. Salt to taste. Add the rest of the ingredients.

Make the batter by adding the milk and salt to the beaten eggs, then stir in the flour gradually until smooth. Heat a heavy 6 inch skillet, greased with vegetable fat. Pour only enough batter to make a very thin pancake, tipping the pan from side to side to cover the bottom, about 2 Tbsp. Bake on one side only until it blisters. Carefully remove from the pan and place on a clean cloth, fried (bottom) side up. When the batter is used up, place rounded tablespoon of the cheese mixture on one edge of each pancake and roll up like a jelly roll. Proceed in this manner until all of the pancakes have been filled. Just before serving, fry on both sides or bake until golden brown in a 425 degree oven. Serve hot with sugar and cinnamon.

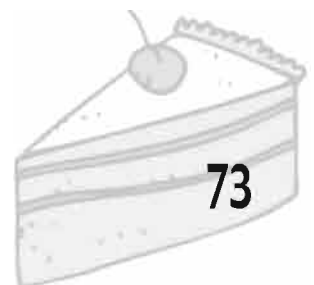
Blintzes may be stored in the refrigerator before cooking for later use.

Makes 18 pancakes



*Either we are going to die together, or we are going to learn to live together.  
And if we are going to live together, we have to talk.*

Eleanor Roosevelt



*Adele Bueno and Arnon Moscona are a lively mix of Brazilian and Israeli. They love to celebrate all of the holidays. Adele believes that: "Holiday is celebration of family. Tradition and memory are very important." Although Adele is not Jewish, she celebrates all of the Jewish holidays in the very traditional kosher way. They also enjoy Christmas, Hanukkah, Easter, Yom Kippur and other holidays as well. Adele's special addition to Hanukkah is her Brazilian Doughnuts. The recipe is as follows:*



## **B**razilian Doughnuts (Bolinho de Chuva)

1 cup all purpose flour  
1/2 cup corn starch  
2 tsp. baking powder  
1/2 cup milk  
2 eggs  
4 Tbsp. granulated sugar  
pinch of salt  
oil to deep fry  
sugar with cinnamon to sprinkle over cooked doughnuts

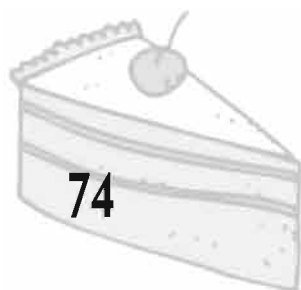
In a large bowl, mix the eggs, sugar and salt. While mixing with a wooden spoon, add the flour, corn starch, baking powder and milk until you get a batter similar to cake batter.

Preheat the fryer to 350 degrees. Using two table spoons, take a spoon of batter and scrape off the batter into the fryer using the second spoon. Fry about six doughnuts each time until golden brown, about 3 to 4 minutes, flipping just once for overall browning. (The doughnut will flip by itself.) Remove the doughnuts from the oil and drain on a paper towel-lined plate. Sprinkle with powdered sugar and cinnamon.

Hint: The fryer temperature is very important. If it is too hot, the doughnuts will burn outside and be doughy inside. They are best when served fresh. Kids love them.

Makes about 25 doughnut balls.

You can also make a salty Bolinho de Chuva by replacing the sugar with one tsp. of salt and some chopped green onions.



# Chocolate Almond Cake

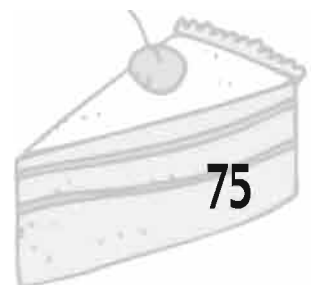
1/2 lb. almonds, finely ground  
2 apples (pippin or granny smith) grated with peel (cuisinart)  
6 oz. sweetened chocolate, melted  
2 Tbsp. cocoa (if sweetened, reduce sugar)  
7 eggs, separated  
1/4 cup sugar, or more, depending on what chocolate and cocoa you use  
liquor is optional  
vanilla is optional

Cream egg yolks and sugar, add ground almonds, chocolate and cocoa and apples. Beat egg whites until stiff. If using liquor or vanilla, add before folding in the beaten egg whites. Put in greased spring form and bake 30 to 45 minutes. Do not over bake as cake should retain some moisture. Cool on a rack but leave on bottom of spring form. Loosen side with a sharp knife from the pan.

When cooled, a chocolate topping is advisable.



*This recipe is from Hilde Gattmann's maternal Grandmother Clara Jungster. Grandma Clara lived in Tann, Germany, a little town in the foothills of the Rhone Mountains. Every summer her three daughters and their families would descend on her, five cousins in tow, and the children would have a wonderful time swimming in the nearby mountain river, hiking, and having picnics in the meadows. Besides delicious meals, Grandma Clara would bake sheets and sheets of wonderful fruitcakes, all without modern implements. Great Grandma Hannchen Jungster lived in the house next door, connected by a walkway on the third floor. The children loved running back and forth between the houses. Great Grandma Hannchen lived to be 102. She taught Hilde how to knit and crotchete when she was five years old. Hilde describes her as "such a cute and bright woman."*



# Double Chocolate Brownies

4 squares of chocolate  
1 stick of butter  
1 stick of margarine  
4 extra large eggs  
2 cups sugar  
1 cup flour  
1 1/2 cups chocolate chips  
vanilla or brandy to taste  
cinnamon/sugar mixture (optional)

Butter a 13 x 9 inch pan.

In the microwave, melt 4 squares of chocolate with 1 stick of butter and 1 stick of margarine. Beat together 4 extra large eggs and 2 cups sugar. Beat in cooled melted chocolate/butter/margarine mixture. Beat in 1 cup flour. (You don't need to sift the flour.) Add 1 1/2 cups chocolate chips. Add vanilla or brandy to taste. Add generous dashes of cinnamon/sugar mixture (optional)

Bake in the preheated 350 degree oven 40 minutes or until it tests done with a toothpick. Do not over bake.

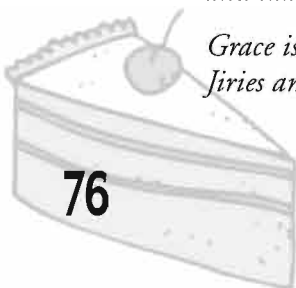


*Miriam Zimmerman believes that "chocolate is universal and transcends any ethnic differences."*



*Neimeh (Grace) Nazzal, from Ramallah, Palestine, looked forward to receiving gifts at Christmas and having her favorite dinner at the home of her grandparents, Aziza and Abid Kassis. Grandmother Aziza would cook coucous with meat, leg of lamb and hassweh and meat with rice and spices. Because Grace married at age 17, she never had to help prepare the meals or learn to cook. Before marriage, her life was going to school and having fun with her friends. After she married Jiries, she lived with her mother-in-law for several years. Jiries' mother taught Grace everything she knows about cooking today. Grace recalls that one year after being married to Jiries, he challenged her to prepare the New Year's dinner for his entire family. Jiries told his mother she was not to help Grace with any of the preparations. Grace went all out and stuffed the lamb and made all the favorite Arabic appetizers one could imagine — hummus, kibeh, sfiha (like pizza with meat, onions and tahini sauce), falafel and others, to prove that she could do it.*

*Grace is proud to say that she more than rose to the challenge, and proved to Jiries and the family that she was an excellent and capable cook.*



## hreyba (Butter Cookies)

- 1 cup clarified butter
- 1 cup powdered sugar
- 2 to 2½ cups flour
- ½ cup blanched almonds or pine nuts

Beat the butter and sugar thoroughly in a mixer, until fluffy. Add flour gradually then mix well by hand. Cut into egg size pieces, roll into a rope about 5 inches long and finger size thick.

Form the cookie into an S shape. Place on a cookie sheet and place an almond or pine nut in the middle of each cookie.

Bake for 20 to 25 minutes in a preheated 300 degree oven. AVOID BROWNING.

Makes 20 to 25 cookies

*This cookie is served at every Palestinian engagement party and at weddings. It is customary to wrap two cookies in dinner napkins and place them on a huge straw platter. One of the aunts would carry the tray on her head and hand the wrapped cookies to the guests after the ceremony.*



## Honey Cake

### Add and mix well with a spoon

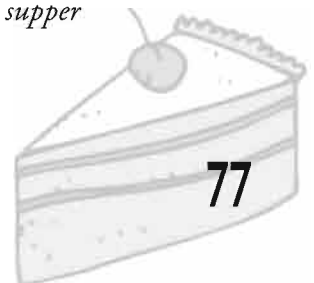
- 1 cup peanut oil or safflower oil
- 1 cup sugar
- 1 lb. honey
- 4 eggs
- 1 cup strong coffee

### Mix together

- 1 tsp. baking soda (add to coffee)
- 2½ cups sifted flour
- add 2 tsp. baking powder
- 2 cups walnuts chopped into large pieces, about ½ lb.

Alternate honey and egg mixture with flour and nuts in a large glass pyrex dish 13½ x 9 x 2. Bake at 325 degrees for about 1 hour. (If the pan is metal, bake at 350 degrees.) Test for doneness at 50 minutes.

*This cake is very popular at Rosh Hashanah, the Jewish New Year. It is served as dessert on the first night or sometimes with the break-the-fast light supper on Yom Kippur.*



# Harissa or Namurrah

2 Tbsp. tahini oil  
4 cups Semolina or Farina  
1 1/4 cup clarified butter plus 2 Tbsp. for the topping  
1 cup sugar  
1/2 tsp. baking soda  
1 tsp. baking powder  
1 1/4 cup plain yogurt  
1/2 cup blanched almonds  
dash of salt  
3 cups attar

## Attar recipe

2 cups sugar  
1 cup water  
2 Tbsp. lemon juice

Bring sugar and water to a boil; add lemon juice and boil for 7 more minutes until it thickens. Cool.

Mix Semolina, sugar and butter together.

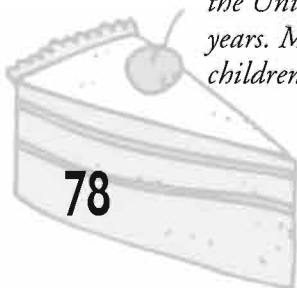
In a separate bowl add yogurt, baking powder and baking soda together. Add to Semolina mixture.

Brush the tahini oil in a 17 x 12 inch pan. Pour the mixture into the pan. Before baking, cut into diamond shapes and place the almonds in the middle of each one. Pour 2 Tbsp. of clarified butter on top and bake in preheated 400 degree oven for 30 minutes or until brown.

Let it stand for 10 minutes then pour the attar mixture on top and ENJOY!



*Maha Totah's favorite holiday was Easter. She used to help her mother, Naimeh Totah and her grandmother, Nijmeh Totah, make the traditional Easter cookies. Maha recalls that her life was fun as a child. She learned many traditions and values of her people that she has passed on to her family here in the United States. One special tradition was on Christmas Eve Grandmother Nijmeh would place a gold ring in a glass of red wine. Then Maha and her siblings would sip from the glass to bring them good luck in their future endeavors. It must have worked because when Maha had just turned 18, Basam Totah (a distant cousin) returned to Ramallah to find a wife. When he saw Maha at church he decided she was the girl for him. Basam went to Maha's home the following day to meet her and the family. They were married one week later and Basam brought his new bride back to the United States. That was in 1966. They have been happily married for 37 years. Maha still enjoys making the special Easter cookies with their four children and nine grandchildren.*



# Katayef

## Kater syrup

- 2 cups of sugar
- 1 1/2 cups of water
- 1 tsp. lemon juice

Stir all together in a pot and let it boil for about 10 minutes. Stir occasionally, then cool.

## Stuffing

- 1 lb. chopped walnuts
- 1/2 cup sugar
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon

Mix together and fill the pastry before folding in half to broil.

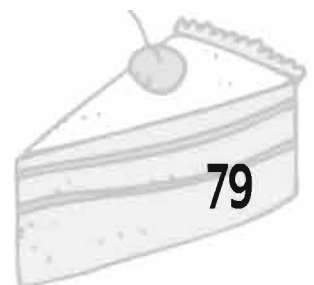
## Katayef

- 1 cup Semolina
- 1 cup flour
- 1/2 tsp. baking soda
- 2 3/4 cups warm water
- 1 tsp. dry yeast
- 1/2 tsp. sugar

Mix yeast and sugar and a little warm water and let it rise for 2 minutes. Mix Semolina, flour and water in a bowl with an electric mixer and let it sit for 1 minute. Add the yeast and cover the mixture for 10 minutes. Preheat your grill. Add the baking soda to the mixture and stir. Pour 1/2 cup of the dough onto the grill like pancakes and cook. Do not turn over. Remove from the grill and place on a cloth sheet to cool. Then fill with the nut mixture and fold in half. The edges should stick together making a half circle. Place on a greased cookie sheet and broil until the crust is hard. Dip in the syrup and serve hot.

Makes about 10 to 12 pieces.

*This special sweet is only done in the month of Ramadan. Every house will have it for dessert after a day of fasting.*





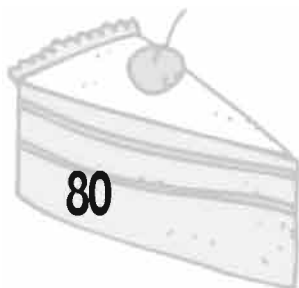
*Nahida Salem, born in Ramallah, Palestine, said Christmas was her favorite holiday as a child. At Christmas the children would get their new clothes and shoes along with other gifts. Food was special, and her mother, Salemeb Habib, would go all out preparing the feast with lamb, salads, homemade bread or khubiz and all the goodies to go with it. Although Nahida was too young to help with the cooking, she wasn't too young to help cleaning up after the meal. And now she is doing the same thing with her family. She prepares all the favorite foods and the children clean up!*

*Adham Salem, also from Ramallah, loved Easter as a child. He used to go visiting from house to house with his Grandmother Helena Salem to collect eggs and cookies and even some money. As a young adult, Adham joined one of the 15 diverse groups of the Boy Scouts, and he would participate in the annual Easter Parade, helping to control the crowd as it walked from Ramallah to Jerusalem and back. As part of the ceremony, individuals carried lighted candles from the Church of the Holy Sepulcher in Jerusalem back to the Orthodox Church in Ramallah. Although Adham was Catholic, he shared in this special Ceremony, just as many Muslims celebrated Easter with the Christians. Everyone in the house helped prepare all the favorite Easter foods, and it was a must that everyone be present at the dinner table. Easter was wonderful because of the closeness of the family. After enjoying the lamb and special sweets, Adham's favorite being Knafeh, the children would go to bed and the parents would visit the neighbors for tea and a game of cards. The Salems continue to enjoy this tradition with their friends and family here in California.*



*"People don't get along because they fear each other. People fear each other because they don't know each other. They don't know each other because they have not properly communicated with each other."*

Dr. Martin Luther King, Jr.





## Knafeh

- 1 lb. shredded fillo dough (Apollo is one brand)
- 2 tsp. special orange food coloring
- 2 cubes unsalted butter (melted and mixed with the orange coloring)
- 2 lbs. sweet cheese, no salt  
(The shredded fillo dough, orange coloring and sweet cheese are all available in an Arabic store. Paneli, a Mexican sweet cheese, can be used as well)
- 2 tsp. ground pistachios for decoration

### Syrup

- 3 cups sugar
- 3 cups water
- $\frac{1}{2}$  tsp. lemon juice
- $\frac{1}{2}$  tsp. rose water

Blend the butter/food coloring mixture with the dough with your hands until the butter is absorbed.

Using a round cookie sheet, lay half of the dough on the bottom of the tray. Shred the 2 lbs. of sweet cheese on top of the dough. Top the cheese with the second half of the dough mixture. Bake in a 350 degree oven until the cheese melts, approximately  $\frac{1}{2}$  hour.

After it is baked, sprinkle the top with the ground pistachio nuts for decoration. Pour the hot syrup over the Knafeh, then cut into pieces and serve warm.



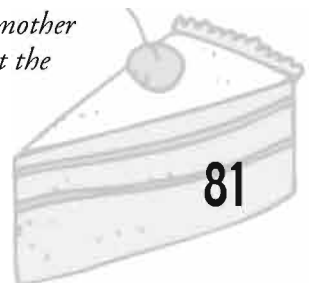
## Macaroon Torte

The evening before, prepare the filling:

- $\frac{1}{2}$  lb. macaroons or lady fingers
- 1 glass of wine (a little less)
- $\frac{1}{4}$  lb. sugar
- $\frac{1}{2}$  lb. almonds, ground fine
- 1 lemon, juice and grated skin
- some melted chocolate bits for topping (the next day)

Prepare a cookie dough shell made of  $\frac{1}{4}$  lb. softened sweet butter, 1 cup flour, or less, and a taste of sugar. Roll the dough out and put in a spring form pan. Bake until very light brown and cool before filling. (The filling is NOT baked.)

*This is another delicious recipe from Hilde Gattmann's Great Grandmother Hannchen (Johanna) Jungster, who lived in the north of Germany, at the beginning of Heidi country.*



*Henriette Zarour, born and raised in Beit Jala, has fond memories of Easter. Both her mother, Zakieh Abed Rabu, and her mother-in-law, Alice Zarour, taught her how to make the special Easter cookies. One is shaped like the crown of thorns and the other like the sponge used to moisten the lips of Jesus as he carried his cross. Henriette has taught her two daughters and daughter-in-law how to make these same cookies, called Mamoul, and they enjoy making them together each Easter.*



## Mamoul

### For the dough

2 tsp. yeast dissolved in  $\frac{1}{4}$  cup water and a pinch of sugar (prepare and set aside)  
4 cups Semolina  
 $1\frac{1}{2}$  cups clarified butter  
1 cup warm milk  
 $\frac{3}{4}$  cup sugar

### Filling for the “crown” cookies

$1\frac{1}{2}$  cups chopped walnuts seasoned with cinnamon sugar mixture

### Filling for the “sponge” cookies

1 cup ground dates  
2 Tbsp. melted butter

Work dates and butter together and form into rope-like rolls about  $\frac{1}{4}$  inch thick.

### Dough for both cookies

Mix Semolina with the yeast mixture, sugar and hot butter. Add the warm milk and knead into a nice dough.

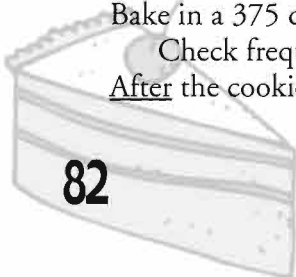
To make the “sponge” shaped cookie, place a small amount of dough, about the size of a silver dollar, in the palm of your hand and flatten out. Place a tsp. of the walnut/cinnamon mixture on the dough. Now gather up the sides of the dough pinching it together to form a little mound. Using a special tweezer, pinch small indentations around the cookie for a design.

To make the “crown” shaped cookie, lay out a piece of the well-mixed dough, about 1 inch x 4 inches. Cut a piece of the rope-like or date mixture and lay it on the dough. Roll the dough around the date mix (as if rolling a cigarette) until the date mix is completely covered. Then form a circle by sealing the two ends together. Using the tweezer tool, pinch the cookie to make the little indentations. Hint: Be careful not use too much dough.

Bake in a 375 degree oven until light golden, approximately 10 minutes.

Check frequently.

After the cookies have cooled, sprinkle generously with powdered sugar.



# Marble Cake

$\frac{1}{4}$  lb. sweet butter or margarine (salt free)  
5 eggs separated  
1 cup sugar  
 $1\frac{1}{2}$  cups sifted flour  
milk, slightly warm  
6 oz. chocolate bits, melted  
2 tsp. baking powder

Cream butter and sugar. Add egg yolks and cream until smooth. Add sugar.

The recipe calls for unsweetened chocolate, so if you use chocolate bits or sweetened chocolate, do not use all the sugar.

Add sifted flour alternately with milk. Separate dough into two even amounts and add 1 tsp. baking powder to each part. Then add the melted chocolate into one part only.

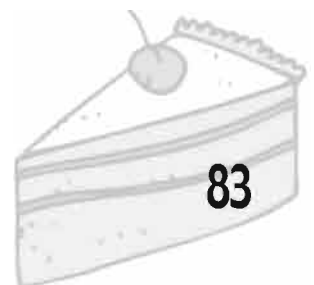
Beat egg whites and put  $\frac{1}{2}$  into each part.

Grease loaf pan and pour cake batter into pan alternating chocolate and white batter.

When completed, take a knife and “zip” it through the dough, thus encouraging an interesting pattern when the cake is baked. Bake at 350-375 degrees for about 45 to 50 minutes. Do not over bake. Cool on a rack and turn out when entirely cooled.

Powdered sugar sifted over the cake makes a nice finish.

*This recipe was served to Eric Gattmann by his mother Bertha, who became a fine cook in her later years after she no longer had help with preparing meals. “She was a very persistent woman,” according to Eric.*



*Doris Landman, married to Carl Landman for 61 years, recalls that last Passover she was under the weather and could not participate in the Seder service at her daughter-in-law's home. So Doris was so touched when she received a Panama Torte baked by her 8 year old niece. It was presented in a box with two hearts on top.*



## Panama Torte (mocha)

1 <sup>1</sup>/<sub>3</sub> cup almonds or other nuts, ground (can combine a mix)  
1 <sup>1</sup>/<sub>2</sub> cup chocolate bits, ground  
8 egg yolks  
<sup>3</sup>/<sub>4</sub> cup sugar  
8 egg whites, beaten stiff

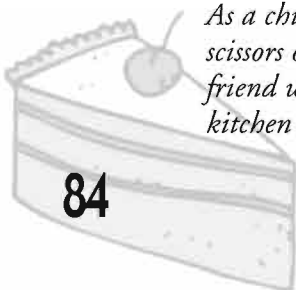
Beat the egg yolks and sugar together. Blend the ground nuts and chocolate with the beaten egg whites and then fold egg white mixture into the sugar and egg yolks. Bake in a buttered and floured spring form pan 45 minutes to 1 hour in a 350 degree oven.

### Icing

<sup>1</sup>/<sub>2</sub> cup chocolate bits melted  
<sup>1</sup>/<sub>2</sub> cup sugar beaten with <sup>3</sup>/<sub>8</sub> lb. sweet butter.  
Add instant coffee powder plus 2 whole eggs. Beat thoroughly.



*Carl Landman, now in his mid 80s, grew up in Nazi Germany. Participating in the Jewish-Palestinian Living Room Dialogue has been his passion, as it seems to "redeem some of the pain he suffered as a youth." He inspires us with stories and his dreams of peace. Carl's favorite holidays are birthdays, Hanukkah and Yom Kippur. Carl recalls his Grandmother Mina Wertheimer's chocolate mousse, and a special wine sauce she would dribble on sponge cake. Carl explains: "Grandma Mina Wertheimer was my link to the larger family. Every Friday night we walked the 20 minutes to her place for dinner. She and my grandpa had eight children, of which my mother was one. Those that were nearby included about seven children. One frequent uncle visitor was very good at the piano by ear. Families that could not be there in person because they lived in other towns, could be relied upon to report on the phone. Grandma was a master cook. Her rice and chicken recipe created my taste buds. She also made me a chocoholic with her chocolate mousse and those small foil-wrapped Lindt bars. My craving for those moments continues yet." As a child Carl was not allowed to enter the kitchen and touch a light, fork, scissors or tools. And his father almost had a heart attack when he saw a male friend wearing an apron. One wonders how much Carl participates in the kitchen now!*



## Passover Nut Cake

6 eggs  
3/4 cup sugar  
1/2 cup matzo meal  
1/2 cup ground nuts  
2 Tbsp. potato starch  
1 tsp. almond or lemon flavoring or both

Beat egg yolks. Add one half of the sugar and flavoring and beat until light. Add remaining sugar to beaten whites. Fold yolks into the whites. Fold flour and nuts alternately. Bake in 325 degree oven for 45 minutes in a springform or tube pan. The tube pan should have a removable bottom.

Trim with whipped cream, plus strawberries or a little chocolate sauce mixed into the cream after it is beaten.



## Schaum Torte

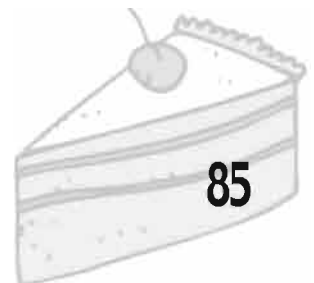
6 eggs whites, room temperature (use extra large eggs)  
1/2 tsp. cream of tarter  
2 scant cups sugar  
1 tsp. white wine vinegar

In a large mixing bowl, beat egg whites with cream of tarter at high speed until stiff but not dry. Gradually add sugar, about 1 Tbsp. at a time, beating for 1 minute after each addition. Then beat in the vinegar. The mixture should hold very stiff peaks.

Preheat the oven to 400 degrees. Grease a spring form pan and spoon in the meringue batter. Bake the torte for 6 minutes at 400. Then turn off the oven and let the torte remain in the oven over night. (Or place in a 400 degree oven, then immediately reduce the temperature to 250 degrees and bake for 1 1/2 hours or until lightly browned and dry on the surface.) Remove from the oven and cool completely! Run a sharp knife around the edges before removing from the pan. The schaum torte can be wrapped airtight and stored up to 24 hours at room temperature. Serve with your favorite toppings: whipped cream, ice cream, chocolate or other sauces as well as fresh fruits.



*Ernestine Traubman McCormack, Len Traubman's aunt, born in 1906, treats the family to her famous Schaum Torte, usually covered with vanilla ice cream plus a topping. Because it is such a hit, she makes two and puts chocolate on one and strawberries on the other. GROAN YUM!*



## Pear Simas

Take a dozen cooking pears, cut in half and take out the seeds. Do not peel. Wash and put the pears in a kettle and cover with water, adding a small cupful of sugar and a pinch of salt. When tender put a cooking spoonful of butter and a spoonful of flour in a spider (skillet) and mix well until a golden brown. Put a cupful of juice from the pears into the spider and mix smooth with the flour and butter, then put back into the pears and place the kettle on the back of the stove to cook slowly until the sauce is thick and syrupy.

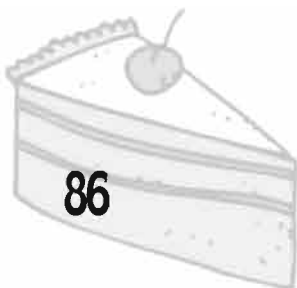
## Fig Torte

10 eggs, separated  
1 cup cracker meal  
2 cups of sugar  
 $\frac{1}{4}$  lb. citron (lemon)  
 $\frac{1}{4}$  lb. almonds cut fine  
 $\frac{1}{2}$  lb. of figs, chopped  
1 tsp. each of cinnamon, allspice, cloves and nutmeg  
2 tsp. baking powder  
 $\frac{1}{2}$  wine glassful of brandy  
juice and rind of one lemon

Beat egg yolks and sugar. Then add spices and fruit, cracker meal, baking powder, brandy and lemon. Lastly fold in the stiffly beaten egg whites. Bake one hour at 350 degrees.



*Nettie Weiss Silberstein, born 1850 in Budapest, Hungary, was the first Jewish bride to make her home in Duluth, Minnesota, in 1870. She was the great-grandmother of Dialogue participant Len Traubman, whose aunt remembered Nettie: "Every Friday night she would set her yeast dough and early Saturday morning would rise and make what today would fill a baker's shelves with wonderful kuchen, pear simas, schnecken, fig torte, bundt, and prune-, cheese- and plum-filled tarts. Then we would all be summoned to come and take our share home. I can still recall the wonderful smells of that home on Saturday morning."*



## Commemorations and Celebrations

**The Jewish–Palestinian Living Room Dialogue Group acknowledges important events in our lives.**

Nadim Zarour, a champion of Dialogue since the early 70s, died on September 10, 2000 of a sudden heart attack. He was doing what he loved — sitting with a rabbi and a priest on a stage at Grace Cathedral atop San Francisco's Nob Hill. Before an attentive audience and via live Internet broadcast, he was telling his people's story and envisioning the future of Jerusalem. He was 49 years old. The loss of Nadim from the Jewish-Palestinian Living Room Dialogue was enormous, but the participants vowed to continue with their efforts in his honor.



Nazih Malak returned to Tripoli, Lebanon to marry Dina Helweh on April 15, 2000, then Nazih got his first of two college degrees.

Three babies have been born into the Dialogue group.



Ilan Kahn Levanthal  
February 15, 2001



Ariel Kahn Levanthal  
November 22, 2002



Hened Marilyn Malak  
May 15, 2002

# Jewish-Palestinian Living Room Dialogue

## Group of San Mateo

### Our Mission

We are 30 Jews, Palestinians and supportive others dedicated to meeting monthly in each other's living rooms, hearing one another's stories, practicing compassionate listening, and envisioning our shared future. In Dialogue, we seek to promote a model for healing, creativity, and cooperation for Palestinians and Jews in Israel and Palestine, and for other peoples worldwide.

### Our Vision

Palestinians and Israelis live side by side, in cooperation and friendship, in an ever-improving Middle East and at the heart of a growing partnership between Jews and Palestinians worldwide.

### Our Understanding

1. All of our stories and experiences are valid and valued.
2. An enemy is someone whose story we have not heard.
3. The vast majority of Palestinians and Jews want a peaceful resolution of the conflict between them.
4. Jews and Palestinians are cousins, sharing ancestry, values, and a common future.
5. We continue to work for healing and collaboration among our peoples by conducting Dialogue and building relationships with each other. Dialogue is neither discussion nor debate. It begins with hearing each other's stories in an atmosphere of respect and compassion.
6. Palestinians and Israelis have a right to equal dignity, self-determination, peace, and security. Two side-by-side, safe, autonomous, cooperating states are a key to this goal.
7. Blame, hatred and violence perpetuate themselves and do not lead to peace.
8. Relationship-building leads to lasting peace.
9. The methods our political leaders have undertaken to address our conflict are, by themselves, failing to lead us to peace.
10. Agreements between nations, made without the support of citizens, have never been successful. Therefore, citizens must be included in the creation of any such agreement, and the agreement must reflect and respect the will of each nation's citizens as well as that of each nation's political leaders.
11. We look to the U.N., U.S., and other nations to put forth their full efforts to encourage, compel and assist in a successful public peace process that engages ordinary citizens in constructive Dialogue and leads to the fulfillment of our vision.
12. We look to our fellow Jews, Palestinians and supportive others to become peace-makers, engage in compassionate, constructive Dialogue and work toward the fulfillment of our vision.

### Our Story

The Jewish-Palestinian Living Room Dialogue Group of San Mateo was formed as a local response to a global call for a public peace process between Palestinians and Jews everywhere as a creative citizen response to a long, agonizing conflict between Israelis and Palestinians in the Middle East.

In May 1991, some of us helped bring a small team of Palestinian and Israeli citizen-leaders from the Middle East to a week-long conference in the California redwoods.



These women and men forged and signed a historic document, *Framework for a Public Peace Process*, calling for concerned citizens of both communities to join in Dialogue. It prescribed an invigorated peace process that would succeed where governments alone had failed, by including and empowering those who would benefit the most—ordinary citizens.

In July 1992, to bring this public peace process to life locally, several of the conference hosts recruited a small group of Jews and Palestinians who were willing to come together in a living room to share their stories and begin building bridges of understanding. The Jewish-Palestinian Living Room Dialogue Group was born. The first meetings revealed both peoples' genuine pain, struggles and fears. The gatherings also began to reveal a sense of shared hope and even community. Over many meetings, compassionate listening helped to transform suspicion into friendship, antagonism into understanding and conflict into cooperation.

Ten years of sustained Dialogue have demonstrated the success of Palestinians, Jews and supportive others working as a team toward a shared future. We have grown to 30 participants and have helped launch many similar Dialogue groups locally and across North America. By proving and communicating the effectiveness of Dialogue in conflict resolution and community building, these groups are setting the stage for Dialogue and peacemaking in the Middle East. We have initiated dozens of educational activities and projects benefiting both peoples — always equally. With the understanding that “people become the stories they hear and the stories they tell,” we have told our story extensively through local, national, and international TV, radio and print media and over the Internet. This success story has enabled us to work increasingly with government and civil society to make Dialogue integral to the Israeli-Palestinian peace process. Through ongoing meetings, education, publicity and individual political expression, we continue to advance Dialogue as a powerful and essential force in ending alienation and creating genuine community and peace.



# Our Jewish-Palestinian Living Room Dialogue Group in California – History and Progress

In July, 1992, here on the San Francisco Peninsula, as part of a larger public peace process we invited American Palestinians and Jews to begin a long-term dialogue together to discover common ground and improve the environment for reconciliation here in America.

Today we are about 20 Palestinians and Jews, and 10 “others.” Many participants have come and gone from our group, taking the experience with them.

In 2004, after 148 meetings and twelve years, with a clear mission and vision, we continue moving from caution to integrity, from alienation to familiarity, from ignorance to understanding, from resistance to response, from confrontation to collaboration. As a result, we have:

- **Learned** about listening, integrity, persistence, and dedication.
- **Written joint letters** to leaders in the United States and the Middle East, including over 90 leaders and opinion formers in Washington. The final contents of these messages were hard-won after much conflict, dialogue, then agreement, before we all placed our signatures.
- **Attended synagogue together**, and placed a ground-breaking display of Palestinian art in a local temple.
- **Participated in our local Palestinian Cultural Days**, and presented an educational table to inform and invite new Palestinians to participate.
- **Given public introductory presentations for new people.** Typically 50-80 attendees sit at round tables, eating home-made Palestinian and Jewish food and becoming acquainted. Several of us give talks about our personal dialogue group experiences, before the people at tables began moderated, sample dialogues of their own.
- **Helped the local Israeli Consulate**, at their invitation, with recent Jewish-Palestinian cultural activities which they have begun to initiate.
- **Sent \$1,300 cash and \$20,000 worth of medical equipment** to help two hospitals, one in Gaza, and another in western Jerusalem.
- **Helped launch three new “spin-off” dialogue groups here in the Bay Area.**
- **Been interviewed on a local television talk show** for 30 minutes about the history, principles, and activities of our dialogue group and about the public peace process.
- **Raised \$10,000** for schools in need, equally, in Netanya, Israel and Ramallah, Palestine. For their part, the two faculties began meeting in their own new face-to-face dialogue process.
- **Co-sponsored an educational fundraising event for Neve Shalom/Wahat al-Salam** (Oasis of Peace), a model village where Jews and Palestinians live and learn together. Two hundred attended.
- **Published editorial articles** *On Passover and Peace* and *To Build a Common Future, A Missing Step in the Peace Process*, and *Palestinians, Jews Can Unlearn Old Habits* in major metropolitan newspapers.
- **Sponsored “Building A Common Future,”** a historic, relationship-building dinner near San Francisco for 420 Jewish and Palestinian Americans, and others, to begin changing the nature of their relationships and invigorate the public peace process. About 100 attendees signed up to continue with in-home mealsharing groups.
- **Recorded a radio interview** for the international broadcast of “Unofficial Channels:

- Dialogue for Middle East Peace,” by the National Radio Project
- **Provided a guest panel** for University of California, Santa Cruz, students’ first “Jewish-Palestinian Dialogue Workshop.”
  - **Helped educate high school classes** studying Palestinian-Jewish conflicts and the value of dialogue in the public peace process.
  - **Presented a workshop on dialogue, trialogue, and conflict resolution** to teen “Future Leaders of the Jewish Community.” (Syllabus available upon request.)
  - **Assisted a synagogue** Friday evening dedicated to peace — Jewish-Palestinian dinner, Shabbos services, exhibits, and panel presentation.
  - **Helped the 1998 San Francisco Jewish Film Festival** with audience development for their North American premier of *“AL NAKBA: The Palestinian Catastrophe 1948.”*
  - **Provided a “Lunch and Learn” program** for the Montefiore Senior Center of the Jewish Community Center.
  - **Helped YES! Magazine publish** an article, “Living Room Dialogues.”
  - **Held a quilting workshop** to create squares for the travelling Middle East Peace Quilt of Elizabeth Shefrin, Vancouver, Canada, a fabric artist who teaches “Stitching for Social Change.”
  - **Co-sponsored with the World Affairs Council** a public presentation for 350 by M.K. Dr. Yossi Beilin and Palestinian leader Faisal al-Husseini.
  - **Provided an interview about our Palestinian-Jewish dialogue process** for *Planetary Dialogues* on the Internet.
  - **Sponsored and facilitated** the First All-Bay-Area Meeting of Jewish-Palestinian Living Room Dialogue Groups.
  - **Participated as panelists in “Dialogue Is Action,”** a 1999 conference of Stanford University, Office of Multicultural Education.
  - **Helped financial donors identify worthy projects** that join Palestinians and Jews in dialogue, and in activities that help change enemies into partners.
  - **Mailed dialogue guidelines and relationship-building ideas** to 1,450 individuals, including 776 institutions, 541 cities, 41 states, and 35 countries.
  - **Used the Internet to forward encouraging news** about successful Palestinian-Jewish collaboration, here and in the Middle East.
  - **Organized a Spring dinner-ceremony:** “A Celebration of Freedom for All the Children of Abraham, Hagar, and Sarah.”
  - **Helped students** in high schools, universities, and graduate studies, by providing printed materials and personal interviews about principles and results of citizen relationship-building.
  - **Celebrated our Third Annual Jewish-Palestinian Dinner** in May, 2000 with music and dancing from both cultures, equally.
  - **Helped a new San Francisco Dialogue Group** get launched then, after two years, cosponsored with the Jewish Community Center an evening Reception for 100 Arabs and Jews.
  - **Provided media interviews, during the Fall, 2000, violent outbreaks,** for local newspapers, radio, and TV, for CNN, and for Canadian radio, to communicate alternative ways of thinking and responding.
  - **Helped a new dialogue group** to begin in Silicon Valley, despite Middle East violence.
  - **Offered program development assistance for the Christian Science Sentinel - Radio Edition** broadcast, “Common ground for peace-building in the Middle East.”
  - **Provided a panel for a November, 2000 “Teens-only Middle East Forum”** sponsored by the Jewish Community Center of San Francisco at the request of youth to expand their views.

- Spoken at “Coming Together to Bridge Racial Differences”, a community forum sponsored in part by the National Education Association.
- Helped host a “Palestinian-Jewish Introductory Evening” at the Arab Cultural Center of San Francisco, to help begin a new dialogue group.
- Made panel presentations, “Jews and Palestinians in Dialogue” on campuses: two at Palo Alto High School’s “Worldfest 2001 — The Worlds We Come From, The Worlds We Make,” at Lincoln High and Piedmont High, and at San Francisco State University.
- Supported students in presenting their first “Palestinian-Israeli Awareness Week” at the University of the Pacific.



- Been radio talk show guests on a KGO-AM call-in program about listening, dialogue, and healing relationships in the Middle East.
  - Helped fund and promote *PROMISES*, the award-winning 2001 film depicting the difficulty and possibility of Palestinian and Jewish youth meeting face-to-face around Jerusalem. This film is a must-see.
  - Been guests on a TV public forum and live call-in broadcast on “Voices from the Village,” Community Television Channel 27, Santa Cruz, California.
  - Used videoconference technology to communicate between dialogue participants in California and Tennessee.
  - Provided a Palestinian and Israeli speaker, and printed Dialogue guidelines, for students of the San Francisco Community High School Havurah.
  - Given 2-hour panel presentations, with printed Dialogue guidelines for each attendee, for Sonoma Congregation Shir Shalom, San Francisco Congregation Emanu-El, and for the Ramallah Club, Portola Valley Presbyterian Church, Mendocino Coastside Jewish Community, and New Leaders Project of the J.C.R.C.
  - Helped MSNBC with a 3-hour living room filming for their April 30, 2002 broadcast segment, *Learning to Listen*, on Ashleigh Benfield’s “Region in Conflict.” A free, 10-minute videotape of that broadcast is now available. You can also see and hear it online in streaming video.
- 92 • Contributed to NPR’s “*All Things Considered*” in May, 2002 about how Americans are responding to the Middle East conflict.

- **Taught about Jewish-Palestinian Dialogue** for a class, *The Ethical Analyst*, in the Public Policy Program of Stanford University.
- **Conducted an international half-hour teleconference** with the U.S. Ambassador to Israel, on the occasion of our Dialogue's 10th birthday and 123rd meeting, to discuss both government and public peace processes.
- **Taught Dialogue workshops for the 2002 annual meeting of 1,600 Jewish educators at CAJE**, the Conference on Alternatives in Jewish Education, the first time Jews and Palestinians participated together there.
- **Presented two workshops, "Hearing the Other Side: Palestinians and Jews in Dialogue,"** for 220 Jewish community leaders at the Israel Summer Institute all-day, at the invitation of co-sponsors Jewish Community Federation, AIPAC, AJC, and New Israel Fund.
- **Initiated a Jewish-Palestinian Dialogue All-Day workshop** near Washington, DC, with a preceding dinner, for participants from 14 states, with roots in Israel, Palestine, Canada and the U.S.
- **Given a Dialogue presentation for 80 students at Georgetown University**, cosponsored by the Jewish Student Ass'n (JSA), Muslim Students Ass'n (MSA), Young Arab Leadership Alliance (YALA), Georgetown Israel Alliance (GIA), and the Students for Middle East Peace (SMEP).
- **Presented an October, 2002 Palestinian-Jewish Dialogue model for 200 students at the University of California, Berkeley**, where their new campus Dialogue—*Salaam Shalom* — has begun, then at U.C. Santa Cruz.
- **Exhibited an educational table at Palestine Day** for five years.
- **Modeled Dialogue** for the annual 2002 Shabbaton for Jewish university students, and for students at Mercy High School, Stuart Hall High School, and at St. Ignatius College Preparatory School.
- **Given the lead-off presentation on "Dialogue As Activism"** for Fostering Dialogue After 9/11: Changes, Opportunities & Lessons Learned, a workshop co-sponsored by The Coexistence Initiative (TCI) and Transforming Violence.
- **Helped NASA develop their list of candidates** for the first joint Palestinian-Israeli student research project in space, on the Space Shuttle Columbia, January, 2003.
- **Walked twice as Palestinians and Jews with 200,000 other Americans** in San Francisco, and millions of citizens in hundreds of cities worldwide, to say "no" to preemptive Middle East violence and "yes" to Dialogue and citizen creativity.
- **Made Spring 2003 guest presentations** at the invitation of rabbinical and cantorial students at the Academy for Jewish Religion, and the annual national meeting of the Reconstructionist Rabbinical Association.
- **Met with a U.S. presidential candidate** in April 2003 to help further imbed the principles and activity of Dialogue into government and national awareness.
- **Facilitated Dialogue and shared student stories** to help transform relationships in a Communication class at Notre Dame de Namur University and for 6th-9th graders in a J.C.C. summer day camp.
- **Supported a student-initiated Arab-Jewish "Day of Mutual Recognition"** in May, 2003 at the University of California, Berkeley.
- **Continued offering Introductory Presentations** on Dialogue for newly interested people in public places and in living rooms.
- **Helped social entrepreneurial university students** get media exposure and gather local Palestinians and Jews to obtain support for their creation—Jazoor Microfinance—to help lessen Middle East hopelessness and violence, and improve the people's economic future.

- **Convened Dialogue in Summer 2003 film festival atmospheres** during the San Francisco Jewish Film Festival, featuring Galoot, and the Wine Country Film Festival featuring “The Olive Harvest.”
- **Helped plan and discover participants for the September 2003 first *Oseh Shalom-Sanea al-Salam Jewish-Palestinian Family Peacemakers Camp***, for 45 adult and 24 youth attendees, and 50 staff participants, in the northern California mountains near Yosemite National Park.
- **Hosted an October 2003 living room Dinner-Dialogue for deepening and creative thinking** in a Jewish home with Palestinian Minister of Foreign Affairs, Dr. Nabil Sha’ath, a participant in writing the original *1991 Framework For A Public Peace Process*.
- **Hosted a November 2003 living room Dinner-Dialogue for connection and understanding** in a Palestinian home with Mrs. Daniela and Dr. Yossi Beilin, co-framer of the Oslo Accords, former Israeli Minister of Justice, and co-creator of the citizen-initiated Fall 2003 *Geneva Accord*.
- **Initiated a November 2003 in-home Lunch-Dialogue to better bridge to the Middle East** with Moshe Ma’oz, Hebrew University Professor of Islamic and Middle Eastern Studies; advisor to Israeli Prime Ministers; and a participant in writing the historic *1991 Framework For A Public Peace Process*.
- **Written a collective letter to the U.S. Department of State** encouraging support for, and attention to, creative, citizen-initiated initiatives—*The Geneva Accord*, *Nusseibeh-Ayalon Statement of Principles*, and *OneVoice* — all adding clarity, and congruent with the spirit of *The Roadmap*.
- **Participated with other Dialogue groups** in the December 2003 first *All Bay Area Palestinian-Jewish Dialogue Season of Light Gathering* for 170 attendees, young and old, who signed a letter to Heads of State — President Bush, and Prime Ministers Qurei and Sharone.
- **Contributed to a February 2004 comedy presentation *One Arab, One Jew, Two Funny Guys!*** by Rabbi Bob Alper and Ahmed Ahmed, to an appreciative, thoughtful audience of Jews and Palestinians, sponsored by the Arab-Jewish Dialogue of the South Bay, in northern California’s Silicon Valley.
- **Partnered with “Breaking the Ice,” the historic Israeli-Palestinian Antarctica expedition** to offer four March, 2004 presentations on relationship-building in Washington, DC.
- **Encouraged and advised organizers of STEAMM — *Soulful Teens Exploring the Arts thru Music & Movement*** — Muslim and Jewish teens bridging to one another through story and the arts two months in Spring, 2004, and helped Berkeley high school students who created an “Israeli-Palestinian Relations Workshop” for their community.
- **Contributed to the First Annual Northern California Dialogue and Deliberation Conference** a participation experience, “Story As Entry to Dialogue.”
- **Co-sponsored a World Affairs Council presentation**, Israel and Palestine: the Strategic Value of bringing Compassion into the Fire, initiated by the Compassionate Listening Project.
- **Created a new Dialogue T-shirt** to communicate “*Palestinians and Jews LISTENING in Dialogue*” and “*An enemy is someone whose story we have not heard.*”
- **Modeled and facilitated for U.S. and allied military officers** “Story As Entry to Dialogue,” for the new program “Security Building in Post-Conflict Environments” of the Department of National Security Affairs at the Naval Postgraduate School, Monterey, Calif.
- **Initiated a Dialogue workshop in Duluth, MN** for Palestinians and Jews, with Muslims and Christians attending from five states.

نداء للحوار

קריאה לדיאלוג

# A Call to Dialogue

**Inviting  
Palestinians and Jews  
and supportive others  
to engage  
in a national dialogue  
to rise above war,  
listen to all narratives,  
overcome stereotypes,  
see each other's equal humanity,  
learn to be for both peoples, and  
help our two great cultures prosper  
*for the good of all.***

Sponsored by the  
Jewish-Palestinian Living Room Dialogue Group of San Mateo County  
celebrating twelve years of talking, listening and cooperating

1448 Cedarwood Drive, San Mateo, CA 94403  
Tel: 650-574-8303 LTraubman@igc.org  
Fax: 650-573-1217 <http://traubman.igc.org>

## Why Dialogue

Old ways are not working.

“We cannot solve today’s problems with the same kind of thinking that produced them.”

—Albert Einstein

We need a new approach that calls for an understanding of the other side.

“An enemy is someone whose story we have not heard.”

—Mrs. Gene Knudsen-Hoffman

“As a Hebrew teacher for Palestinians in Gaza, and an Arabic teachers for the Jews in Israel, I have heard the same kinds of questions and comments expressed by both sides, showing how ignorant we are about one another. We know nothing about each other, in spite of being the children of sister Semitic languages and having the same cultural roots.”

—Samira Shaa’ban Srur Fadil, Director, Palestinian Abraham Language School, Rimal, Gaza

“There are two stories here and there is a quality of transcendence — seeing beyond the ‘Jewish Narrative’ or the ‘Palestinian Narrative’ — to a perspective that can humanize both sides and hear the ‘other’ story. A transcender after all has abandoned the exclusive quality of his or her narrative of origin.”

—Rabbi Andrea Cohen-Kiener, Hartford, CT

## What You Can Do

1. **Explore** more diverse news, Internet, and library sources of information. Listen. “Think outside the box.”
2. **Participate in a sustained dialogue group** in your city or campus. Contact us to ask if a group exists near you. Ask to be informed when people begin meeting where you live.
3. **Begin a new group.** Start with compassionate listening and with dialogue resources. Contact us for help.
4. **Discover** useful resources and links at the Dialogue **Web site** at [www.igc.org/traubman/](http://www.igc.org/traubman/).
5. **Ask** at the Web site for printed dialogue guidelines and background **materials by mail** at no cost.
6. **Request** at the Web site that you be included in the **e-mail circle** to receive news about dialogue successes.
7. **Tell others** that Palestinians and Jews are beginning to listen to each other, hear one another’s stories, and see each other as human and equal in a “**public peace process.**” We are beginning to want the best for one another and to cooperate as never before. This is a big, missing part of the peace process. **There is hope!**



# Thank you

We would like to thank everyone for contributing to Palestinian and Jewish Recipes for Peace. It is a reflection of the relationships built and the sharing of our delicious foods with each other, both inspiring the concept for this cookbook.

Thank you Kay and Walt Hays, faithful Dialogue participants from day one. Walt skillfully facilitated us through the challenges of dialogue. Kay has brought inspiration into our monthly meetings. They both helped edit this book.

We would especially like to thank Ricki McGlashan for her huge gifts of graphic design, time and heart, all donated to this landmark book.



The proceeds of this book benefit Palestinian-Jewish relationship building — the missing part of the peace process.



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