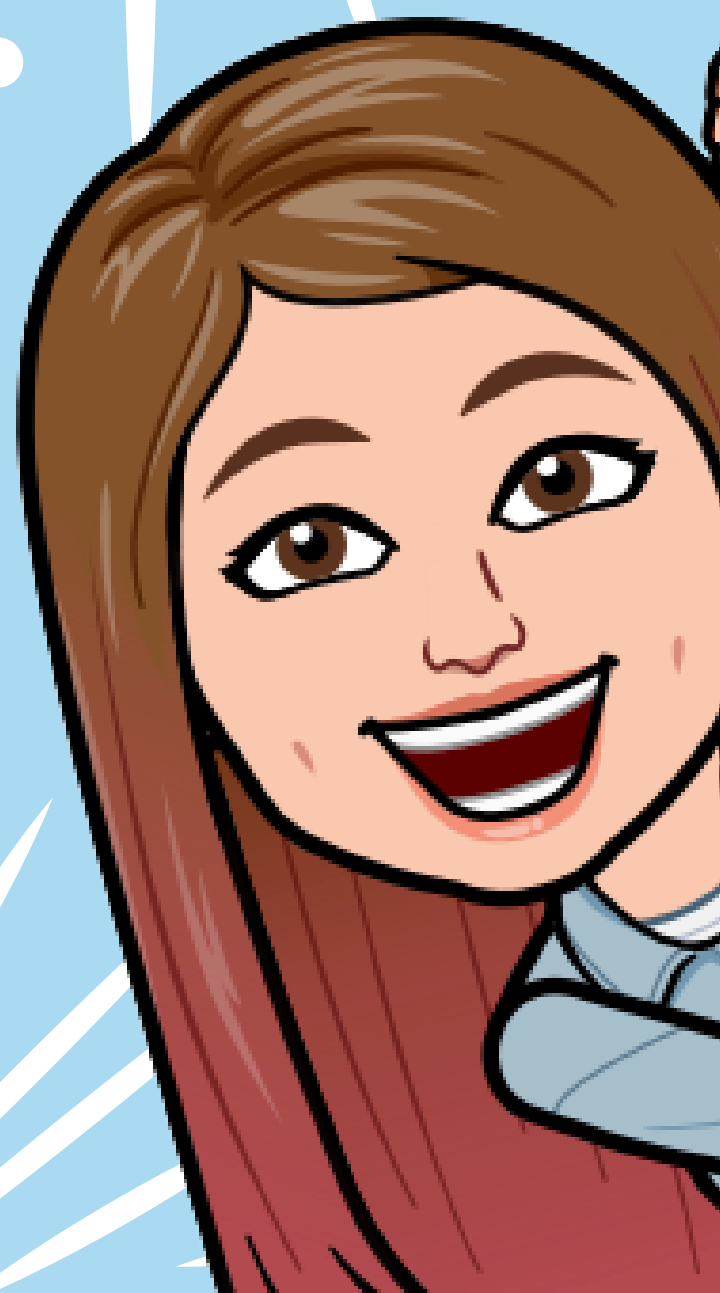
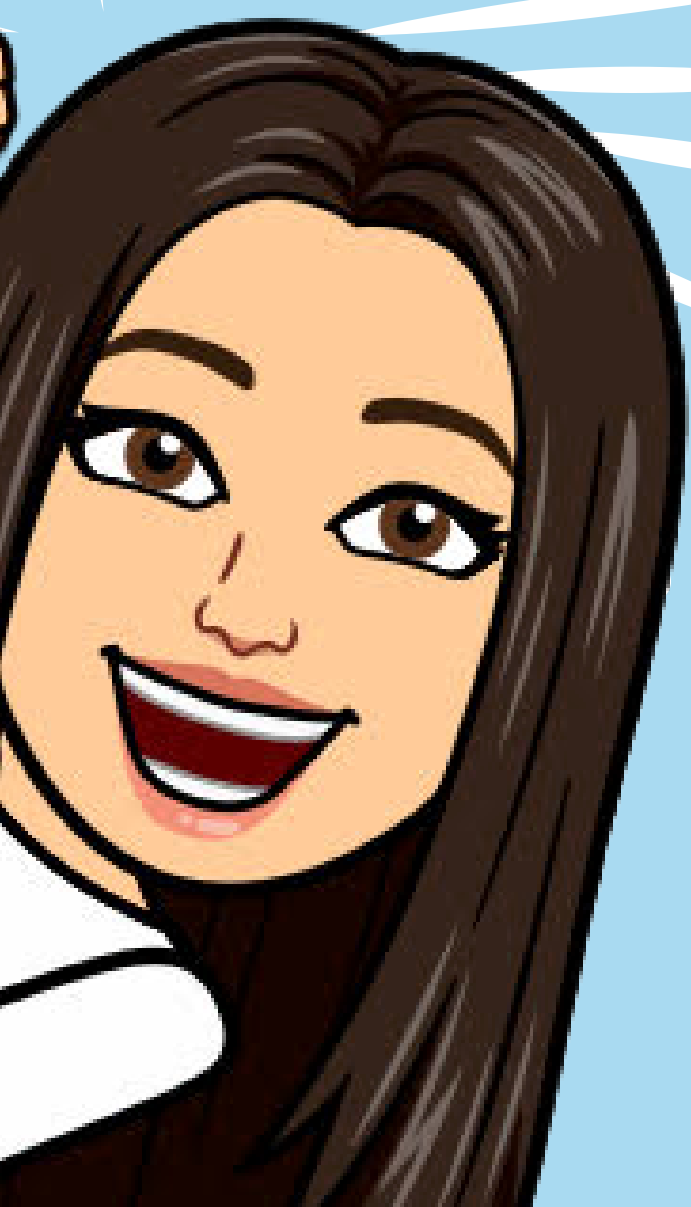




# 72

## YEAR CELEBRATION

*A workbook from your ShinShiniot  
Maayan & Lior*





Hello everyone!

It's your ShinShinot Maayan and Lior here!

We thought to ourselves how can we help the beautiful families in Toronto have the best Yom Ha'atzmaut right in the comfort of their homes and we said a workbook!

Full of ideas to celebrate 72 years for Israel!

So this one is for you – Enjoy!

Love – your ShinShinot!

The background is a light blue gradient filled with stylized white fireworks and stars. The fireworks are depicted as bursts of lines radiating from central points, with some having small circles at their centers. The stars are simple five-pointed shapes of varying sizes. The overall effect is celebratory and festive.

# RECIPES





# HOME MADE HUMMUS

A recipe from Maayan & Lior

## PROCEDURE

- 01** Soak the chickpeas in water for at least 12 hours – the more time the better!
  - Make sure to replace the water every few hours
  - Do not soak the chickpeas in an aluminum or copper bowl
- 02** Take the chickpeas out of the soaking water and move them into a pot full with water and baking soda.
- 03** Boil the water and during this time you will see white foam at the top of the pot, scoop it out and cook the chickpeas and cook until the chickpeas are soft (can take between 1 hour to 3 hours).
  - The water evaporates so add boiling water every time it gets close to the level of the chickpeas.
  - After cooking, keep 50ml of the cooking water for later.
- 04** Optional: Peel the chickpeas from their shell to make your Hummus creamier.
- 05** In a food processor, mix the chickpeas and the 50ml cooking water into a soft mixture.

## INGREDIENTS

- 500g chickpeas
- 180g raw tahini
- 15ml lemon
- 1 tsp baking soda
- Salt
- Olive oil

**06** Add the tahini, mineral water (add it slowly, until you get the right texture), lemon and salt into the food processor and mix again until it gets a soft creme texture.

**07** Move the mixture into a bowl and cover it with a plastic wrap for 30 minutes.

**08** Mix it with a fork and serve in a bowl or plate and put some olive oil on top!

**Bon Appétit!**  
בתאבון



# THE SHINSHIOT BUREKAS

*Bring Israel to your home*

## INGREDIENTS

- Frozen puff pastry
- Eggs for an egg wash
- Sesame seeds
- 2 philadelphia
- 1 sour Cream
- 1 Tnuva feta cheese
- Some spinach
- Parchment paper
- 1 yellow onion

## PREP TIME

- Prep | 20 m
- Cook | 10 m
- Ready in | 30 m

## PROCEDURE

01

Preheat oven to 350 degrees F and start rolling open the puff pastry. Cut the puff pastry into squares.

02

To make the filling - dice the onion to tiny squares. Put some oil on a pan and cook the onion with spinach.

03

Mix all the cheeses together add the onion spinach mixture and mix until combined.

04

Place a spoonful of the mixture in one side of the the square and fold it to create a triangle. Close shut by pressing a fork on the edges.

05

Place the burkas on the parchment paper, cover with egg wash and sesame seeds. Place in the oven until golden brown.

# Bon Appétit!

בתאבון





# THE SHINSHINIOT RUGELACH

*how to bring Israel to your home*

## INGREDIENTS

### Dough

- 1 kg of flour
- 50 grams of fresh yeast
- 5 tablespoons of sugar
- A cup and a half of warm milk
- 200 grams of softened butter
- 3 big eggs
- 1 teaspoon of salt

### Filling

- A cup of sugar
- 3/4 cup of cocoa powder
- 200 grams of melted butter

### Coating

- Egg wash
- Half a cup of warm water
- A cup of sugar

## PREP TIME

- Prep | 45 m
- Cook | 30 m
- Ready in | 2 h

## PROCEDURE

01

Sift the flour to a mixer bowl and add the yeast. Mix the rest of the liquid ingredient in a different bowl and add to the flour mixture. (Don't add the salt yet)

02

Knead in a mixer with a kneading hook on slow for 3 minutes, add the salt and keep kneading for 7 minutes until you get a soft dough. Make a ball and cover until doubled in size, rest for about 45 minutes,

03

While the dough is resting make the filling, Mix all the ingredient in a bowl until smooth.

04

Divide the dough to four equal pieces. Roll one piece to a long rectangle. Spread a quarter of the filling on half of the rectangle and cover with the other half, like a blanket. Roll the dough as thin as possible, using a sharp knife cut long triangles.





05

Roll from the wide side of the triangle to it's point.

06

Arrange the Rugelach on a baking sheet 2 inches apart. Lay a clean towel over the Rugelach and let rise again. In the mean while preheat the oven to 350°F.

07

Apply egg wash on the Rugelach (for a real Jerusalem style Rugelach you can add sesame seeds).

Bake for 30 minutes or until golden brown.

08

While in the oven make the sugar syrup. Boil the half cup of water on a small saucepan and add the cup of sugar. Mix until the sugar in melted and the syrup is thick and bubbling.

09

Take Rugelach out of the oven and brush syrup generously on top.

# Bon Appétit!

בתאבון

- *to save time you can use an already made yeast dough*







# THE SHINSHINIOT FLAFEL

*how to bring Israel to your home*

## PROCEDURE

- 01** Place the chickpeas in a bowl full of water and let them soak for 12-24 hours
- 02** Rinse the chickpeas and blend in a food processor with the cilantro, parsley, garlic and onion until a smooth puree.
- 03** Move your mixture to a bowl and add the rest of the ingredients other than the oil. Mix well and let rest for 20 minutes.
- 04** Create small-sized balls using your hands and set aside.
- 05** Fry in high heat frying oil until golden brown.

## INGREDIENTS

- 2 cups dry chickpeas
- 5 branches cilantro
- 6 branches of parsley
- 2 medium-sized onions peeled and sliced to quarters
- 5 garlic cloves
- 2 teaspoons of cumin
- 1 teaspoon of salt
- Half a teaspoon of spicy paprika
- Quarter teaspoon black pepper
- Half a teaspoon baking soda
- 3 teaspoon of water
- Frying oil

## PREP TIME

- Prep | 30 m
- Cook | 1 h
- Ready in | 1 1/2 h

**Bon Appétit!**  
בתאבון





# THE SHINSHINIOT SHAKSHUKA

*how to bring Israel to your home*

## PROCEDURE

### INGREDIENTS

- 6 big peeled tomatoes
- 3 garlic cloves
- 1/2 a hot pepper (cleaned out from seeds and sliced)
- 2 spoons of olive oil
- Salt
- Paprika
- 4 eggs
- 1 spoon of tomato paste

### PREP TIME

- Prep | 20 m
- Cook | 30 m
- Ready in | 50 m

01

Bring a pot of water into a boil  
Score an X at the bottom of the tomatoes and place them in the water (boiling the tomatoes helps peeling them).

02

Peel and cut the tomatoes.

03

In a hot skillet with olive oil place the sliced hot pepper as well as the garlic, the peeled tomatoes and salt and paprika to taste.

04

Let simmer for 7 minutes on high heat and then add the eggs (don't cover the skillet).

05

Your shakshuka is ready when the egg white is done and the yolk is a little runny.

Best served with hot bread:)

**Bon Appétit!**  
בתאבון



# CHOCOLATE BALLS

*Bring Israeli Sweets to Your Home*

## PROCEDURE

### INGREDIENTS

- 300 grams of graham crackers
- 30 grams of milk/dark chocolate
- 50 grams of butter
- 3 tablespoons of cocoa powder
- 4 tablespoons of sugar
- Half cup of milk
- Coconut shreds / sprinkles (optional)

**05** Add the broken graham crackers to the chocolate mixture and mix until well combined.

**06** Using your hands take a small amount out of the mixture and make small balls. When you're done you can roll the ball in coconut shreds or sprinkles for added fun!

**07** Place your creation in the fridge for at least 3 hours before eating.

**01** In a microwave-safe bowl put the butter and chocolate, place the bowl in the microwave for 30 seconds intervals. Mix between each time until everything is melted and smooth.

**02** Melt the cocoa powder and sugar in a few tablespoons of hot water. Add the cocoa and sugar mixture to a half cup of milk.

**03** Add the chocolate to the milk mixture and mix until smooth.

**04** Place the graham cracker in a zip lock bag and smash until you get different size chunks (not too big or small).

## Bon Appétit!

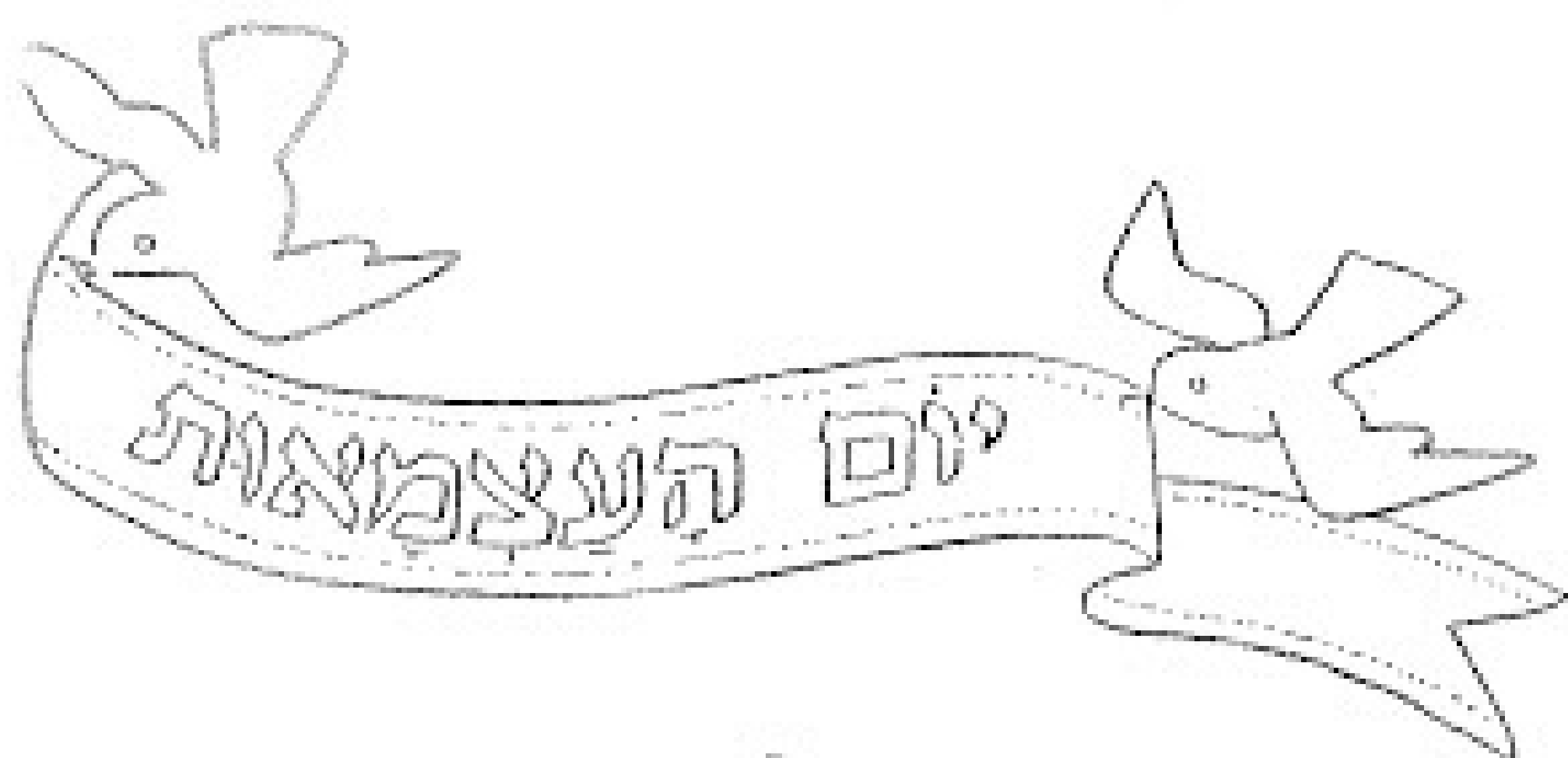
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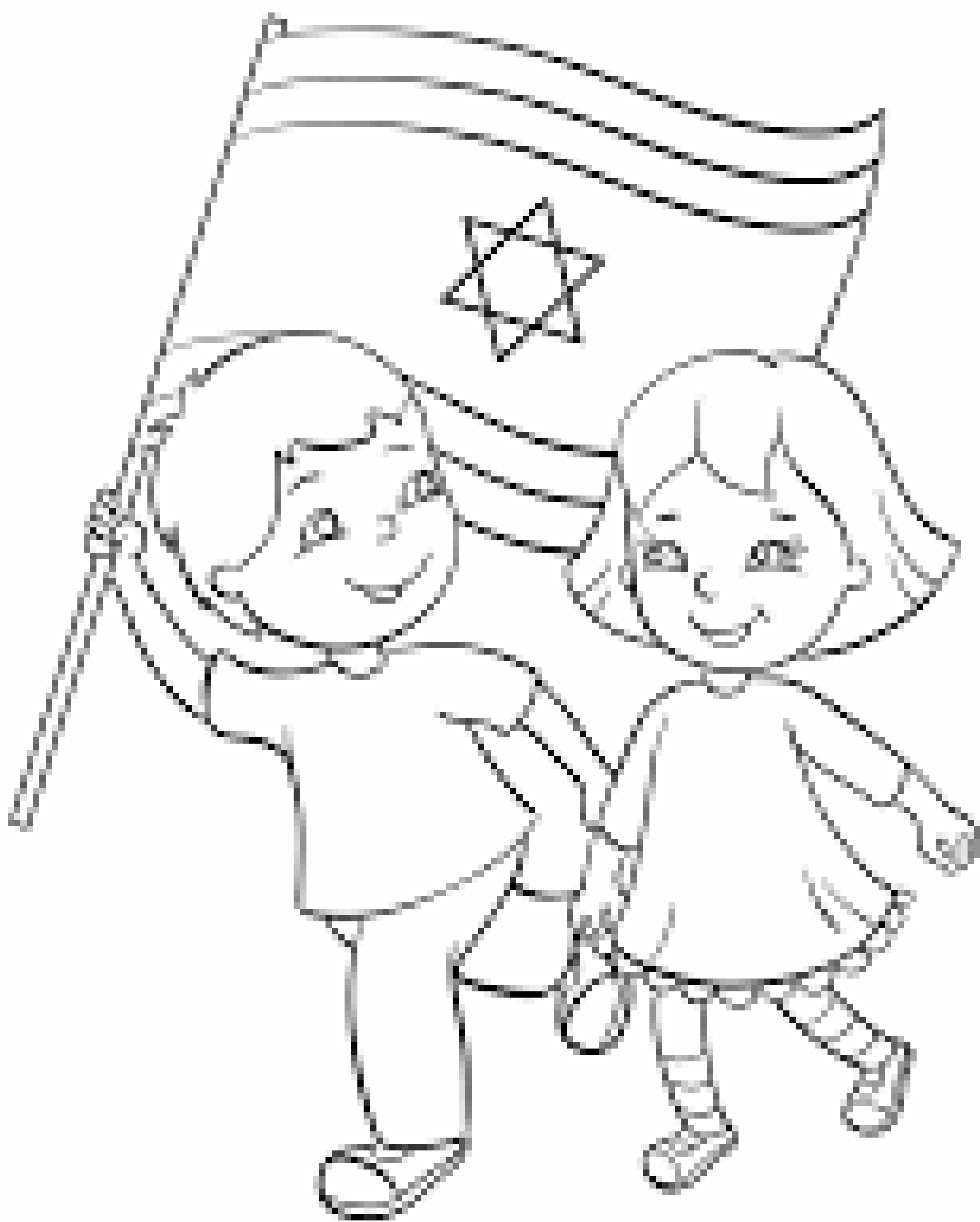


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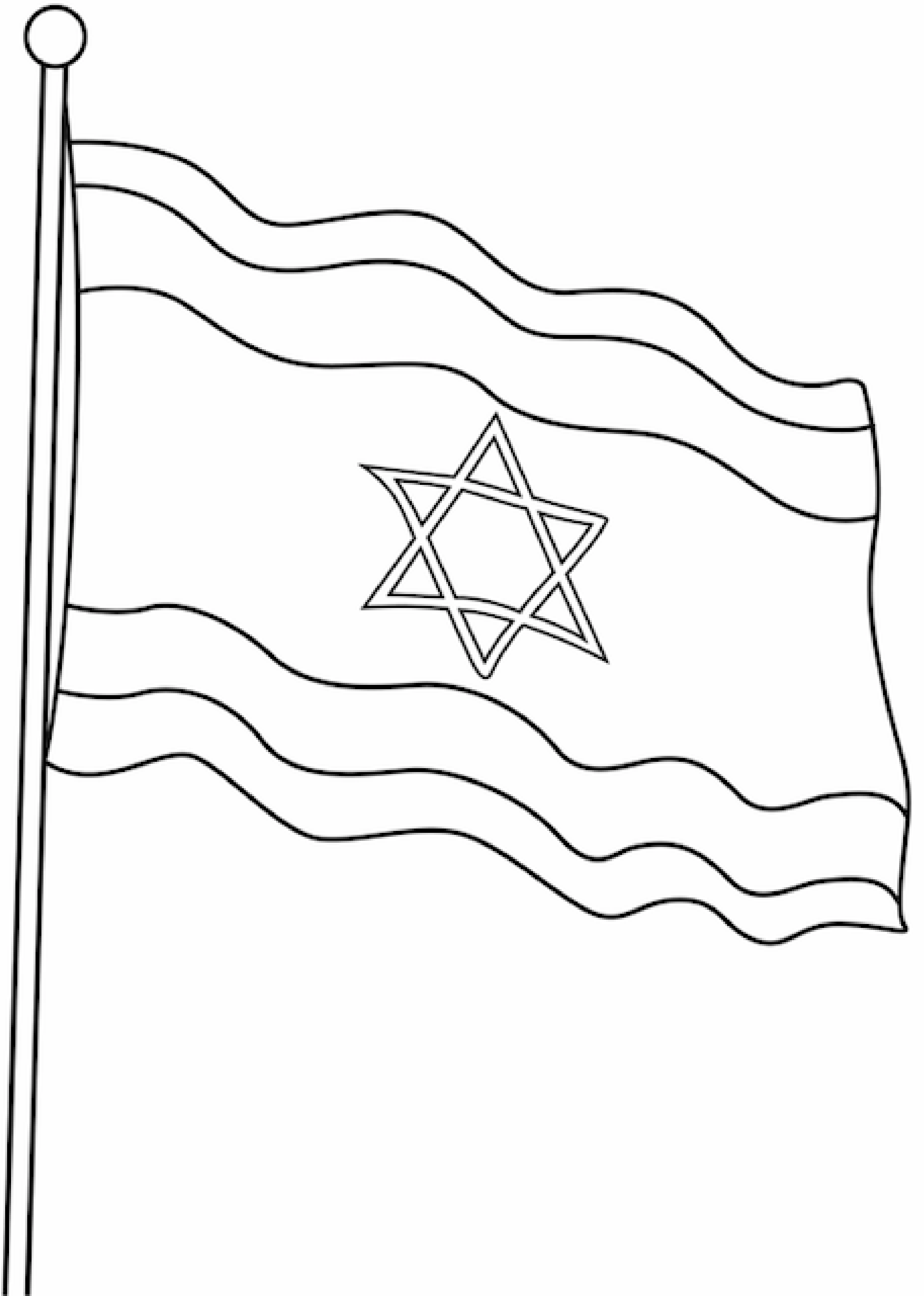
















GAMES

# Israeli Foods



Bissli

Tehina

Shwarma

Moussaka

Burekas

Halva

Crembo

Hummus

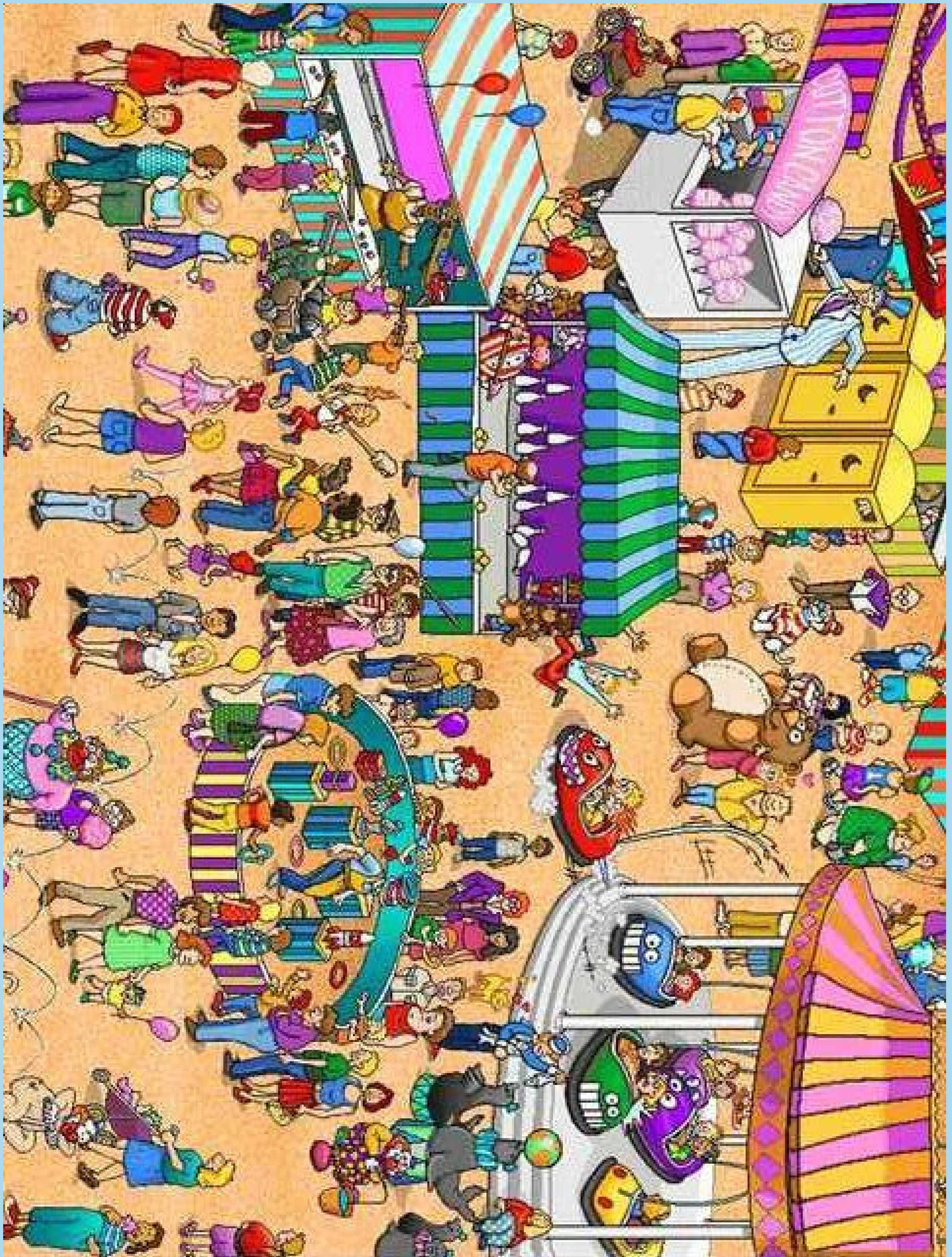
Shnitzel

Rugelach

Pesekzman



This is Efi – you might know it  
as Wally or Waldo but here in  
Israel we call him Efi.  
Help us find Efi!











# JUST DANCE

**Want to celebrate  
with some dancing?  
Scan me for Israeli  
Just Dance**





יום העצמאות

שמה

Happy Yom  
Ha'atzmaut!