MAFRUM Daniele

This is one of the most tipical and loved tripolitan dishes. On shabat and all the holidays it is always part of the menu.

ingredients: 1/2 kg ground beef 1 onion, grated 1 cup parsley and mint salt / pepper cinnamon / cumino aarlic 5 potatoes and zucchini flour 2 eggs, beaten oil for frying for the sauce : 2 tomatoes sliced onion, sliced rest of the potato slices 2 cups water in which is dissolved 1 tablespoon tomato paste puree

- 1) Mix stuffing ingredients together and set aside.
- 2) Slice each potato lengthwise, cutting slices like sandwiches, each two slices are not sliced all the way through.
- 3) Stuff the inside of each potato "sandwich" with the stuffing.
- 5) Roll each mafrum in the flour and then in the beaten eggs.
- 6) Heat the oil in frying pan, and fry the stuffed vegetables over moderate heat for 5 minutes, until both sides are lightly brown.

Sauce: Place the tomato slices on the bottom of an oiled pan. Cover with the onion slices, and the rest of the potatoes. Place the fried stuffed potatoes on top. Add the water and tomato

paste. Bring to a boil, then simmer, covered, over low heat for 20 minutes.

La Concia Benedetta
This is a very typical roman Jewish dish you will find only in
roman Jewish families and roman Jewish restaurants in the
Ghetto next to our school
you need :
zucchini (squash)
garlic
Parsley
salt
vinegar
oil for frying
wash and cut the squash, then fry until golden brown, put into a
bowl and season with salt ,parsley and vinegar . Leave for a
couple of days for the taste to develop .

<u>Lo Stufato</u> Sivan , Carol ,Rebecca

This is a typical Jewish dish mainly for Shabbat but also for holiday meals. My mother always prepares this dish because like this there are no problems when a surprise guest shows up - if there are more people than expected the serving will be a bit smaller than the intended generous serving but the guests will not get the feeling there was no food for them .

You need:

1 kg beef, oil, 1 onion, 1 carrot, salt, pepper, bay leaf and water

Preparation:

Put all the ingredients in a big cooking pot and cook on low fire for at least 2 hours, occasionally adding water and then put the covered pot on a hot Shabbat platter.

Chicken soup Ghila, Yael, Rebecca
There are several typical dishes
we have before and after the
fast of Yom Kippur . Apart from
agnolotti to put into the soup,
meat like chicken and vegetables
there is always for everyone
chicken soup to break the fast
with stracchiatella which is egg
yolk beaten together with a bit of
lemon juice and mixed into the
hot soup . Chicken soup is traditional Jewish food all over th
world .
In order to cook the soup you need a chicken .
You put it in water until it boils . When it boils you throw awa
the dirty water and start cooking again . You add celery ,carr
onions and some tomatoes . You let it cook for an hour and
soup is ready.

Carciofi alla giudia (roman jewish artichoke) Josef

this is one of the most traditional and popular dishes we have here in our comunity in Rome.

you need:

artichokes - the round formed kind of artichok

a lot of olive oil for frying

salt

preperation:

after the artichok is cleaned the preparation is very simple and easy: you only have to fry the artichok in olive oil .

But first you need to clean the artichok which takes some time. You start by cutting off all the outside leaves which are not good to eat and peel the stem. Then you spread the artichok out as much as you can by hand to open it like an open flower.

Then fry until golden brown .At the end you have a crispy and tasty "flower".

Tortellini Giorgia

you need:

for the dough: normally for every person you take 1 egg. For every egg you need 2 cups of flour and half a cup of water

flour

eggs

water

for the filling:

minced meat

salt / pepper

preparation of the pasta dough

Put the flour on the table and form a "crater" and in the middle you put the eggs and water. Mix the flour into the egg and water. Then knead the dough until it is smooth and elastic, but not to dry. Roll out the dough into long, thin stripes. Then put tablespoon after tablespoon of the filling along one side of a stripe of dough. Put an other stripe of dough on top. Then press the dough down around all the little balls of filling. Do the same until all the dough has been rolled out and all the filling has been used. Cook these Tortellini in the chicken soup and eat as part of the soup, or cook them in the soup and then take them out from the soup and put tomato sauce on them. My father always eats them with tomato sauce, but I like them in the soup.