



Yalla, Let's Eat



**P2G Tu B'Shvat
Virtual Cooking Class with**

Zehorit Heilicher

**Inspired by the
Seven Biblical Species**

(Wheat, Barley, Figs, Grapes, Dates, Pomegranate & Olive)

Freekeh Fig Pilaf

Serves 6

Ingredients:

For Freekeh:

2 cups **Freekeh**, (about 6-8oz)
 2 tablespoons extra virgin **olive oil**
 3-5 cups hot vegetable broth

For Pilaf:

1 small red onion, minced
 1-pound Fresh **figs**, quartered (or soaked dried figs)
 4 medium scallions, sliced thin
 2 cups baby spinach, (or baby arugula)
 1 cup mixed fresh herbs, (see note below)

Vinaigrette:

1/4 cup **Silan** (date syrup/molasses)
 1 tablespoons Dijon mustard
 1 teaspoon minced garlic
 1/4 cup red **wine** vinegar
 2 tablespoons extra virgin **olive oil**
 salt and pepper, to taste

Topping:

1/4 cup toasted slivered almonds



Directions:

1. Cook the Freekeh: In a wide, shallow saucepan, sauté the freekeh in the olive oil over medium heat, until toasted and fragrant about 3-4 minutes. Add 3 cups of the broth and bring to a boil. Cover the pan tightly and reduce heat to simmer. Cook until all liquid has been absorbed and the Freekeh is cooked through, tender, but not mushy, about 25-30 minutes. If all the liquid has been absorbed and the freekeh is not cooked through add the additional 1 cup of broth, a little at a time, as needed. Cool the Freekeh lightly and then gently fluff with a fork into a large mixing bowl.

2. Make the vinaigrette: In a medium bowl, whisk together all the vinaigrette ingredients, except the olive oil. In a thin drizzle, slowly add the olive oil, whisking to emulsify. Taste the vinaigrette and adjust salt, pepper to your preference. Set aside.

3. Combine: Add pilaf ingredients into the large mixing bowl with the cooked & somewhat cooled Freekeh. drizzle about half of the vinaigrette over all the ingredients and gently mix to combine. Taste and add more vinaigrette as needed.

4. Serving: Gently spread the Freekeh mixture over a serving bowl, then top with the toasted almonds. Serve immediately.

5. Notes:

1. Some of my herb favorite combinations are parsley & dill, Basil & cilantro, or mint & cilantro.
2. This pilaf can be made with other grains such as Farro, rice, and quinoa.
3. Can be served as a wonderful summer salad or as an addition to a picnic
4. Top the pilaf with grilled salmon, chicken or even steak for a full and satisfying meal.

Sage-Dried Fruit-Mozzarella Flatbread

Serves 6

Ingredients:

4 medium **Na'an**
 2 tablespoons **olive oil**
 1 medium red onion, sliced
 1 cup golden **raisins**
 1 cup whole **dates**, sliced
 1 cup dried **figs**, sliced
 1 teaspoon minced garlic
 1/4 teaspoon red pepper flakes, optional
 2 tablespoons fresh sage, minced
 1 cup shredded mozzarella cheese or
 a mix of cheeses
 (such as Trader Joe's Quatro Formaggio)
 kosher salt
 freshly ground black pepper
 1/2 cup **honey**, to finish
 1/2 cup for garnish **pomegranate** seeds



Directions:

1. Sauté the dried fruit: In a 10-12" frying pan heat olive oil over medium heat and sauté the onion until softened and translucent. Add the garlic and pepper flakes then cook for a couple of minutes until fragrant.

Add the dried fruit to the pan, season with salt and pepper and cook until glistening and softened, 2-3 minutes. Turn the heat off and add the minced sage tossing lightly to combine.

The heat from the fruit will release the sage's flavor.

2. Assemble: Heat oven to 375F. Place the Na'an on a parchment paper lined cookie sheet and spread about 1/2 cup of the fruit mixture over it. Sprinkle some of the shredded cheese over it and place in the oven for a few minutes to melt the cheese.

On a cutting board slice the Na'an into triangles. Drizzle each piece with about 1 teaspoon of honey and sprinkle some pomegranate seeds over it. serve immediately.

3. Notes:

1. Other cheeses can be used such as feta or even blue cheese.
2. Fruit mixture can be prepared and refrigerated 1-2 days ahead. Bring mixture to room temperature before topping the flat bread.