



WHAT'S COOKING

at Holy Blossom Temple

We so enjoy Kiddush luncheons following Shabbat morning Family Services, that we're sharing the recipes for our favourite dishes with each other and the rest of the HBT congregation . . . We hope you enjoy them too! *

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Delicious Farfel From Israel Benishai and Rhonda Wilansky

2 packages of Farfel (available at Nortown or any grocer with kosher products)

A mix of vegetables: chopped onions, sliced mushrooms, and other veggies you may want to use (red pepper, green pepper, zucchini, etc.)

3 large eggs

1 tsp Osem onion soup boullion powder

2 tsp Osem chicken or vegetable soup boullion powder

Salt & Pepper

Directions

1. Put some oil on the bottom of a pot
2. Add in 2 packages of Farfel. Turn heat to medium, cook farfel, stirring, until it browns.
3. Add in a kettle full of boiling water.
4. Turn down the heat, cover it and let lightly boil until al dente
5. In a large frying pan, fry onions, mushrooms, and then other veggies you want to use (eg. Red pepper, green pepper, zucchini).
6. Move the veggies to the other side of the frying pan. Beat 3 eggs and cook (scrambled style) next to veggies in the same pan. Then mix the scrambled eggs through the veggies
7. Strain the cooked farfel, and then, in the strainer, squeeze the farfel with the back of a spoon to get most of the water out.
8. Add the strained farfel to the veggie mixture
9. In a separate bowl, make a paste with a 1 tsp of Osem Onion Soup boullion powder, and 2 tsp of Osem chicken or vegetable soup boullion powder.
10. Add a little bit of boiled water to the paste, and then add the paste mixture to the farfel and vegetables.
11. Season with salt and pepper to taste.
12. Using 2 large spoons, mix the paste with the salt and pepper.
13. Add to the farfel and veggie mix.