



# ISRAELI COOKING WITH NADAV



Our Westchester Shaliach

**Tuesday, July 28th - 12 to 1 pm**

To register for this event please go to our website at  
[www.wjcouncil.org](http://www.wjcouncil.org)

## On the Menu - A Jewish Iraqi Brunch of

Ih'jeh—an Iraqi Frittata and  
Sabich Plate—Jewish Iraqi street food

To cook along with Nadav please have ready in advance:

### Ih'Jeh

2 red potatoes—big  
1 medium sized onion  
Parsely bunch  
4 large eggs  
3 tablespoons of white flour  
1 teaspoon of salt  
1/2 teaspoon black pepper  
A pinch of cumin  
1/2 teaspoon of Paprika  
Ovenproof frying pan

### Sabich

1 sliced Eggplant  
1 yellow potato, boiled and peeled  
3 hardboiled eggs  
2 small chopped cucumber  
2 small chopped tomatoes  
2 pickles

Nadav will teach you how to cook these dishes from his family's cuisine in Israel, give you some history about the dishes and explain the importance to him and his family.

