

# DARCA STUDENTS RECIPE BOOK



# DARCA FELLOWSHIP FOR YOUNG LEADERS

THE DFYL PROGRAM WAS LAUNCHED AS AN ESTEEMED LEADERSHIP PROGRAM FOR THE MOST PROMISING YOUNG TALENTS IN DARCA'S SCHOOLS. CANDIDATES ARE SELECTED BASED ON CAREFUL EVALUATION OF ACADEMIC GRADES, VOLUNTEER WORK, INDIVIDUAL INTERVIEWS, AND COMMITMENT TO THE PROGRAM FOR THEIR 10TH GRADE ACADEMIC YEAR.



I had the privilege to be part of such a meaningful project, and I plan to use the skills and tools I've learnt in Darca to make my school and my community and my country – a better place. - Camille

# RECIPE

## RECIPE NAME

Vegan pot roast

## FROM THE KITCHEN OF

Elisasson

DARCA SCHOOL

Brotherhood School Dimona

## INGREDIENTS

Flour  
Water  
Oil  
Vegetable stock  
Spices of your choice

## DIRECTIONS

Set and wash the flour – this is a process we use to make protein out of regular wheat flour. You will end with Seitan. Mix the flour with water, work the dough with your hands, forming it into a ball. Wrap the ball into the cooking sheet and leave it to rest for 30 minutes.

Unwrap the dough ball and put it in a big bowl. Pour on some cold water, so the dough ball will be completely covered. Wash the ball in cold water. Rub it together and work it hard. The water will turn white, that is the starch you want to get rid of. Wash the ball for a couple of minutes and then drain the water and pour in new water. Wash it again for a couple of minutes and then repeat the procedure for the third time. In the end, you can also wash it in a running water for a minute or two. Now you have seitan.

Shape the raw dough (it will feel slightly rubbery and slick). Season the dough with spices of your choice. Simmer in a stock of vegetable broth. Add oil and more spices to your liking. Cook until the sauce reduces.

Serve hot

## PREP TIME

1 hour

## COOK TIME

45 min

## WHAT THIS RECIPE MEANS TO YOU

It's soft and juicy and the way the salt mixes with the other spices and sesame seed oil when it pours into your mouth as you chew down on the fluffy but soft texture of this homemade delicacy, it's just an experience you have to have - best served hot and when you are hungry!

My mom or sister usually cooks however I do know how to prepare this dish. When we feel like going through the process of making it but mostly on Friday nights.

This is the appropriate dish for people who enjoy meat I bet you'll consider veganism when you're done with this dish

# RECIPE

RECIPE NAME

**Paella**

FROM THE KITCHEN OF

**Nirel**

DARCA SCHOOL

**Darca Renee Cassin Jerusalem**

INGREDIENTS

4 garlic heads  
1 red pepper  
3 tomatoes  
1/2 cup of oil  
1/2 cup of peas  
2 canned artichoke heads  
4 pieces of fish/seafood  
2 cups of rice  
4 cups of water  
Salt  
Pepper  
1/2 teaspoon of saffron

DIRECTIONS

Take a large pan, and cook the garlic, pepper cut into strips and chopped tomatoes (for 10 minutes)

Add the fish (or seafood), peas and artichokes (for 20 minutes) - Add the rice and the water (for every cup of rice, add 2 cups of water). Put the saffron, and then add pepper and salt (use much as you like)- (for 20 minutes)

When everything is ready, turn off the fire, cover the pan and leave it for another 5 minutes.

\*recommendation- once served, add a few drops of lemon to your plate

PREP TIME

**20 min**

COOK TIME

**60 min**

WHAT THIS RECIPE  
MEANS TO YOU

My favorite homemade family meal, is a Spanish one called "paella". In our home we eat kosher, so instead of seafood, we use fish. The paella is a dish that can be eaten on a regular basis. But normally, it is eaten on holidays with the whole family. Usually, my mom or my grandmother prepare this meal. What I love about it, is that I have it with my family and it reminds me the place where I come from, Spain.

# RECIPE

## RECIPE NAME

**Matbucha**

## FROM THE KITCHEN OF

**Itamar**

DARCA SCHOOL

**Menachem Begin High School**

## INGREDIENTS

1 3/4 lb green bell peppers (2 peppers)  
1 medium jalapeno (or more to taste)  
56 oz diced tomatoes, or 8 large tomatoes  
peeled and diced (2 large cans)  
1 clove garlic, minced  
2 tbsp sugar (or less to taste)  
1 tsp chili pepper flakes (or more to taste)  
1/2 tsp salt  
1/3 cup extra virgin olive oil

## PREP TIME

**30 min**

## COOK TIME

**100 min**

## WHAT THIS RECIPE MEANS TO YOU

My favorite homemade family food is my grandmothers Matbucha. The Matbucha comes from the Arabic word "tbecha" meaning "cooked" and it is a North African cooked salad (even though it has absolutely nothing to do with salads) made of tomatoes garlic and burnt hot peppers that were cooked together with oil for approximately 3 hours. Usually eaten with bread or straight of the fork. This is from my Grandma Raymond- my mother's mother and the best cook I know, she came from Morocco to Israel when she was 16. We eat this Friday evenings and holidays, when all of the family is eating together at my grandma's place.

## DIRECTIONS

Roast the bell peppers. Seed the peppers and peel off the charred skin. Chop the roasted skinned pepper flesh. Seed the jalapeno, then mince it. You can add more jalapenos for more heat if you like a spicy matbucha.

In a medium saucepan, combine diced tomatoes, roasted bell peppers, minced jalapeno, garlic, sugar, chili pepper flakes, and salt. Bring to a simmer over medium high heat. Reduce heat to around medium low, till the matbucha is cooking at a medium and constant simmer. Monitor the temperature of the matbucha, stirring every ten minutes to make sure it doesn't start to stick to the bottom of the pan. Cook for 65-75 minutes till most of the liquid has reduced and cooked down. When most of the liquid has evaporated and the mixture is quite thick, you are ready to add your oil. In a small bowl, whisk together olive oil and paprika and pour the seasoned oil into the pan and stir. Let the matbucha cook for about 30 minutes more, stirring every 5 minutes. Towards the end of cooking, taste the mixture and adjust seasoning as desired - more sugar for sweetness, chili pepper flakes for spice, and salt if needed. Remove the matbucha from heat and allow to cool completely. The salad is best served at room temperature or chilled.

# RECIPE

## RECIPE NAME

**Cheburek**

## FROM THE KITCHEN OF

**Michael**

DARCA SCHOOL

**Dancinger High School**

## INGREDIENTS

2 1/2 cups flour  
1/2 cup water  
4 tablespoons olive oil  
1 teaspoon vodka (optional)  
1/2 pound ground beef  
1/2 teaspoon sugar (white)  
1/2 onion (medium, finely chopped)  
6 chicken soup  
1 teaspoon parsley flakes (or finely chopped fresh parsley)  
vegetable oil (for deep frying)  
salt (to taste)  
pepper (to taste)

## PREP TIME

**50 min**

## COOK TIME

**20 min**

## WHAT THIS RECIPE MEANS TO YOU

The cheburek is a pastry with meat inside, it contains minced meat and its salty, buttery and very juicy.

The cheburek is usually hot and crunchy. We eat this when we are celebrating something or when we want some. I love this because it's crunchy and cooked with meat and the meat juicy inside that makes it really tasty when you bite into it.

## DIRECTIONS

In a bowl, sift together sugar, salt (about 1/3 teaspoon) and flour. Add olive oil and vodka. Add water to the flour mixture (a small amount at a time) mixing it and kneading dough until it's even, soft and doesn't stick to your hands. Add a little more flour if the dough is sticky, or water if it's stiff.

Place the dough aside and prepare the filling. In a separate bowl, mix together ground beef, finely chopped onion and parsley. Season the mixture with salt and pepper and stir the chicken soup in.

Roll the dough out. Cut circles in the dough. Fill each circle with the meat.

Fold over the dough, and close the circle using a fork.

Fry the closed half circles filled with meat in hot oil on each side until golden brown.

# RECIPE

RECIPE NAME

**Mufletta**

FROM THE KITCHEN OF

**Idan**

DARCA SCHOOL

**Menachem Begin High School**

INGREDIENTS

1 kg all-purpose flour  
1 tablespoon sugar  
1 teaspoon yeast  
1 teaspoon salt  
1 cup oil  
Butter and honey, jam, and  
chocolate spread for serving

DIRECTIONS

In a bowl, combine the flour, sugar, yeast and salt – mix it with 3 to 3 1/2 cups warm water, until dough is formed. It should be sticky. Let it rest for about 30 minutes. Cover your hands with oil and divide the dough into about 20 balls.

PREP TIME

**50 min**

COOK TIME

**30 min**

Dip each ball in a dish of oil and then put them on the counter to rest for about another 15 minutes.

WHAT THIS RECIPE  
MEANS TO YOU

The Mufletta is a traditional food, its origins are from the Jewish-Moroccan cuisine. My grandmother usually makes the muflettas, but I helped her so many times, so I make muflettas as well. As I mentioned before, the mufletta is a traditional food. In the Jewish-Moroccan culture there is a holiday called: "Mimuna". We celebrate the mimuna right after Passover and the mufletta is this holiday traditional food. I remember myself as a little child, standing in my grandmother's kitchen and helping her with the preparations to the mimuna. Since then every year at the mimuna, we're making together huge amount of muflettas to the whole family. In addition to the mufletta being super tasty, I really love it because it reminds me my culture and my family, and it simply makes me happy. I'm truly sorry but I can't give my grandmother's original recipe, because it's kind of a family secret...

Make the balls flat, like a pancake, one at a time. Try to get the mouflettas as thin as possible.

Heat more oil in a pan, and keep the pan hot but not too hot. Cook a mufletta on each side, about 1 to 2 minutes. Flip over the mufletta and then roll out the next ball of dough and put it on top of the first one. When it turns gold on the bottom, flip both pancakes together to cook the new one. Roll out another mufleta and place on top of the mufleta pack in the skillet. Flip to cook. Repeat for all muflettas, starting over again when you have a pack of 7 or 8.

Serve immediately, while warm, with filling of your choice

# RECIPE

## RECIPE NAME

**Stuffed Peppers**

## FROM THE KITCHEN OF

**Hili**

DARCA SCHOOL

**Makif Hey, Ashkelon**

## INGREDIENTS

6 peppers  
2 onions  
3 tomatoes  
2 tablespoons tomato puree  
3/4 Cup of Rice  
Frying oil  
Half a teaspoon of salt  
Teaspoon paprika  
A quarter teaspoon black pepper

The ingredients for sauce  
5 cups boiling water  
2 tablespoons soup powder "chicken  
flavored" (fur product, no animal  
ingredients!)  
3 tablespoons tomato puree  
Teaspoon cumin  
Teaspoon paprika

## PREP TIME

**25 min**

## COOK TIME

**80 min**

## DIRECTIONS

Chop the onions and fry until the golden. Add the rice, stir, and three minutes after you remove from the fire. Crush the tomatoes in a grater or a food processor, add the tomato, salt, paprika and black pepper puree and stir.

Mix the tomato puree, onion and rice. Remove the opening of the peppers and keep the "lid".

With a spoon, every pepper in the blend fills up to two thirds of the pepper. Place the peppers in a pot or deep pan, and pour the sauce mixture on them, so that it covers at least most of the peppers. Cook in the pot or pan covered for an hour.

Serve hot.

## WHAT THIS RECIPE MEANS TO YOU

This homemade meal is made out of peppers with rice and red sauce inside. It served hot and usually eaten in a bowl. In our family the stuffed peppers are salty. My grandma and my aunt usually prepare this dish on Friday night. Its just so tasty there is nothing not to love about it.



# RECIPE

## RECIPE NAME

Zucchini with  
Stuffed Rice

## FROM THE KITCHEN OF

Duha

DARCA SCHOOL

Yarka School

## INGREDIENTS

Zucchini  
Rice  
Tomato  
Tomato paste  
Water  
A bunch of spices (salt, etc...)  
Meat (if wanted)

## DIRECTIONS

With a knife, remove the top of the zucchini, then cut each zucchini in half to make shorter zucchini for stuffing. Hollow out zucchini and then loosely stuff the zucchini with the rice stuffing about 3/4 of the way (do not over-stuff or crowd the rice stuffing in the zucchini or it will not cook well).

## PREP TIME

30 min

## COOK TIME

60 min

Add the stuffed zucchini (stuffed side up) to a hot pot with oil. Tilt the zucchini a little, this helps them cook nicely through using less liquid. Now add the tomato sauce and water. Sprinkle lightly with salt and pepper.

## WHAT THIS RECIPE MEANS TO YOU

It's a delicious and juicy meal, the zucchini is stuffed with rice and tomato and cooked in a pot with water rice and tomato paste.

My mom cooks it, but I try to help her.

This usually has meat, but we make it vegetarian, since not everyone in my family likes to eat meat that much.

Place the pan on the stove and cook on medium-high heat until the liquid starts boiling. Turn the heat down, cover and simmer for for 50 minutes until the zucchini is tender and the rice stuffing is fully cooked.

# RECIPE

RECIPE NAME

**Meatballs**

FROM THE KITCHEN OF

**Tomer**

DARCA SCHOOL

**Tichon Hadash**

INGREDIENTS

For the sauce:

- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1/8 teaspoon ground black pepper
- 1 tablespoon lite soy sauce
- 2 tablespoons water

For the meatballs

- 1 pound minced meat
- 1 egg
- 1/4 cup whole wheat breadcrumbs
- 1/4 teaspoon pepper
- 1 tablespoon lite soy sauce

DIRECTIONS

First mix the meatball mixture and shape the meatballs.

Drop the meatballs one by one into boiling water. Take them out when they start to float.

Mix the sauce, and pour over the cooked meatballs.

Serve hot.

PREP TIME

**30 min**

COOK TIME

**30 min**

WHAT THIS RECIPE  
MEANS TO YOU

Usually my mom is cooking them but in the past few weeks, I've started to make it myself. It didn't go so well but eventually it was pretty tasty and that is the most important thing.

We usually eat this on Fridays, when all the family is at home, I think that this is the special thing about this meal. It's just when I know that my mother is preparing that meal I know that it will be a calm day, the feeling that everything will be okay and it's just tasty.

# RECIPE

RECIPE NAME

**Spicy Meatballs**

FROM THE KITCHEN OF

**Meshi**

DARCA SCHOOL

**Menachem Begin High School**

INGREDIENTS

2 Pounds of minced meat

Spices:

a teaspoon of bahert

a teaspoon of salt a little black pepper

a little turmeric

Two tablespoons of olive oil

One grated onion

One grated potato

Parsley (chopped finely)

Coriander (chopped finely)

DIRECTIONS

Mix all the spices with the minced meat and roll into balls. Cook in deep oil over low heat for fifteen minutes until the meatballs are golden brown.

Serve hot!

PREP TIME

**20 min**

COOK TIME

**15 min**

WHAT THIS RECIPE  
MEANS TO YOU

My favourite homemade food is my mom's meatballs. They are a little bit spicy, but not too much, and have different kinds of spices.

My mom always makes that dish and we eat that every Friday night for Shabbat dinner. I have never tried to make that but I did help my mom make that.

I love this dish because it's our family thing. I want to learn how to make the meat for the meatballs like my mom does.

# RECIPE

RECIPE NAME

**Pilmeni**

FROM THE KITCHEN OF

**Gotlib**

DARCA SCHOOL

**Tichon Hadash Bat Yam**

INGREDIENTS

Flour  
Water  
Eggs  
Salt  
Mincemeat  
Onion  
Pepper

DIRECTIONS

Take the mincemeat and mix with the cut onion, salt and pepper everything depends on your taste

Take the flour add a cracked egg, water and salt, mix together until it's dough, let it sit for 30-45 minutes

2 parts together

Take a bit of meat, put it inside a 5 inch dough circle and close it

Bring a pot of water to a boil

Put the pilmeni inside for 10 minutes

PREP TIME

**50 min**

COOK TIME

**10 min**

WHAT THIS RECIPE  
MEANS TO YOU

In my family, we make them and freeze them. My mother and aunt make this dish which we usually eat on Fridays.

# RECIPE

## RECIPE NAME

**Sfinj**  
**(Moroccan donuts)**

## FROM THE KITCHEN OF

**Assaf**  
DARCA SCHOOL  
**Darca Shikma in Yad Mordechai**

## INGREDIENTS

2 teaspoons yeast  
1 1/4 cups warm water (divided)  
3 cups all-purpose flour  
1 teaspoon salt  
Vegetable oil for frying

Optional: Granulated sugar or  
honey

## DIRECTIONS

In a small bowl, dissolve the yeast in 1/4 cup warm water and set aside to proof for 10 or 15 minutes. In a large bowl, combine the flour with the salt and 1 cup of warm water. Add the yeast mixture and stir vigorously with your hand or a heavy wooden spoon until smooth. The dough should be too sticky to knead or shape, almost like a thick batter. Cover the bowl with a towel and leave the dough to rise for 3 to 4 hours, until double or triple in bulk.

In a wide, deep pot, heat 2 to 3 inches of vegetable oil over medium heat until hot. Set out a bowl of water. Dip your hands in the water, then pull off a piece of dough about the size of a small plum. Use your fingers to make a hole in the ball of dough, stretch the hole wide to make a ring, and place the dough in the hot oil.

Repeat with additional portions of dough, until you've added as many Sfinj as will fit comfortably in your pot; do not overcrowd. Wet your hands as necessary to keep the dough from sticking as you work with it.

Fry the Sfinj until golden brown, turning once or twice. Remove the cooked Sfinj to a plate lined with paper towels to drain. Repeat shaping and frying until you've used up all the dough. If desired, finish the hot Sfinj by dipping in granulated sugar or by dusting with powdered sugar.

Serve the Sfinj hot or warm; they lose their texture and appeal when cold. Sfenj will not stay fresh very long at room temperature; it's best to freeze leftover Sfinj and then reheat in the oven when needed.

## PREP TIME

**4 hours**

## COOK TIME

**20 min**

## WHAT THIS RECIPE MEANS TO YOU

My grandma would usually make this dish, but since she passed not long ago my dad and his sisters are the ones able to prepare the dish.

My family and I eat this dish only during Mimouna, a traditional North African Jewish feast held the day after Passover. The first reason I love this meal so much is that I always eat this meal with my family. Every time I get to eat it, I also get to recreate memories from years before. The second reason I love this dish is that I get to eat once a year and so it is very special to me.

# RECIPE

RECIPE NAME

Jam Cake

FROM THE KITCHEN OF

Ariel

DARCA SCHOOL

Bayit VGan Girls' School, Bat Yam

INGREDIENTS

1 and 3/4 cups of wheat flour  
1/2 a cup of brown sugar  
1 teaspoon of baking powder  
Mix it all together

In a separate bowl add:

1/2 cup canola / vegetable oil  
1 teaspoon of vanilla extract  
1 cup of water or milk

DIRECTIONS

Mix the dry ingredients with the wet ones

Put the batter in 2 greased pie molds with oil spray on 170c for 20 minutes.

Let it cool, then take one cake and on the flat side spread jam and then put the other cake on top and finish with powdered sugar.

PREP TIME

20 min

COOK TIME

20 min

WHAT THIS RECIPE  
MEANS TO YOU

My homemade favorite food is actually a dessert and it is a jam cake. The dessert is super sweet, and it is served warm with lots of powdered sugar on top.

My mom usually makes this cake because she bakes it the best. It's just like the absolute perfect dessert and it's really good. This cake doesn't have any eggs in it and there's also a choice to pick between water and milk so it can be vegan too.

# RECIPE

RECIPE NAME

**Rolada**

FROM THE KITCHEN OF

**Chen**

DARCA SCHOOL

**Shikma School**

INGREDIENTS

4 eggs  
1 instant pudding  
Half a cup of milk  
3/4 glass of sugar  
1/4 glass of oil  
1/4 glass of flour  
Half a small bag of baking powder  
3 spoons of cocoa powder

DIRECTIONS

Separate the eggs (the yolk and the protein). Beat the proteins and slowly add the sugar and continue to whisk until a firm foam is formed. Turn off the mixer and add to the bowl egg yolks, oil, flour, baking powder and cocoa. Stir carefully to avoid breaking the foam. Pour batter into a square pan with greased baking paper. Bake for 20 minutes at 150c degrees heat. When the bun is ready, roll the oven roll with the baking paper.

PREP TIME

**20 min**

COOK TIME

**20 min**

WHAT THIS RECIPE  
MEANS TO YOU

Rolada is a sweet cake made of baked chocolate wrapped in sweet whipped cream where on top there is milk white grated chocolate.

My mom is the chef in our family, she knows how to cook and bake the most special and delicious meals in the entire world. She bakes better than everyone that I knew. The real reason that I love this dessert so much is not because it's extremely tasty (and it is), it's because we usually eats it on Saturday and special occasion where all my family seats together, without smartphone and other electronic devises, just sit and talk with each other.

When the rolls cool, whip up the sweet cream, instant pudding, 2 spoons of sugar and half a cup of milk. When the ingredients turn into a firm cream, carefully open the roll and apply about half the cream inside the roll. Roll the roll and coat the roll with the remainder of the cream, scrape chocolate over.

Put the "Rolada" in the refrigerator for couple of hours.

Betahavon and Good Luck

# RECIPE

RECIPE NAME

**Omelet Fries**

FROM THE KITCHEN OF

**Tamir**

DARCA SCHOOL

**Menachem Begin High School**

INGREDIENTS

1-2 potatoes

3 eggs

Salt

Oil

DIRECTIONS

First cut the fries in the amount you'd like and keep in separate bowl. This takes most of the time preparing the meal.

Then heat up a pan with oil as you'd prepare a normal omelet.

Mix the eggs and add some salt to the mixture. Let the oil heat and add as many fries as you like. (You have control of the eggs/fries ratio do it as you like).

Then pour the eggs mixture into the pan and make sure the eggs are spread all over the pan.

From now on the process is simple:

Push the edges of the fry/omelet combo towards the middle to allow the mixture to touch the pan.

When the bottom isn't liquid anymore flip over the omelet (preferably with a plate)

Let the other side heat up, add more salt or other spices and bon appetite

PREP TIME

**30 min**

COOK TIME

**25 min**

WHAT THIS RECIPE  
MEANS TO YOU

It is usually my grandma that prepares the food especially for me but it can be made by anyone. Usually eaten before fast of Yom Kippur and if made on any other day it's a special occasion.

First of all it's delicious and second the fact that my grandma makes it especially for me shows her love for me like no other dish.

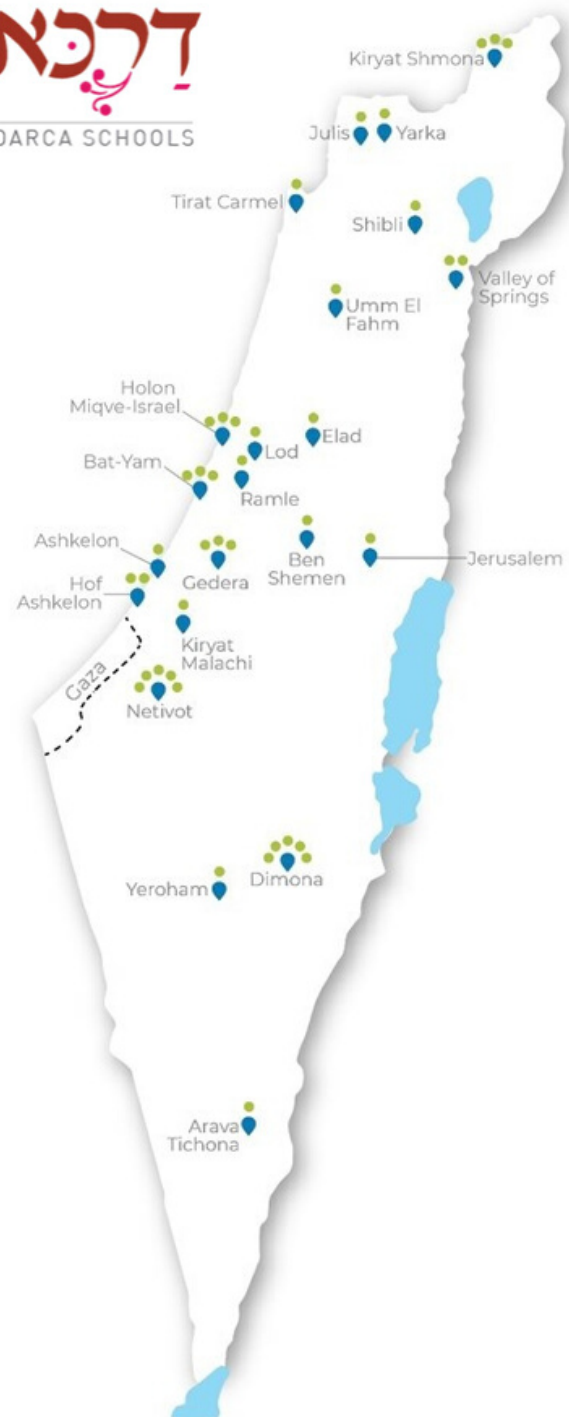


# ABOUT US

Youth Renewal Fund is the philanthropic and strategic funding partner for the Darca network of schools in Israel. Darca provides Israeli high school students in lower income communities—regardless of ability, religion, birthplace, geographic or socio-economic status—an excellent education designed to improve social mobility. The schools emphasize academic achievement and the values of tolerance, democracy and active participation in national and community life.



DARCA SCHOOLS



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EDUCATE THE FUTURE GENERATION OF LEADERS!