

## **MAFRUM**

Daniele

This is one of the most typical 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

garlic

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



**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 stracchiarella 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 the world .	
In order to cook the soup you need a chicken . You put it in water until it boils . When it boils you throw away the dirty water and start cooking again . You add celery ,carrots onions and some tomatoes . You let it cook for an hour and the 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 community 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 preperation 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 too 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 another 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 .