

Golda's Kitchen Cabinet:

A RECIPE FOR SUCCESS

Whether you daydream about devouring a plate of rich, creamy hummus in the Shuk or drinking a robust cup of “upside-down coffee” at Aroma or any of many cafes, food has a prominent place in many peoples’ notions of Israel.

Golda's Kitchen Cabinet helps bring the flavor of Israel to camp — quite literally — through creative cooking programs highlighting an array of popular dishes and through a variety of associated programs and activities. A recipe for success includes taking Golda out of the kitchen and into many areas of camp — so keep looking through this box to see how we’ve crafted ideas for reinforcement activities that let you infuse Israel into cabin time, the dining room, improv games, video workshops, and more.

Golda Meir was Israel’s fourth Prime Minister, and at the time (1969–74) she was one of the first women to lead any country in the world. We’ve named this box in her honor not just because she was a woman, but because she used to conduct the most important business of the country around the green formica table in her kitchen. Cabinet ministers, military officials, visiting dignitaries, and others who needed to talk to the Prime Minister were as likely to meet her in the kitchen as they were to visit her official office. She loved to serve one of her home-baked cakes (the recipes were secret!), and there was always a pot of coffee on the stove. Golda — as everyone called her — seemed to do her best thinking at that green table!

While this box may be highlighted by the cooking program — along with aprons, spices, and a collection of awesome Israeli recipes — take time to look through the other programmatic ideas which can be used on a mix-and-match basis. Elements can be used as quick conversation-starters or in-between activities; alternately, several components can fill an hour, half a day, or a week of activity blocks. We look forward to seeing what you create together!



THE SPICE OF LIFE

Vibrant mounds of aromatic spices are a highlight of any visit to an Israeli open-air market. While it may be hard to recreate the excitement of Friday afternoon in the Shuk at camp, we hope the spices that we've included in this box will help create an authentic Israeli atmosphere for your camp's cooking program. You'll find genuine Israeli spices from Pereg, one of the country's leading spice distributors. Containers just like these ones can be found in nearly every Israeli kitchen — and even if you don't offer a cooking specialty, we're sure your kitchen staff can use them to add Israeli flair to a few meals!

You'll find five spices here: Mint, Za'atar, Sumac, Sweet Paprika, and Cumin. Each makes frequent appearances in the Israeli kitchen. Of course, many other herbs and spices figure prominently in Israeli cooking, but we assume you'll be able to round up garlic, pepper, coriander, cardamom, and others on your own.

Here's a bit of info on each of the spices we've sent. For more background on the Shuk, refer to your Israel Resource Cards.

Mint grows wild all over Israel, and sprigs of mint are used widely in Israeli cooking. It's often added to hot tea (which can be served in mugs or special tea glasses), and many people even omit the tea bag: add a few sprigs of fresh mint to boiling water. Let it steep for two minutes, add sugar if you desire, and enjoy!

Za'atar is the Arabic name for a plant that has protected status in Israel, so instead of using its leaves, most za'atar blends are made of oregano, marjoram, and thyme and don't actually contain any of the "real" za'atar herb. It's used in many meat dishes, as well as in soups and salads. It's also sprinkled in yogurt and on pizza, to name just a few examples.

Sumac is a lemony spice that adds an interesting kick to many Israeli foods. It's often used instead of lemons or limes to add a sour edge to soups, meats, and salads. Its deep purple color explains its name ("sumac" means red in Arabic), and the plant grows wild in many parts of Israel and the Middle East.

Sweet Paprika — hundreds of years ago, the Ottoman Turks brought sweet paprika to the Land of Israel from Spain, and it has been grown in Israel ever since. Paprika adds color and flavor to many Israeli dishes, including hummus, sabich, soups, and more. Sprinkle it lightly or liberally on any savory dish! It's rich in vitamin C, and boasts many other health benefits.

Cumin is made from the seeds of a small plant in the parsley family. It was considered an essential spice in ancient Greece and Rome, and today it's widely used in Israeli cuisine, as well as Mexican, Indian, Moroccan, and other world cuisines. Its sharp, slightly sweet flavor enhances meats, soups, and many other popular dishes.

