

SCENTS OF ISRAEL

using homemade playdough

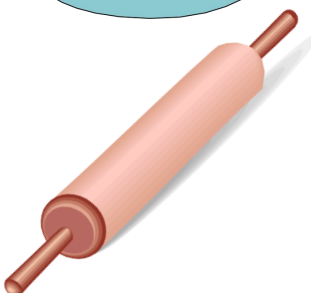
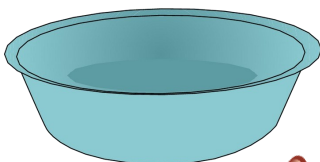
Israel is a country with many wonderful smells – rosemary plants dot the landscape, orange trees put off a heady fragrance, za'atar (a spice blend - <https://ethnicspoon.com/diy-zatar/>) is sprinkled liberally on breads and other foods, fresh mint tea is a national favorite, and chocolate is, well, yummy!

This activity gives children a chance to enjoy five of Israel's most popular scents by choosing which to mix into a do-it-yourself playdough recipe.

As a bonus, you'll find attached one recipe per spice/herb, giving you the chance to bring some great smells of Israel into your home!

SCENTS OF ISRAEL

using homemade playdough



Ingredients:

- 1.5 cups of flour
- 1/2 cup of salt
- 2 tbs. of cream of tartar
- 1 tbs. of oil
- 1 cup of boiling water
- 2 - 3 tbs. (more or less depending on how much playdough is used) dried spices/herbs familiar to Israelis - mint, za'atar, rosemary, orange zest, cocoa

Preparation: Because of the boiling water, this is best done by an adult.

1. In a large bowl, mix the flour, salt, cream of tartar and oil.
2. Add the boiling water and mix well.
3. Stir until the mixture is well combined.
4. Divide dough into 3-5 small pieces.

Activity:

Set out the pieces of playdough and the spices/herbs. Offer your child the opportunity to smell and talk about each scent before choosing which to combine into the dough balls, then enjoy! Store the scented dough in an air-tight container.



mint



za'atar



rosemary



orange zest



cocoa

SCENTS OF ISRAEL

an easy recipe using cocoa

Israeli Chocolate Balls

INGREDIENTS

8 oz. graham crackers, crushed
4 tbsp. sugar
4.5 tablespoons unsweetened cocoa
4 ounces unsalted butter, melted
1 teaspoon vanilla extract
4-5 tablespoon milk



For dipping: coconut sprinkles, colorful sprinkled, nuts, etc.

DIRECTIONS

1. Crush the cookies – an easy way to do this is in a bag with a rolling pin. Leave some bigger pieces – these will make the balls nice and crunchy.
2. Add sugar, cocoa, vanilla and melted butter and mix well (best to do this by hand). Add milk as needed until you get a mix that is a bit sticky – this will enable the toppings to cling to the balls
3. Roll the dough into balls, and then roll the balls in the desired toppings.



(photo credit:
PASCALE PEREZ-RUBIN)

Enjoy! - Avigail, 2019-2020 Shinishinim

SCENTS OF ISRAEL

an easy recipe using rosemary

Garlic and Rosemary Pasta

INGREDIENTS

- 1 lb. pasta
- 6 garlic cloves, crushed
- 5 tbsp. olive oil
- 1 tbsp. fresh rosemary, chopped OR 1 tsp. dried chopped rosemary
- 1 tbsp. butter
- salt / pepper



DIRECTIONS

1. Cook the pasta as per packet instructions.
2. While the pasta is cooking, heat oil in a large pan. Add garlic and rosemary.
3. Season with a little salt and pepper and saute for 2-3 minutes over a medium heat until the garlic is slightly golden in color.
4. Drain the pasta and add it to the pan. Mix the pasta, garlic and rosemary until all pasta is well coated.
5. Add the butter and quickly stir again. Serve immediately.



<https://www.food.com/recipe/garlic-and-rosemary-pasta-418094>

SCENTS OF ISRAEL

an easy recipe using orange zest

Orange Dream Bars

INGREDIENTS

CRUST:

- 1 cup unsalted butter
- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 1/4 teaspoon salt



FILLING:

- 1/2 cup fresh squeezed orange juice, about 6 oranges
- 1 teaspoon orange zest (peel of the orange)
- 1 1/2 cups granulated sugar
- 1/4 cup all purpose flour
- 1/2 teaspoon baking powder
- 4 large eggs
- Powdered sugar for topping



DIRECTIONS

1. Preheat oven to 350F. Line a 9" x 13" pan with foil or parchment paper. Spray with non-stick cooking spray.
2. Beat butter with a mixer until creamy, then add the flour, sugar, and salt and beat until a dough forms. Press the crust into the bottom of the prepared pan. Bake for 18 minutes.
3. A few minutes before the crust comes out of the oven, prepare the filling. Place all filling ingredients into a blender jar and blend until smooth, a few seconds to almost a minute, depending on your blender.
4. Carefully pour filling evenly over hot crust. Return to oven and bake until the top is no longer jiggly, about 20-23 minutes. Cool completely before dusting with powdered sugar and slicing into bars.



<https://www.crazyforcrust.com/orange-dream-bars/#wprm-recipe-container-41666>

SCENTS OF ISRAEL

an easy recipe using mint

Raspberry Mint Ice Pops

INGREDIENTS

- 1/3 cup sugar
- 1/4 cup water
- 1/4 cup mint leaves
- 4 cups raspberries
- 1 tbsp. fresh lemon juice



DIRECTIONS

1. Combine sugar, 1/4 cup water and mint in a small saucepan over medium heat. Cook 4 minutes or until the sugar dissolves, stirring frequently.
2. Let this stand for 30 minutes. Strain through a sieve over a bowl. Discard solids.
3. Combine this mint syrup, raspberries and lemon juice in a blender. Process until smooth.
4. Divide mixture evenly amount 9 ice-pop molds or small paper cups. Top with lid or foil. Insert craft stick.
5. Freeze overnight or until set.



Photo: Randy Mayor; Stylist: Cindy Barr

<https://www.myrecipes.com/recipe/raspberry-mint-ice-pops>



SCENTS OF ISRAEL

an easy recipe using za'atar

Za'atar Manakish

Manaqish or manakish are savory pastries.

For Dough

- 1 cup lukewarm water
- 1/2 tsp. sugar
- 2 1/4 tsp. active dry yeast (one package active dry yeast)
- 3 cups unbleached all-purpose flour, more for dusting
- 1 tsp. salt
- 2 tbsp. olive oil

Za'atar Topping

- 7 - 8 tbsp. za'atar
- 1/2 cup olive oil



Directions:

1. In a small bowl, combine water, sugar and yeast. Set aside for 10 minutes to foam.
2. **Make the dough:** In a large bowl, combine flour, salt, and olive oil. Work the mixture with your hands. Now, make a well in the middle and pour in the yeast and water mixture. Stir until soft dough forms.
3. Turn dough onto a lightly floured surface and knead for 10 minutes or until dough is elastic, smooth, and no longer sticky (as you knead, if dough is too sticky for you, you can sprinkle just a tiny bit of flour to help it).
4. Form dough into a ball and place in a lightly oiled mixing bowl. Cover with damp cloth and place in a warm spot (inside a warmed but turned-off oven is a good place). Leave to rise for 1 hour and 30 minutes.
5. Punch dough down. Knead briefly and form into 8 small balls. Arrange on lightly floured surface, cover again and leave to rise another 30 minutes.
6. **Prepare the za'atar topping.** While dough is rising, mix together the za'atar spice and olive oil in a bowl.
7. Preheat the oven to 400 degrees F. Place a large baking sheet in oven while heating.
8. **Form za'atar manakish.** Lightly oil the heated baking sheet and set near you. Flatten the dough into small discs about 5 inches in diameter. With your finger tips, make indentations in discs and add about 1 tbsp za'atar topping in the middle of each disc, leave a narrow boarder around. Arrange discs in prepared oiled baking sheet (use two sheets if needed, do not crowd them).
9. Bake in 400 degrees F oven for 7 to 8 minutes or until the dough is slightly browned on bottom and edges (za'atar topping will remain liquidy at this point). Remove from heat and let sit for 5 minutes or so, the topping will dry and settle into dough.

<https://www.themediterraneanandish.com/zaatar-managish-recipe/#tasty-recipes-12184>

