RECIPE IN MEMORY מתכון עם זיכרון

tribe



כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Bar was a beautiful and beloved young man with a huge heart. His friends said they admired him, his determination and values. Love for the Land of Israel and defense of the State of Israel were at the forefront of his mind. Since his childhood he dreamed of a military career to be a fighter with the best in the army.

Bar served in the 101st Paratroopers Battalion. On 7.10.23, he was called from the commanders' course to the Gaza border, fought bravely and courageously against hundreds of terrorists. Bar was killed while rushing to save his best friend. Bar and his friends saved hundreds of civilians from Kibbutz Kissufim.

Bar was killed in Kibbutz Kissufim on 7th October. He was 19 years old at the time of his death.



Bar Yankalov z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

A recipe for homemade bread that is crunchy on the outside and soft on the inside.

Bar's Homemade Bread

INGREDIENTS FOR THE DOUGH:
1 kg plain flour/yeast flour
1 tablespoon sugar
2 tablespoons yeast, if using regular flour
1/4 cup oil
2 1/2 to 3 cups of lukewarm water
A spoonful of salt

When Bar would come home, there would be hot bread waiting for him and spicy matbucha as he liked. Bar liked to start a meal with the bread and the matbucha as a first course.

METHOD:
1. In a mixing bowl with a kneading hook, lightly mix the flour, add a tablespoon of sugar and continue mixing. Gradually add the water and oil. Mix for about eight minutes at medium speed, add the salt and continue kneading for another 2-3 minutes until you get a soft dough.
2. Oil the dough on all sides, place in a bowl, cover with plastic wrap, leave to rise for an hour.
3. After about an hour, when the dough has risen, punch down the dough, cover and let rise a second time.
4. Transfer the dough to a well-floured work surface, divide the dough into 6 balls, cover and let rise for about half an hour.
5. Dip each ball in a bowl of tap water, lift and stretch both sides of the dough and place on a baking sheet greased with olive oil. Sprinkle a little coarse salt and drizzle a little olive oil.
6. Bake in a preheated oven at 180-190C until brown.

RECIPE IN MEMORY מתכון עם זיכרון

Itai was a person full of joy in life, sociable, the funniest in the group, caring and always taking care of everyone.

Itai was unusually talented at drawing and his dream was to open a tattoo studio and become a tattoo artist after his release. Itai was a soldier in the Givati Brigade, Tzabar Battalion.



Itai Yehuda z'l

Scan here for more recipes and information

Itai was killed on 31.10.23 in the Namer carrier disaster in the north of the Gaza Strip, along with 10 other soldiers.

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Itai’s Olive Buns

INGREDIENTS:
3 1/2 cups of flour
1 tablespoon of yeast
2 tablespoons of sugar
1 egg
1/2 cup canola oil
1 cup of lukewarm water
3/4 tablespoon of salt
Olives

Itai's mother used to make these rolls regularly on Fridays. He would eat them at any time, even in the early hours of the morning after a night out.

METHOD:
1. Knead everything except the salt for 7 minutes in a mixer.
2. After seven minutes, add the salt for another minute of kneading.
3. Put the dough in a bowl that has been sprayed with oil.
4. Let the dough rise for an hour.
5. After an hour of rising, make balls and put in olives.
6. Put in a pan and brush with egg, put sesame on top.
7. Put in an oven preheated to 180C until golden.

RECIPE IN MEMORY מתכון עם זיכרון

Liran (Babi) was a farmer, a sheep breeder, who loved the desert. He always helped everyone, and won them with his special personality, and always saw where it was possible to improve, produce and establish. He believed that nothing was impossible.
He was a loving husband to Efrat, and an amazing father to Guy, Peleg, Tena and Mater. He used to take his beloved children on field trips and teach them life skills.

Liran was killed on 7.10.23, when he fought bravely and saved dozens of families. He was 42 years old at the time of his death.



Liran Almosnino z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Liran's Night Salad

INGREDIENTS:
1 lettuce
1 cucumber
1 tomato or a handful of cherry tomatoes
1 red pepper
1 can of tinned tuna
1 hard boiled egg
1 small onion
A handful of chopped parsley / coriander
You can add any other vegetable you like in the salad
You can add a block of shredded Bulgarian cheese

Liran's wife, Efrat, says that they would eat this salad together from the same bowl at the end of a long work day and talk about life or watch TV together.

METHOD:
1. Chop and place everything in one large bowl.
2. Generously season with olive oil, salt, black pepper and a whole lemon.

RECIPE IN MEMORY מתכון עם זיכרון

Tomer was a happy child who was loved by everyone. He especially liked travelling and sports.



Tomer Arava z'l

Scan here for more recipes and information

Tomer was murdered in his home in Nachal Oz on 7.10.23. He and his mother were killed by terrorists after they refused to go to Gaza as captives. He was 17 years old when he was murdered.

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Tomer's Vegetable Salad

INGREDIENTS:
A bunch of parsley
Bunch of coriander
A handful of celery leaves
A handful of cranberries
A handful of coarsely chopped walnuts
1/2 teaspoon salt
1 tablespoon date sugar
Juice from a whole lemon

Tomer's uncle, Nir chose this dish because it has everything Tomer liked.

METHOD:
Wash all the vegetables well and chop finely, in a bowl mix all the other ingredients. It is recommended to leave a few minutes for all the flavours to form and absorb before eating.

RECIPE IN MEMORY מתכון עם זיכרון



Avichai Amsalem z’l

Avichai was a good and smiling man, sharp minded and generous.

He was very creative in his thinking and excelled both in his work at Elbit, and in electrical engineering studies where he managed to finish his second year, with honours.
In addition, he and his wife worked in the youth village "Talpiot" and served as parents to 12 girls without a family background, in addition to their 2 little daughters.

As a child, and later as a man, Avichai was full of kindness and giving, he constantly saw the needs of others. The phrase that his family chose to commemorate him is something he said in his service, that when he helped his friends and was asked if it was hard for him, he would say, “When I help someone who is having a hard time, it’s not hard for me!”

**Avichai was killed in the "Iron Swords" war when encountering terrorists at the Gate of the Negev, while protecting the residents of the south.
He left behind his wife Tal, who is in an advanced stage of pregnancy, 2 daughters, parents and 2 sisters.**

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Avichai's Courgette Salad

INGREDIENTS:
1 courgette
2 onions
1 hard boiled egg
Salt
Pepper
Mayonnaise

This dish is a recipe of Shuli, Avichai's mother-in-law. She used to make this salad on Shabbat, and after Tal and Avichai's wedding, he came to his parents' house and insisted on making this salad for Shabbat because he loved the taste. The family recommend doubling quantities.

METHOD:
1. Cut the onion into cubes, grate the courgette and squeeze out the liquid.
2. Fry the onion after cutting it into cubes, add the grated courgette.
3. Continue to fry until the onions and courgette are golden and turn brown, and remove from the heat
4. Add a grated hard-boiled egg, salt and pepper and mayonnaise to taste.

RECIPE IN MEMORY מתכון עם זיכרון

Shai served in the Orev Paratrooper's Patrol.
He was a child of love, with a heart-melting smile, a captivating personality, full of endless giving and helping others at every stop in life.

Before he enlisted in the army he volunteered a year of service in the Ahava boarding school. Following this year he decided to study social work and he was going to start his studies with a desire to change the world into a better place.

Shai was always worrying about others and connecting with people, and touched many hearts. He was the glue of his friendship group, as his friends described him.

From a young age he learned to play guitar and the organ, and at every opportunity he found he would get his family and friends to play and sing with him.



Shai Tremain z'l

Shai fell on 22.12.23, 10th Tevet 5784, in reserve service in Khan Younis in Gaza in the Iron Swords War. He was 26 years old at his passing.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Shai's Stuffed Peppers

INGREDIENTS:
Red Peppers
Rice
500g ground meat
2 onions
Garlic
Tomato paste
Parsley
Coriander
Dill
Soup powder (any flavour)
Red paprika
Cumin
Black Pepper

Every time Shai returned from the army or from one of his trips abroad, he would before anything else, ask for his Mum's stuffed peppers.

METHOD:
1. Cut off the head of the peppers and remove the seeds and wash.
2. In one pot prepare the sauce; Fry a chopped onion and a few cloves of garlic in olive oil, add tomato paste, a little bit of soup powder, paprika, black pepper and a bit of cumin and boiling water, up to a quarter of the pot.
3. In another pot, fry the onion and garlic again, add the meat for a light fry, then the rice and a bit of soup powder on top of that. Add a little of the sauce cooked in the other pot and mix.
4. Before filling the peppers, mix parsley, coriander and dill and then add to the filling mixture.
5. And now to fill the peppers with the rice, meat and vegetable mixture and place them in the second pot, for about an hour and make sure to moisten the peppers from above with the sauce from time to time.

RECIPE IN MEMORY מתכון עם זיכרון

Son of Malka and Joshua, born on the second day of Av 5733 (31.7.1973) in Ofakim. Brother to Esther, Beni, Moshe, Avi, Yaacov and Rut.
On 2.11.1994, he enlisted in the Israeli Police and served in the Border Guard.
Yehuda married Iris and the couple had two children: Elia and Aviad.



Yehuda Kader z'l

Scan here for more recipes and information

Yehuda Kader was killed in battle on the 22nd Tishrei 5784 (7.10.23). He was fifty years old when he was killed. He was laid to rest in Ofakim Military Cemetery. He left behind a wife, two children, a mother, four brothers and two sisters.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Yehuda's 'Rip on the Rip'

INGREDIENTS:
For the dough:
1kg flour
1 sour cream
1 cup milk
1 tablespoon yeast
Salt
Water
To fill:
Tzfat cheese
butter

'Rip on the Rip' are rolls that are always baked on Friday. It's Egyptian food and the smell fills the whole house and puts you in a Friday mood.

METHOD:
1. Put all the dough ingredients together until you get a slightly sticky dough, add a little bit of water or flour as needed until you get a good texture that is comfortable to work with. Set aside.
2. Let the dough rest and start rising for at least 20 minutes and up to an hour and a quarter.
3. Cut the dough into small pieces (40 pieces from all the dough) and form balls from all the pieces.
4. Open each circle and put a piece of Tzfat cheese, and a little butter (a quarter of a teaspoon).
5. Close the dough balls, place them on a baking sheet lined with paper with the balls facing down and brush with egg and sprinkle sesame seeds on top, cover with plastic wrap to prevent drying and wait about 15 minutes for a slight rise.
6. Bake at 180C for about 12 minutes or until nicely browned on all sides.

RECIPE IN MEMORY מתכון עם זיכרון

Shalev was a beautiful, intelligent, happy, optimistic boy. He knew what he was going to do every day and every hour. He managed to make a big trip to South America and was supposed to start studying at Bar Ilan University. He was loved by everyone, and his friends called him Shalev Lev (heart).

Shalev was killed in battle in the Gaza Strip on 16.12.23. He was 24 years old at the time of his death



Shalev Zaltzman z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Shalev's Meat Borekas

INGREDIENTS:
1 package puff pastry
1/2kg ground meat
1 diced onion
1 teaspoon sweet paprika
1 teaspoon cumin
3-4 cloves of garlic
Half a bunch of cilantro and half a bunch of parsley
Salt, pepper to taste
1 egg
Sesame seeds

Shalev really liked this dish, every time he came back from the army, his mother would prepare this dish for him, and he never stopped adding on tahini.

METHOD:
1. Heat the oven to 180C.
2. Fry the onion until brown, add chopped garlic.
3. After a few minutes, add meat and shred it into small pieces, stir occasionally for 10 minutes.
4. Add spices, mix and fry for another 10 minutes, add the cilantro & parsley at the end of cooking.
5. After it cools down, divide the puff pastry into 3, add the meat we prepared, brush with an egg and add the seeds.
6. Bake for about 40 minutes in the oven.

RECIPE IN MEMORY מתכון עם זיכרון

Keshet grew up in Kibbutz Samar in the Southern Arava (Negev Desert). He was a wild child who dreamt of pirates, who walked on his hands all the way from the house to the kibbutz dining room.

Keshet loved parties, festivals and traveling the world. Like his name, 'rainbow' in Hebrew, he connected with people of all colours and types.



Keshet Kasruti Kalpa z'l

Scan here for more recipes and information

Keshet was murdered at a Nova party in Reim in the terrorist attack on 7.10.23. He was 21 years old at the time of his death. He left behind his parents and two sisters.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Keshet's Pasta Bolognaise

INGREDIENTS:
1 large onion cut into small cubes
1 coarsely grated carrot
3 chopped garlic cloves
500g mince meat
A few fresh thyme leaves
2 cans of crushed tomatoes
Salt, pepper, sugar
Olive oil
500g of pasta

Bolognaise pasta was Keshet's favourite food. Whenever he was absent from home for a while or came back from an annual trip, his mother would welcome him with a big plate of Bolognaise pasta. Even last summer when Keshet finally arrived home after touring festivals in Europe, his mother was waiting for him, as always, with his pasta dish.

METHOD:
1. Heat olive oil in a pan, brown the onion in it and add garlic and grated carrot. Let the vegetables caramelise while stirring.
2. Move the vegetables to the sides of the pot and sprinkle the minced meat in the pan. After meat is browned, with a wooden spoon break up the meat into crumbs.
3. Add crushed tomatoes and a little sugar, season with salt, freshly ground black pepper and chopped thyme leaves (oregano is also possible). Cook a little and take off the heat.
4. Cook the pasta according to the instructions on the package.
5. Drain the pasta but save a little of the cooking water, add to the sauce and mix.
6. Pour the sauce on the strained pasta.

RECIPE IN MEMORY מתכון עם זיכרון

Ofer was the eldest brother in his family. He loved photography, nature walks, gardening and music. He was very family oriented and loved life.

Ofer was visually impaired due to retinal degeneration. After the kibbutz communal dining room closed, he had to learn to cook for himself. He was very proud of his efforts.



Ofer Ron z'l

Scan here for more recipes and information

Ofer was murdered on 7.10.23 in his home in Kibbutz Kissufim. Before the phone connection with his sister Tali was cut off, she told him to lock the two front doors and close the safe room door in his home. The terrorists discovered him doing this, led him into the living room and shot him twice. His family misses him very much.

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Ofer's Meatballs in sauce

INGREDIENTS:
1/2 kilo minced meat
1 large onion
1 carrot
3 cloves of garlic
1 egg
3 ripe tomatoes without skin, crushed
Tomato paste
Breadcrumbs (better to make your own)
Spices - salt, pepper, sweet paprika, soup powder, parsley, cumin
Oil

Ofer had trouble seeing, so he prepared simple dishes that didn't require much precision. It was important to him to prepare his own food, even though he started cooking at an older age, with the closing of the kibbutz dining hall. He was very proud that he also cooked a meat dish for himself. And it was delicious!

METHOD:
Making the meatballs:
1. Mix chopped meat, egg, bread crumbs, grated carrots (for added health), chopped garlic clove, salt and pepper.
2. Make balls and place in the refrigerator for at least half an hour.
3. Fry the meatballs in a pan with oil and set aside.

Method for the sauce:
1. Fry onions, add 2 cloves of garlic, crushed tomatoes, tomato paste, water and other spices to taste.
2. Bring to a gentle boil for about twenty minutes.
Add the meatballs and cook for about twenty minutes.
Serve with white rice or pasta.

RECIPE IN MEMORY מתכון עם זיכרון

Captain Rotem Levi was the son of Lasi and Michal and married to Shoham. He was also brother to Roi, Adva and Noga.

Rotem spoke little and did a lot. He grew up to be a man of quiet leadership and an iron backbone. He was the point of strength and an anchor for everyone around him.

In Rotem there was a rare combination of leadership and uncompromising purpose alongside maximum sensitivity to people. He felt a very deep meaning in his military action and in everything he did. He loved Eretz Yisrael, the Land of Israel, and was buried in its soil. He always had a big smile that gave confidence – we learnt from him love of humanity and love of life.



Rotem Levi z'l

Rotem served as deputy platoon commander in the Yahalom unit. He fell in battle on 18.12.23 in Gaza. He was 24 years old when he fell. He is survived by his parents, 3 siblings and his wife.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Rotem's Asado

INGREDIENTS:
1kg fresh boneless asado cut into cubes
2 onions
4 garlic cloves
1/3 cup honey
2 cans light beer
Salt
Pepper
Paprika

His wife tells that Rotem loved to eat and loved new tastes. He had a great passion for food, and he loved to host guests and prepare a special dish. His signature dish was Asado.

METHOD:
1. Fry sliced onions and garlic cloves in a little oil.
2. Add the asado and spices, frying on all sides.
3. Add the honey and then the beer.
4. Cook for about 3 hours, stirring occasionally.

RECIPE IN MEMORY מתכון עם זיכרון

Shimon Elroi, a resident of Beit She'an, served in a combat unit in the Border Defense Corps, as a surveillance fighter.

He was an only son and a brother to 4 sisters, a golden child, a true friend. He was very talented, dreamed of studying graphic design and visual communication.

Elroi would make sure to pamper his nephews every time he went on vacation, buying them surprises and sweets.



Shimon Elroi Ben-Shitrit z'l

Scan here for more recipes and information

He was 20 years old at the time of his death.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Shimon's Beet Kubbeh (dumplings)

INGREDIENTS:
For the dough:
1kg sifted semolina
2 tablespoons salt
1/4 cup oil
3 cups of water
For the filling:
500g mince meat
1 large chopped onion
salt and pepper
2 celery stalks with leaves
For the soup:
3 beetroots cut into small cubes
Tomato paste
2 chopped celery stalks with leaves
Salt, pepper, Sweet paprika
A little sugar
2 teaspoons lemon salt

METHOD:
1. Fry the filling ingredients, prepare the dough and let it rest for half an hour. Fill the Kubbeh
2. For the soup: Sauté the onion and celery, add tomato paste, 2 of the beetroots, and spices, then add a litre and a half of water.
3. When boiling add the Kubbeh gently and reduce the heat.
4. A quarter of an hour before the end of cooking, add the last beetroot.

When Elroi was on leave from the army, he would sit down to eat Beet Kubbeh, that was the food that characterised him. Everyone knew that if there was Beet Kubbeh, it meant Elroi was coming.

RECIPE IN MEMORY מתכון עם זיכרון

Nahorai, son of Hagit and Zohar, was born on the 21st Tammuz 5772 (1.7.2002) in Ofakim. He was a brother to Mittal, Bat El, Gal-Or and Tohar. Nahorai was always the first to help and volunteer, he was full of love for the country and his light and joy of life were evident to everyone. His motto was, "Live happily fulfilling the Creator's will".



Nahorai Said z'l

Nahorai fell in battle on the 22nd day of Tishrei 5784 (7.10.23). He was 21 years old at the time he was killed. He was laid to rest in Ofakim Military Cemetery.

Scan here for more recipes and information

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Nahorai's Moroccan Fish

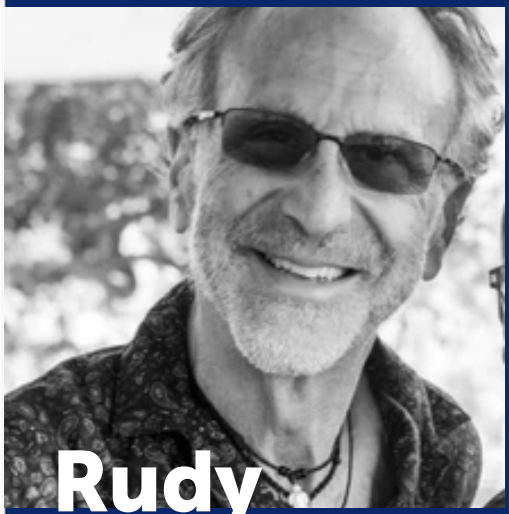
INGREDIENTS:
8 tilapia fillets
1 large onion
1 red pepper
1 hot pepper
4 sliced garlic cloves
A bunch of coriander
4 large potatoes
1 can of chickpeas
Spices: turmeric, black pepper, salt, sweet red paprika, fish seasoning and cumin.

Nahorai loved eating the fish so much and waited for it all week until Shabbat dinner, and sometimes he would even ask for them to be warmed up for him on Shabbat morning. The fish symbolised home and warmth.

METHOD:
1. Cut the onion into slices, the pepper into strips and the hot pepper into circles.
2. Cut the garlic into slices, peel and slice the potatoes.
3. Fry all the vegetables except the garlic in a little oil until browned.
4. Add the garlic to fry only briefly, then add water and chopped coriander and the spices, and finally the potato slices.
5. Bring to a boil and cook on a medium flame until it starts to soften, add the fish and chickpeas.
6. Bring to a boil again and cook on a low flame for about half an hour.

RECIPE IN MEMORY

מתכון עם זיכרון



Rudy Skrisovsky z'l

Rudy was born on 19th April 1966 in Buenos Aires. He made aliyah to Israel and enlisted as a lone soldier. He raised three children, Yehonatan, Daniel and Gili on Moshav Ehud. He was a devoted and loving father. Rudy was a Zionist, patriot, a person full of love and giving. His peers adored him.

On the morning of 7th October, he left his house in the direction of Be'er Sheva to pick up Gili from her apartment. After a number of hours since they hadn't answered the phone calls from family members, Rudy's son Yehonatan went to find them. Yehonatan, who serves in the reserves as a deputy company commander in the Givati Brigade jumped in that morning into the combat zone and fought terrorists. After some hours of fighting, he went to find his father. He found him in a ditch by the side of the road.

He was 57 years old when he died, leaving behind a wife and 3 children.

Scan here for more recipes and information

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Abba Rudy's Gnocchi

INGREDIENTS:
For the gnocchi:
6-8 large potatoes in their skin
Coarse salt
1 teaspoon fine salt
3 egg yolks
3/4 cup sifted flour
For the sauce:
1 medium sized sweet potato cut into small cubes
Butter
Cooking cream
Salt
Black pepper
Nutmeg

METHOD:
1. In an oven dish, sprinkle coarse salt over the potatoes and bake for an hour until softened.
2. Then peel, cut and mash the potatoes with a masher. Add salt, egg yolks and flour and mix with your hand until you get a dough.
3. Flour the dough and roll into snakes. Cut them into 2cm pieces.
4. Boil water with some salt and cook the gnocchi for 2-3 minutes, until the gnocchi floats.

For the sauce:
Soften the sweet potato cubes in a pan with butter, then add cream, black pepper, salt and nutmeg. Stir until thick.

RECIPE IN MEMORY מתכון עם זיכרון

Yishai was a soldier in the Golani 13th Brigade. He was born in Gush Katif (now part of Gaza) 21 years ago, and was turned out of his home as a child when Israel gave up land in the hope of peace.

Yishai was a special boy, blonde hair and blue eyes, with a big smile that was always on his face. He knew how to love every person regardless of who they were, and it was always important to him that his surroundings were always united and happy.



Yishai Fitusi z'l

Scan here for more recipes and information

He fell in battle in Nachal Oz on 7.10.23. He fought till the last bullet, close to the home he loved so much.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Yishai's Pizza

INGREDIENTS:
Dough:
1kg flour
2 tablespoons of yeast
3 tablespoons sugar
1 tablespoon salt
3 1/2 cups of lukewarm water
1/2 cup oil
Sauce:
Crushed tomatoes
Oregano
Garlic
Salt
Pepper
Olive oil
Basil

Yishai used to make the pizza for his family, it's a recipe he was associated with.

METHOD:
1. Put all the dry ingredients for the dough in a bowl, then add the water and start kneading, adding the oil towards the end.
2. After 10 minutes of kneading, set aside to rise and prepare the sauce. Fry the olive oil with the crushed garlic, then add crushed tomatoes and spices. Cook until the sauce thickens.
3. When the dough has risen, roll out the dough and add the sauce and any toppings, then bake in a pre-heated oven at 200C for 15 minutes. Keep an eye on it as all ovens are different and some may need longer than others.

RECIPE IN MEMORY מתכון עם זיכרון

Gal was a handsome lad with blue eyes, intelligent, calm, graceful, and funny. He was a passionate fan of Hapoel Tel Aviv in both football and basketball.

Gal was a commander in the Tzabar Battalion in Giv'ati, always overseeing his soldiers eye to eye, fighting with them shoulder to shoulder, a true warrior.

Gal grew up in Modi'in, the son of Tali and Nir, and the brother of Raz and Mika.



Gal Mishaluf z'l

Scan here for more recipes and information

He was killed in Gaza on 19.11.23, at the age of 21.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Gal's Pasta

INGREDIENTS:
Packet of pasta, penne/spaghetti
1 tablespoon olive oil
Handful of cherry tomatoes
20 halved green olives
Some oregano
Some nutmeg
3 drops sesame oil
250ml (about 8.45 oz) double cream
Parmesan cheese to taste
Salt and pepper
Upgrade: Add a teaspoon of pesto to the sauce.

This dish was Gal's favourite. His aunt Michal used to prepare it for him every time he visited her. Gal also used to make this dish for his little sister Mika and his elder brother Raz.

METHOD:
1. Cook the pasta al dente.
2. In a pan with a tablespoon of olive oil, add olives and chopped cherry tomatoes together with oregano, a bit of nutmeg, and sesame oil.
3. Add double cream, salt, pepper, and as much Parmesan as you like and wait for it to simmer.
4. Add the pasta to the sauce, stir for 5 to 10 minutes, and serve.

RECIPE IN MEMORY מתכון עם זיכרון

Roey Weizer was a sergeant in the intelligence unit of Battalion 13. He served in a fortified position on the Gaza border.

On 7th October, when terrorists infiltrated Israel, he managed to reach a protected security room. Following the situation assessment, he decided to go out with three other soldiers to engage in combat with the terrorists, divert the fire from the security room, and allow the other soldiers and command personnel to gain time and enter a secure area. In the exchange of fire, Roey saved about 12 soldiers and was killed while protecting his friends and the country.

He was 21 years old at the time of his death.



Roey Weizer z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Roey's Mac and Cheese

INGREDIENTS:
2 1/2 cups of milk
2 cups of pasta
1 tablespoon butter
3 tablespoons flour
1/4 teaspoon salt
1/2 teaspoon mustard
2 cups Cheddar cheese
Half a cup of additional Cheddar cheese (for topping the pasta, optional)

This dish was Roey's favourite. Roey was very particular about his food, and this was one of the few recipes he liked to indulge in straight from the baking dish. Occasionally, family members would find Roey eating from the dish even in the late hours of the night.

METHOD:
1. Cook the pasta according to the instructions on the package.
2. Meanwhile, heat the milk and butter in a medium saucepan, and gradually, while stirring, add the flour, salt, and mustard over medium heat.
3. Cook for about a minute while stirring. Remove from heat, add the cheese, and stir until melted.
4. In a small square baking dish, place the drained pasta, pour the sauce over it, and mix. At this stage, you can sprinkle the remaining cheese on top of the mixture.
5. Bake uncovered for about 20 minutes in a preheated oven at 190C.
6. Remove from the oven and let it sit for about 5 minutes before serving.

RECIPE IN MEMORY מתכון עם זיכרון



Yael Leibushor z'l

Yael loved the desert very much and before her military service she did a year of service in the Nature Protection Society in Mitzpe Ramon.

She was loved by everyone with her open heart, maturity, egoless conduct and genuine kindness.

Yael loved to embroider and in the last year, she was embroidering belts for her friends.

If you see a soldier with a belt with a butterfly or flowers on, you will know that they are Yael's friend.

Yael was murdered on 7.10.23, in a battle at the Nachal Oz outpost.
On her grave will be written –
Loved people, breathed the desert, weaved friendships –
loved by us all.

Scan here for more recipes and information

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Yael's Curbia Cookies

INGREDIENTS:
2 1/2 cups self-raising flour
200g butter
2 tablespoons sugar
2 tablespoons vanilla sugar
2 egg yolks
50g crushed almonds
Powdered sugar for serving

On Yael's penultimate Shabbat, she brought these cookies to her base. Her friends loved them so much they asked for the recipe – and now everyone will be able to know and taste the cookies she loved.

METHOD:
1. Preheat the oven to 180C.
2. Put all the ingredients in a bowl, mix with a fork until you get crumbs.
3. Continue kneading with your hands to obtain a dough (don't knead more than you need to so as not to damage the crispiness of the dough).
4. Make small circles with a diameter of approx 1.5cm.
5. Place on a lined baking tray and bake for about 20 minutes or until golden.
6. Take out and leave to cool.
7. Once cooled sprinkle powdered sugar generously.

RECIPE IN MEMORY מתכון עם זיכרון

Rotem had a winning smile, a smile that was engraved on the hearts of everyone who knew him. Rotem had a huge and sensitive heart, always helping, interested, encouraging; next to Rotem it was impossible to be sad. He always knew how to say the magic words with his familiar smile and the sadness would disappear.

Rotem was the first in everything, even in battle in Kfar Aza, the first to rush to save civilians, to fight, until he was hit and his heart stopped. Rotem was always surrounded by friends and now by angels.

Rotem fell in battle in Kfar Aza on 7.10.23.



Rotem Doshi z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Rotem's Malabi

INGREDIENTS:
1 litre milk
90g sugar
80g cornflour
1 packet sweet cream
2 tablespoons rose water
Toppings: peanuts/pistachios, coconut shavings, Malabi syrup

METHOD:
1. Pour the milk into the pot on the stove while continuously stirring.
2. When the milk boils, add the sugar and rose water.
3. When the milk foams, add the cornflour and sweet cream and mix until the texture changes.
4. Remove from heat, pour into containers and cover immediately.
5. Leave at room temperature for about 15 minutes and transfer to the fridge for cooling.

At every family gathering, Rotem would not give up the Malabi, he always ate his portion with all the toppings and lots of them. Every Malabi that was there, everyone knew that this boy would eat a quarter of it. In his wallet after his death, a card was found for a known Malabi that he hadn't yet tried.

RECIPE IN MEMORY מתכון עם זיכרון



Sahar Saudin z'l

Sahar was an officer in the Air Force's anti-aircraft system, it was her dream and she worked hard to achieve it. Sahar never rested for a moment and loved to be active, to babysit, volunteer and bake for her family and friends and the children she babysat for.
Sahar had to be excellent in everything, even when it wasn't easy for her, and her recipes are like that – excellent and full of love.

Sahar loved life – and life loved her. You could recognise her by her constant smile, her rolling laugh and her value of loving others.

Sahar served as a training officer in the 947th battalion of the Air Defense System. She intercepted dozens of missiles in defense of the country, before falling at the hands of terrorists on 7.10.23.
She was 21 when she fell, leaving behind her parents, three brothers and a sister.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Sahar's Roselach

INGREDIENTS:
3 cups flour
A glass of lukewarm water
1/3 cup olive oil
1 teaspoon dry yeast
1/2 teaspoon salt
Nutella or any other spread
Sahar recommends Kinder Fingers as the filling

Sahar really liked this dish, it is sweet and simple to prepare and she used to make it on the weekends she got home from the army, even though her time was short and she had lots of work.

METHOD:
1. Put all the ingredients in a mixer with a kneading hook for about 7 minutes.
2. Cover the dough until it doubles in volume (about an hour and a half).
3. Divide the dough into 3 equal parts.
4. Roll them on a floured work surface.
5. Spread the spread you want to put on it, then roll up and cut into small pieces.
6. Put them in the (preheated) oven at 200C for 8 minutes.
7. When you take them out, sprinkle them with powdered sugar.

RECIPE IN MEMORY מתכון עם זיכרון

Karin was everything; her family and friends used to describe her as “fifty shades of Karin”.

The girl with the most beautiful blue eyes, a girl of light, love, joy and colour. Karin loved to cook and her chocolate cake was identified with her.

Karin was murdered at the Nova party in Re’im on 7.10.23. She was 22 years old when she died. She is survived by her parents and a sister.



Karin Vernikov z’l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Karin's Chocolate Cake

INGREDIENTS:
For the cake:
4 eggs
1 cup chocolate
1 cup flour
1 cup oil
1 cup sugar
1 teaspoon baking powder
1/2 cup sweet cream
For the icing:
4 milk chocolate bars
1 1/2 containers sweet cream

This cake was the cake that Karin made for every occasion, meet-up, holiday and Friday. This is the most delicious cake there is, especially hers.

METHOD:
1. Heat the oven to 160C.
2. Mix all the cake ingredients together, mix well.
3. Pour the batter into the pan and put in the oven and bake for 40 minutes.
4. Once the cake is ready, let it cool.
5. Once cooled, pour the frosting over.

RECIPE IN MEMORY מתכון עם זיכרון

Roi grew up in Jerusalem and was a platoon commander in the Tzabar Unit, Givati Brigade. Roi was a modest and humble boy, who advocated the 'quiet waters penetrate deep approach'.

Roi had gratitude and respect for every little thing. He was an exemplary commander.

Roi fell in battle on 31.10.23 in a battle in the north of the Gaza Strip, aged 20.



Roi Davie z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Roi's Tiramisu

INGREDIENTS:
2 packets of biscuits
5-6 teaspoons of coffee with hot water
Cocoa
For the cream:
2 containers of sweet cream
250g mascarpone cheese 40%
Instant vanilla pudding pack
1/3 cup sugar

When Roi would return from the army, his sister Eden would make this cake in his honour; it was his favourite dish.

METHOD:
1. Start by preparing the cream – whip the cream and sugar for 1-2 minutes.
2. Add the mascarpone cheese and instant pudding until the cream stabilizes.
3. Dip the biscuits in coffee and place in a pan.
4. Pour a layer of cream over the layer of biscuits.
5. Repeat this twice.
6. Place in the refrigerator to set for at least two hours (preferably overnight).
7. Before serving, sprinkle with cocoa powder.

RECIPE IN MEMORY מתכון עם זיכרון

Ben was a smiling, charming, loved, hard-working boy, who loved to help everyone at all times. He was a fighter and instructor in the Loter Unit, a soldier of the land and dedicated to his military service.

On 7.10.23, Ben leapt from his base to the city of Sderot. He was part of the first force that arrived there and fought in hard combat. Ben managed to eliminate four terrorists and wounded a fifth – but he managed to shoot Ben and caused his death.



Ben Rubenstein z'l

Scan here for more recipes and information

Sergeant Ben Rubinstein was 20 years old when he died.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Ben's Jam Biscuits

INGREDIENTS:
200g butter
100g powdered sugar
300g flour
1/4 teaspoon salt
1/4 cup milk
Strawberry jam

His family say that Jam Biscuits were his favourite.

METHOD:
1. Mix flour, salt and powdered sugar in a food processor. Add butter and process in short pulses to a crumbly mixture. Transfer to a bowl and gradually add milk, until a soft dough is obtained.
2. Wrap in plastic wrap and put in the fridge to set for an hour or two.
3. Preheat the oven to 180C. Roll out the dough on lightly floured baking paper to a 1/2cm thick sheet. 4. Cut into shapes and place on a tray lined with baking paper – half with a hole in the middle and half without.
5. Bake for 10-12 minutes until the cookies start to turn golden. Cool completely.
6. Sprinkle powdered sugar generously over the cookies with the hole in the center.
7. Fill the whole cookie with a spoonful of jam. Put a cookie with powdered sugar (and a hole) on top of each bottom with jam to get a sandwich. 8. Store in a single layer in an airtight container at room temperature.

RECIPE IN MEMORY מתכון עם זיכרון

Shalev was a combat engineer in the 749th Battalion. He was a happy and smiling person and always surrounded by friends who loved him very much.

Shalev loved to cook and bake and he would always prepare special recipes with a particularly long preparation time. Everyone liked to eat what he made and he was very proud of it.



Shalev Tzion Sharabi z'l

Scan here for more recipes and information

Shalev was killed by an IED hit in Be'eri on 1.11.23. He was 22 years old when he died.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Shalev's Brownies

INGREDIENTS:
185g chopped dark chocolate
185g butter
3 eggs
1 1/4 cups sugar
1/2 cup cocoa
2/3 cups flour
3/4 cup chopped white chocolate
3/4 cup chopped milk chocolate

METHOD:
1. Heat the oven to 170C and line a pan with baking paper.
2. In the microwave , melt dark chocolate and butter until smooth. Cool to room temperature.
3. In a mixer, mix the eggs and sugar until you get a creamy mixture.
4. Fold in the melted chocolate and mix until combined.
5. Sift in the cocoa and flour and mix to combine.
6. Add the other chocolate bits and mix gently, pour into the pan and bake for 25-30 minutes until set.
7. Cool to room temperature and cut into squares.

Shalev's family chose to commemorate him with the brownie cake he baked during his last visit home, based on a recipe by his friend Ilan. This is a wonderful-tasting cake, which he had just before returning to base. His family shared that now this recipe will live on, and that means a lot to them.

RECIPE IN MEMORY מתכון עם זיכרון

Adir was a company commander at the Zikim base. He was a person full of giving and help to others. He always took care of those around him before taking care of himself, and was careful to donate food baskets to needy families.

Adir was an exemplary person and commander. Modest, with great giving. He was an example and inspiration to many.

Adir fell on 7.10.23, when he fought against terrorists who infiltrated the Zikim base and he protected over 90 recruits and soldiers with his body. He was 23 years old when he fell.



Adir Meir Avodi z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Adir's Orange Cake

INGREDIENTS:
4 large eggs
1 1/4 cups sugar
1/2 cup oil
1 cup orange juice
1 teaspoon orange zest
2 cups flour
1 teaspoon baking powder

METHOD:
1. Beat the eggs with the sugar for about 5 minutes until you get a light and puffy batter.
2. Lower the mixer speed to two.
3. Drizzle the oil.
4. Add the orange juice, zest and other ingredients.
5. Pour the batter into a cake tin/s.
6. Bake in a preheated oven at 180C for about 40 minutes (until a toothpick comes out clean).
7. Sprinkle over powdered sugar.

Adir loved his mother's orange cake very much and would wait for it every Shabbat when he would return home from base.

RECIPE IN MEMORY מתכון עם זיכרון

Hadar, a member of Kibbutz Kfar Aza, was the most beautiful, successful, smart girl. She studied accounting and graduated with honours.

She worked at the start-up company UBQ and they predicted a great future for her.

She married Itay and they had twin boys, born 30 minutes apart. The birth of the twins is an example of the strength she had.

Hadar and Itay were murdered in their apartment on Kibbutz Kfar Aza by Hamas terrorists on 7.10.23. They left behind ten-month-old twins who were in the secure room where their parents' bodies were left for 13 hours. They were both 30 years old at their deaths.



Hadar Rosenfeld-Berdichsky z'l

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Hadar's Maple Cake

INGREDIENTS:
1 1/4 cups self-raising flour
1 1/4 cups sugar
3 spoons vanilla sugar
1 sour cream
3 eggs
1/2 cup oil

METHOD:
1. Preheat oven to 180C.
2. Mix all the ingredients together in a bowl.
3. Grease a mold and pour in the batter.
4. Sprinkle walnuts or chocolate chips on the batter before putting in the oven.
5. Bake for 20-30 minutes.
6. After removing from the oven, pour maple syrup around and on top of the cake.

Hadar loved making this cake on the weekend, it is one of the cakes her husband loved to eat. In fact he wouldn't let anyone else come near and taste it.

RECIPE IN MEMORY מתכון עם זיכרון

Adi was a happy and joyful child. He was always singing, dancing, laughing, kissing and hugging everyone. He put everyone else first, and would give his all to those he loved.

Adi was a child of the valleys, loved the homeland, had respect for his parents and a way of life that could only be seen, admired and hoped that we would be a little of what he was.

Adi was a platoon commander in the Tzabar battalion in Givati. He dreamed of the honour of the command role in the field and not only in training recruits and so it was – he commanded veteran soldiers and with them cleaned out Kfar Aza (of terrorists) and then entered Gaza with them at the first land incursion.



Adi Danan z'l

Adi, his soldiers, the sergeant and his officer all fell together in the Namer disaster on 31.10.23, 16th Cheshvan. He was 20 years old. He left behind parents, twin sister, younger sister, girlfriend and a big loving family and many friends.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Adi's Bubble Cookies

INGREDIENTS:
500g flour
100g sugar
60ml oil
100g margerine or butter
300ml water
1 teaspoon hawaij spice
1 spoon dry yeast
Pinch of salt
1 egg
For stuffing:
500g dates
1/4 cup sesame seeds

Adi's grandma used to make these bubble cookies and he loved them more than any other dessert and talked about them a lot. Adi had a special connection with his grandmother, befitting the amazing and loving child he was. He adored her and said she was the purest person he ever knew. If Adi was here to choose a recipe he would not have hesitated to choose the bubble cookies.

METHOD:
1. Sift flour and add hawaij, sugar, salt, yeast until it starts to ferment – add a cup and 1/4 of water and time 2 minutes.
2. After 2 minutes add melted margarine and continue kneading. Add oil and knead until the dough is soft. Transfer the dough into a greased bowl, cover and let it rise.
3. Preheat oven to 180C.
4. Take pits out of the date and take off hard skins. Add cinnamon and mix well. Oil your hands and make balls from the date mixture and set aside.
5. When the dough has doubled in size, divide into 30.
6. Fill each piece with a date ball and flatten, and place in the pan.
7. Beat an egg and spread over the cookies. Pierce the cookies with a fork to prevent swelling, sprinkle sesame seeds and bake for 20 minutes or until golden.
8. Transfer to a cooling rack until the cookies cool.

RECIPE IN MEMORY מתכון עם זיכרון

Ron loved to travel the world, spend time with his friends, surf in the sea and play footvolley. He loved dogs, especially the family pitbull, Tyson. Already at the age of 17 he was a young ambassador and represented Israel at the UN. After his military service he guided Jewish youth at Camp Pearlman in Pennsylvania and from there began his gap year. Ron came to celebrate at the Nova festival. When the sirens started he chose to stay and look for his friends who came with him to the party.
Ron ran away to the shelter at the Gamma Intersection. Terrorists threw 3 grenades into the shelter and injured everyone. At first his family understood, from a friend that survived, that Ron had been kidnapped. Ron was allegedly a hostage until his body was found about a week later, about 50 metres from the shelter from which the terrorists tried to kidnap him.



Ron Shemer z'l

Ron chose to save his friends and others and thus gave up his life. He was 23 at his death.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Ron's Bavaria

INGREDIENTS:
2 whole eggs
6 tablespoons sugar
2 cups milk
14g fish gelatine
2 cups sweet cream
1 tablespoon sugar
Chocolate Petit Beurre biscuits
Chocolate Syrup

Ron's Bavaria was his favourite dessert. He always asked for it on Shabbat and holidays. Whenever Ron came back from abroad he would ask his mother Sigal to make him Bavaria. Whenever there was an event with his friends, he would volunteer his mother to make the Bavaria for him. His mother says: The strangest thing is that the Bavaria was not in the fridge for long. As soon as it was ready, it would simply disappear.

METHOD:
1. Beat 2 eggs with 6 tablespoons of sugar until you get a firm foam.
2. Melt the gelatine with 3 cups of milk on the stove until it boils then cool – stir constantly to prevent formation of lumps.
3. Whip the sweet cream with a spoonful of sugar until smooth.
4. Add the batter with the milk and gelatine to the foam with the eggs and sugar.
5. Add the cream to the batter as well.
6. Dip the biscuits into the milk and arrange in a pan.
7. Pour the batter on the biscuits and put it in the fridge overnight.
8. When the Bavaria is ready, sprinkle it with grated biscuits and chocolate Syrup.

RECIPE IN MEMORY מתכון עם זיכרון

Laurie was a lively and joyful young woman who spread love to everyone around her. She was a good friend, caring, generous, assertive, and self-confident.



Laurie Vardi z'l

Scan here for more recipes and information

Laurie was murdered on the 7.10.23, while attending the Nova party in Re'im. At the age of 24, she left behind her parents, Rachel Vardi and Dominic, her brothers Ariel and Ethan, and her partner Alon.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Laurie's Chocolate Soufflé

INGREDIENTS:
6 eggs
200g butter
180g sugar
130g flour
300g dark chocolate

Laurie (Lulu) loved sweet foods, especially chocolate, and she would never pass on chocolate soufflé.

METHOD:
1. Preheat the oven to 180C.
2. In a bowl, whisk the eggs and sugar until the mixture is smooth, then add the flour while continuing to whisk.
3. Melt the butter and chocolate in the microwave, then add them to the bowl with the eggs.
4. Pour the mixture into individual baking dishes until about 3/4 full, and bake for 7 minutes.
5. Optional: Add a cube of white chocolate to each individual mixture before baking.
6. Serve the hot chocolate soufflé.

RECIPE IN MEMORY מתכון עם זיכרון

Roi served in the Yahalom Unit. He completed his military service in November 2019 after serving for 5 years as an officer. Known for his infectious smile and deep blue eyes, Roi was loved by everyone around him. He was known for his kindness and equal treatment of everyone, regardless of their background. Friends from both home and the army agree that Roi was simply number 1 in everything - in humanity, in helping others, and in dedication.

Roi was a graduate student in mechanical engineering at Ben-Gurion University in Be'er Sheva. Before the war, he was approaching his third year of mechanical engineering studies at the University, where he lived with his partner, Maya, for 3 years.



Biber z'l

Roi was drafted during the early stages of the "Iron Sword" war and fell during an operation to destroy enemy armoured vehicles on 18.11.23. He was 28 years old at the time of his death and left behind parents, two sisters, and his partner.

Scan here for more recipes and information

tribe

מתכון עם זיכרון

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Roi's Apple Pie

INGREDIENTS:
2 eggs
1 cup of sugar
1 teaspoon of vanilla extract
1/2 cup of oil
3 tablespoons of water/lemon juice/orange juice
1 1/2 cups self-raising flour
6-8 apples cut into cubes
1/2 cup sugar
2 teaspoons of cinnamon

METHOD:
1. Beat the eggs well together with the sugar and vanilla extract.
2. After beating, add the oil, water/juice, and flour, and mix well.
3. Mix the sugar and cinnamon together.
4. Pour half of the batter into a baking pan, sprinkle with the sugar and cinnamon mixture, and then arrange the apple cubes on top.
5. Sprinkle with sugar and cinnamon, and pour the remaining half of the batter over the apples.
6. Bake for about an hour in the oven until the pie is browned and not shiny.

Roi only loved to eat one cake: his mother Karen's apple pie.

RECIPE IN MEMORY מתכון עם זיכרון

Liav was a reserve fighter in the paratroopers. Liav dedicated himself fully to every aspect of his life. He invested a lot in his studies, work, hobbies, and sports.

A family man who loved coming to chagim (holidays) and family Friday dinners.

Liav was a joyful person, always looking at the bright side and trying to make the best out of every situation. He was forward-thinking and had a clear plan for the future. He knew exactly what he wanted and navigated his path to success.



Liav Atiya z'l

Scan here for more recipes and information

Liav was killed in combat in southern Gaza on 8.12.23, aged 25 years old.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Liav's Chocolate Halva Rolls

INGREDIENTS:
200g butter
1 egg yolk
125g milk
100g powdered sugar
500g flour
10g baking powder
30g raw tahini
1g salt
Chocolate spread
Halva strands

Liav and his partner Hadar lived together in Be'er Sheva. Liav loved to cook, search for interesting dishes, and experiment with new spices. Hadar, his partner, was a pastry chef, and together they complemented each other in the kitchen. Liav loved many of Hadar's desserts, but when she made these chocolate halva rolls, he would say they were dangerous because they disappeared very quickly with coffee.

METHOD:
1. In a mixer bowl fitted with a guitar-shaped beater, place the flour and cold cubed butter. Mix on medium speed until you get a crumbly mixture without butter lumps.
2. Add powdered sugar, baking powder, and salt, and mix until combined.
3. Add egg yolk, milk, and raw tahini, and mix until you get a uniform dough. Be careful not to overmix, just until you get a uniform dough without crumbs.
4. Divide the dough into 2 parts and roll each part between 2 baking sheets. Spread chocolate spread generously over each part and sprinkle halva strands.
5. Roll each part into a log and mark with a knife for cutting signs. Place in the freezer for at least half an hour, and meanwhile preheat the oven to 170C.
6. Bake for about 20 minutes until lightly golden on the sides of the rolls. Let them cool completely before slicing.

RECIPE IN MEMORY מתכון עם זיכרון

The son of Yerusha and Meir, Yonatan was born on Thursday, 5th of Sivan, 5763 (June 5, 2003) in Bnei Brak. He was a brother to Sarit, Maayan, David, Leah, Rivka, Pinchas, Odelia, and Penina.



Yonatan Mimon z'l

Scan here for more recipes and information

Yonatan Mimon was killed in battle on the 21st of Marcheshvan, 5784 (4.11.23). He was twenty years old. He was laid to rest in the military cemetery in Ofakim. He left behind his parents and siblings.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Yonatan's Knafeh

INGREDIENTS:
For a 30 cm diameter pan

150g Kataifi pastry (filo)
100g Butter
250g Ricotta cheese
250g Mozzarella cheese
1/2 cup Sugar
1/2 cup Water
1 teaspoon Lemon juice
Pistachios - to taste
Liqueur (optional)

Knaféh was a dish that Yonatan used to prepare for his girlfriend, and they enjoyed it together.

METHOD:
1. Preheat the oven to 190C.
2. Grease individual cups that are suitable for baking in the oven.
3. In a bowl, melt together the chocolate and oil until you get a smooth and thin mixture.
4. Add the liqueur (if using) to the chocolate mixture and mix.
5. In a mixer bowl, whisk the eggs, sugar, and salt until you get a fluffy, light, and bright mixture.
6. Gently fold in the chocolate mixture until almost uniform.
7. Add the cornflour and almond flour and fold until you get a uniform mixture.
8. Pour the batter into the cups and bake for 10-15 minutes or until the soufflés are puffed and set around the edges but still soft and gooey in the center.
9. Serve hot with powdered sugar and vanilla ice cream.

RECIPE IN MEMORY מתכון עם זיכרון

Idan was a communications officer in Golani Brigade's 13th Battalion. He was a devoted fan of Maccabi Tel Aviv.

He loved the army and planned to continue to the platoon commander's course. Idan had a girlfriend for the past three years, Lihi, who was also a communications officer in the army.



Idan Balui z'l

Scan here for more recipes and information

On 7th October, Idan was stationed at Nahal Oz and fought bravely against terrorists who infiltrated the base. He left behind his parents, two sisters, girlfriend, and a family who misses him every day.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Idan's Soufflé

INGREDIENTS:
250g dark chocolate
1/3 cup oil
3 eggs
1/3 cup sugar
Pinch of salt
2 tablespoons chocolate liqueur or brandy (optional)
2 1/2 tablespoons cornflour
20-30g almond flour

For serving:
Powdered sugar
Vanilla ice cream

This is not just any soufflé. This is the dessert Idan loved the most. His grandmother used to make double the amount for Idan's weekend visits home, so he would have enough for both Friday and Saturday. He loved to eat it with vanilla ice cream.

METHOD:
1. Preheat the oven to 190C.
2. Grease individual cups that are suitable for baking in the oven.
3. In a bowl, melt together the chocolate and oil until you get a smooth and thin mixture.
4. Add the liqueur (if using) to the chocolate mixture and mix.
5. In a mixer bowl, whisk the eggs, sugar, and salt until you get a fluffy, light, and bright mixture.
6. Gently fold in the chocolate mixture until almost uniform.
7. Add the cornflour and almond flour and fold until you get a uniform mixture.
8. Pour the batter into the cups and bake for 10-15 minutes or until the soufflés are puffed and set around the edges but still soft and gooey in the center.
9. Serve hot with powdered sugar and vanilla ice cream.

RECIPE IN MEMORY מתכון עם זיכרון



Shai Avras z'l

Shai was a pure-hearted person, full of kindness. He was a sociable individual who was always surrounded by a good and loving environment.

Shai was heavily involved in charity work and helping others. He volunteered with Holocaust survivors, children with disabilities, prepared food packages for the needy, and had a great love for his homeland. His life was filled with countless stories of heroism and kindness.
Shai had a great love for animals and baking, and his dream was to become a successful pastry chef.

He was a soldier in the Givati Brigade, in the Tzabar Battalion, and was killed on October 31st in the Namer carrier disaster in the north of the Gaza Strip with 10 other soldiers.

He was 20 years old at the time of his death. He left behind parents and four siblings.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Shai's Crembo Cake

INGREDIENTS:
For the base:
1 cup double cream or non-dairy sweet cream
1 cup chocolate
1 cup sugar
1 cup oil
Vanilla sugar
1 cup self-raising flour
4 eggs

For the cream:
500 ml double cream
1 pack instant vanilla pudding
1 cup milk
Half a cup of warm water

For the frosting:
1 cup double cream
200 grams dark or milk chocolate

METHOD:
Preparing the cake:
1. Preheat the oven to 180C.
2. Mix all the ingredients together.
3. Bake the cake and check with a toothpick until it's done and leave to cool.

Preparing the cream:
1.Mix all the ingredients in a mixer until you get a stiff texture.
2. Pour half a cup of warm water over the cake.
3. Wait a few minutes and then spread the cream over the cake.

Preparing the frosting:
1. Microwave the cream and chocolate together for 1 1/2 minutes, mix together.
2. Pour over the cake.

The Crembo Cake was Shai's favourite cake, and he made it many times. It was the first cake he made from the moment he entered the pastry and baking field.

RECIPE IN MEMORY מתכון עם זיכרון

Ron, affectionately known as Ronchik, was a special child, full of joy for life. He loved parties and was surrounded by friends. Ron (joy in Hebrew) was, as his name suggests, a cheerful person, loved by all, a child of joy and love, with a smile that never faded and will remain with us forever. Ron played football until the age of 18, when he joined the army and decided to retire for military service.

He was a devoted fan of Beitar Jerusalem, cutting short a big trip to South America for a championship game in Thessaloniki. Upon returning from the game, Ron started working with his mother Sigal in the company where she worked. They had the opportunity to work together for a month and a half, to have lunch together, and to meet.



Ron Yehudai z'l

Ron was murdered at a party in Nova on the 7th October, where he went with his friends. Ron was the only one among his eight friends who was murdered at the party. He left behind parents and two brothers.

Scan here for more recipes and information

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Ronchik's Chocolate Balls

INGREDIENTS:
1 pack Petit Beurre biscuits
250ml Double cream
100g Dark chocolate
1 teaspoon Vanilla extract
Coconut flakes

METHOD:
1. Crush the Petit Beurre biscuits.
2. Melt the chocolate together with the double cream and vanilla extract.
3. Add the ingredients to the crushed biscuits.
4. Form balls and roll them in coconut flakes.

Ron's friends loved the chocolate balls, and they eagerly awaited them every Friday when Ron's mother, Sigal, would prepare them.

RECIPE IN MEMORY מתכון עם זיכרון

Dikla lived in Nachal Oz with her family, she was a cheerful, amazing woman with lots of joy in life and a good heart.



Dikla Arava z'l

Scan here for more recipes and information

Dikla was murdered along with her son Tomer and her partner Noam at the hands of murderers who broke into their home in Nachal Oz on 7.10.23. She was 50 years old when she was murdered.

tribe

כדי שהטעם שלהם לא יישכח

The United Synagogue

RECIPE IN MEMORY מתכון עם זיכרון

Dikla's Jachnun

INGREDIENTS:
1kg flour
3 cups water
1 teaspoon salt
4 teaspoons sugar
1 spoon silan syrup
Margarine

Dikla's uncle used to prepare this Jachnun on Shabbat. Her family says that she really liked to eat it.

METHOD:
1. Mix all the ingredients into one soft, flexible dough. Let the dough rest for about an hour.
2. Divide the dough into equal balls and let it rest again for another hour with oil.
3. On the work surface, roll out each ball, spread margarine and roll into a uniform size.
4. Place baking paper in a Jachnun pot, lining the bottom with the dough and bake in 100C oven until golden (or for 7 hours on a Shabbat hotplate).