

6-Layer Mediterranean Dip with Tnuva Labaneh + Feta



Shalom! Reporting live from the couch where I'm currently enjoying our 2nd day of winter break. I'm trying to ignore the ridiculous episode of Miraculous that my oldest is enjoying after her hour of quiet reading time. Yes, you heard me correctly – an hour of quiet time. This is not me bragging.

This is me celebrating! This is the first winter break where we've finally nailed down a schedule and nailed it down quickly + it's going well (I mean, it's day 2 so . . .). Anyway, our schedule is looking like this:

1. Wake up (no TV before 7 AM)
2. 2 Shows + play
3. Breakfast
4. Shower/get dressed
5. Morning activity out of the house
6. Lunch
7. Nap for littles + quiet for Siona
8. 1 hour afternoon TV time
9. Pre-dinner play
10. Dinner
11. After dinner play + 1 episode of Nailed It!
12. Bed

Good Lord. When you look at it it's a bit more exhausting. The husband + I are SO blessed to have this break alongside the kiddos since we both work in schools. It's the time we get to actually enjoy the kids instead of running around like maniacs on a Sunday trying to balance errands with quality time with the kids. The first semester of this year has been insanely busy as I started doing consulting and facilitating workshops on adolescent development and diet culture outside of my regular work at the school I work for plus trying to be present for the kids + this here blog. It's a lot to juggle and sometimes I can do it and sometimes, well, not-so-much.

Today's morning activity, however, was truly a study in how joy can facilitate connection + deeper relationships. I find that sometimes, even though I truly love the life I live, I'm not having as much fun living it as I could because I am constantly moving from one thing to the other. I feel like I'm constantly telling my kids to, 'Hurry! We're late!' So this 2-week break I am committing myself to one thing – taking it easy and being more present in the moment. So this morning we

grabbed the kids + headed out to Santa Monica where we rented a family-sized bucket bike and went riding on the boardwalk path along the beach. I'm not sure the last time I laughed that much. And sure, I almost ran the family into a sand dune but still! The sun was shining, we were smart enough to bring snacks, the girls had their scooters and we just went for it!





The other place I am taking it easy this winter break is in the kitchen! And while I'd love to be eating out nonstop because I love eating at restaurants + also I love someone else doing the cleaning + cooking, we can't afford that life. That said, I do plan on keeping meals simple + using leftovers as much as possible. Case in point, this 6-layer Mediterranean dip featuring my favorite labaneh + feta from Tnuva. I made the fried eggplant for another dish from earlier in the week so when it came to making something fresh and yummy for a Chanukah gathering we were hosting, I snagged those leftovers + added my favorite flavors to make a Mediterranean version of

a classic 7-layer dip taco (only minus one layer mainly because it wouldn't fit into my cute little glass dish – if it would have, I would have added roasted cauliflower). This dip can be made in individual little containers like this one or in a giant dip bowl for sharing. If you aren't afraid of a little spice, the feta and labaneh would pair wonderfully with a spicy harrisa. You can also take this dip out of the bowl and enjoy it over some tortilla chips as Mediterranean nachos or pair it with some falafel balls for a yummy falafel pita sandwich or deconstructed salad. The world is your delicious, kosher oyster, people! Go for it!





6-Layer Mediterranean Dip with Tnuva Labaneh + Feta

Ingredients:

1 eggplant, chopped

Canola oil for frying (roughly 2 – 3 cups)

kosher salt

2 Roma tomatoes, diced

1 cup of Tnuva labaneh, divided

1/2 chopped feta, divided

1/4 cup sliced Israeli green olives

Handful of cilantro, finely chopped

Method:

For frying the eggplant – Layout paper towels. Slice the eggplant into 1/2 inch thick rounds and place onto the paper towels making sure they aren't overlapping. Sprinkle the slices with kosher salt and let sit for about 25 – 30 minutes. This will draw out the moisture making sure the eggplant is crispy and not soggy. After 30 minutes, dab the eggplants with one of the paper towels already out to soak up the water that's collected on top of the eggplant. Next, place a large frying pan with enough oil to fill the pan to the midway up the pan. While the oil is heating, chop eggplants into cubes. Once the oil is fully hot (test this by dropping a small droplet of water into the pan. If it immediately sizzles, the oil is hot enough and ready for frying). Place about half the eggplant cubes into the pan (you don't want the eggplant cubes to be on top of each other). Let the eggplant cubes fry until golden brown while occasionally stirring throughout the process. Once one batch is done, remove from frying pan and place on a paper towel to absorb excess oil. Finish this process until all cubes are fried.

Assembly (this is to your discretion but I went with the following) –

Put labaneh on the bottom layer. Next, add the eggplant + chopped tomatoes + feta cheese + green olives + chopped cilantro. Top with a drizzle of your favorite hot sauce or harrisa to add a little kick to your dip (and to get you to an even 7-layers).

*This post was absolutely sponsored by Tnuva, a company whose products I genuinely love to eat.

Tu B'Shevat Chocolate Dirt Cakes



Do not adjust your computer screens. You are actually seeing a new post from me. I can't believe I actually got my sh*t together enough to pull off cooking, staging, photographing

and editing a post. It helped that I have been wanting to make this recipe in honor of Tu b'Shevat since I made a larger dirt cake last year for our dear friend, Dave's, birthday Shabbat dinner, which just happened to fall on Tu b'Shevat. At the time I thought to myself, I said, "Self, you HAVE to remember this and do it better and cuter for next year's Tu b'Shevat" and so, here we are!

So what's been going on since I last posted WAY back in July? Welp, the biggest news is that I am currently 6 months pregnant with our 3rd kiddo. Yep, we took the plunge. If you are a loyal Jewhungry reader, you'll remember that I was wrestling with the question of whether or not to get pregnant in a previous post. When we finally came to the decision that, yes, we were going to try for a third, I felt so certain in that decision. That being said, 6 months into the hardest pregnancy I've experienced, I am FREAKING OUT. Ok, I don't know if it's fair to say 'freaking out' in all caps but I am having a lot of misgivings. A lot of, "What was I thinking!?" has been running through my head in the last 5 months. I started getting sick almost immediately and the nausea hasn't stopped, which hasn't helped my doubts. I am like a she-beast. I must be fed every hour on the hour or else I will puke on you. Seriously, you think I over exaggerate but I do not. Just ask my beloved husband or co-workers. It's not pretty.



Nausea aside, I keep thinking to myself that we have a nice little routine down with the girls and why on Earth did we

decide to make a decision that was going to mess that up!? They have such a strong bond, will this new little critter threaten that? Also, dear Gd, these two girls sleep through the night have been since our current youngest was roughly 6 months old. Like, I get sleep and stuff. Why oh why did we f*ck with that scenario too!? I have enough experience as a mental health professional to know when I'm starting to spiral so I'll stop here. I'm pretty confident you get the drift. That said, I'd be ever so grateful to know if you have more than 2 kids and had the same experiences of doubt. Please, seriously, normalize me!!!

Deeeeeeeep inhale and exhale.



Cookie crumble ->
Chocolate cake ->
Cookie crumble ->
Chopped peanuts ->
Vanilla frosting ->
Cookie crumble ->
Chocolate pudding ->

So back to these here chocolate dirt cakes for Tu b'Shevat. In case you're unfamiliar with the holiday, Tu b'Shevat occurs on the 15th of the Jewish month of Shevat so the name of the holiday literally translates to 15th of Shevat. It's also occasionally referred to as the New Year of Trees and is thought to be an agricultural day marking the first day of Spring. I'm sure if you're reading this somewhere like

Minnesota or Massachusetts you're all, "Seriously? Spring in January!?" But remember, we're talking about Biblical Israel here so it's a wee bit warmer there this time of year. Tu b'Shevat technically a minor holiday but it's just so dang fun that we make a point to 'celebrate' it in our household. A lot of commentary exists out there pointing to the fact that humans are "compared to the tree of the field" (Deuteronomy 20:19) and that the 'fruit' we bear is not only children (which is the first mitzvah in the Torah we are given to fulfill) but also the living of a life embedded in goodness. It's become tradition that folks plant trees and/or hold a Tu b'Shevat seder during which it is customary to eat dried fruits and nuts, specifically figs, dates, raisins, carob, and almonds. Many people also incorporate the Seven Species into their seders, wheat, barley, grapes, figs, pomegranates, olives and dates.

I also encourage you to incorporate these chocolate treats into your seder cause they're delicious and fun to make. Please note that the trees I used in my recipe are NOT edible. They are there cause they're just too cute. What is edible? The several layers of chocolate used to assemble these treats. My favorite component is the homemade chocolate cookie crumble. You can also always take the trees out of the scenario and have yourself a fancy little trifle dessert for any day of the week. Enjoy!











She just HAD to get into the picture.

Ingredients/Method

(Makes for 4 – 5 mini trifles depending upon how much you use during assembly)

For the Cake and Pudding:

OK, so for the cake and pudding I used ready-made items cause I have 2 kids, a full time job and am 6 months pregnant so SOMETHING had to give. You can opt to also use Oreo cookies for your cookie crumbles but the chocolate cookie crumble recipe provided is so user-friendly and nets you incredibly delicious crumbles. For the cake, I used Betty Crocker's Original Recipe Scratch Cake Mix but any ol' boxed cake will do. The pudding was your trusted Jell-O Dark Chocolate Pudding Packs. I also incorporated chopped nuts into my recipe but feel free to omit if you have a nut allergy!

For the Chocolate Cookie Crumbles:

(makes 2 1/2 cups)

- 2/3 cup flour
- 1 teaspoon cornstarch
- 1/2 cup granulated sugar
- 2/3 cup cocoa powder
- 1 teaspoon kosher salt
- 6 tablespoons unsalted butter, melted

Method for Chocolate Crumbs:

- Preheat the oven to 350 (F).
- Combine 2/3 cup flour, 1 teaspoon cornstarch, 1/2 cup granulated sugar, 2/3 cup cocoa powder, and 1 teaspoon kosher salt in the bowl of a freestanding electric mixer fitted with a paddle attachment on low-speed until mixed.
- Add 6 tablespoons melted unsalted butter and paddle on low-speed until the mixture starts together in small clusters and clumps – at this point, it should look a little bit like wet sand.
- Spread the clusters on a parchment-lined sheet pan. Bake for 20 minutes, using a dough scraper to break them up occasionally. The crumbs should still be slightly moist to the touch at that point; they will harden and dry as they cool.
- Let the crumbs cool completely before using in the recipe.

For the Vanilla Buttercream Frosting:

- 3/4 cup butter, softened to room temperature
- 2 cups confectioners' sugar, sifted
- 1 teaspoon vanilla extract
- 1 – 2 tablespoons milk or cream

- pinch of salt

Method for Vanilla Buttercream Frosting:

- In a stand mixer fitted with the whisk attachment or using an electric hand mixer whip the butter until light and creamy on medium/high-speed.
- Once the butter is pale in color and light slowly add in the confectioners' sugar one spoon at a time on medium speed. Let the sugar fully incorporate before adding in more sugar.
- Add the vanilla extract, salt and cream.
- Whip on high-speed for another 3-4 minutes until very light, creamy, and fluffy.
- Use the buttercream straight away for keep it refrigerated for up to 4 weeks. Before use make sure it comes to room temperature.

Assembly:

I assembled by adding a base layer of pudding, then cookie crumble, vanilla buttercream (piped from a piping bag), chopped peanuts, another layer of cookie crumbs followed by chocolate cake that my kiddo crumbled up herself and then one final layer of cookie crumble. I encourage you to try-out your own order of assembly though it should be noted that this order got rave reviews from the husband and kiddo.

Chocolate Hamantaschen

Cheesecake



Friends. I'm going to be real honest with you. Every year there are unspoken latke and hamantaschen 'wars' between Jewish/Kosher food bloggers. And yes, I have fallen victim to these 'wars' ever since starting this blog. I've tried to create the next great latke or the next great hamantaschen. I've spent hours carefully crafting, photographing and editing posts in the name of this 'competition'. It was kinda fun, but mostly exhausting. This year, however, I just wanted to make some cookies with my kiddo for no other reason than it's fun and we like cookies. Plus, this year there are some AMAZING hamantaschen out there like this one and this one. Oh, and THIS one! The savory ones are really having a moment. It's awesome. So, in the name of the kiddo's latest obsession,

pixie dust, we made these guys. They are tasty and they have TONS of sprinkles on them, but they aren't the prettiest hamantaschen I've ever made.







I'm not quite sure what started her new obsession with pixie dust but it is deep and it is real. We even made pixie dust necklaces one Sunday, which was just a little bit of pink sand in a tiny glass bottle on a sparkle lanyard. It's funny the obsessions that preschool-aged children have and how they come to be. Be it wanting to wear the same shirt every day or watch the same episode of Jake and the Neverland Pirates or wanting the same book every. single. night, there is a comfort in the

familiar for this age. I work very hard on being mindful of just how much newness she's encountered with on a daily basis being on 3 years old. It's hard as a parent; you get so sick of all the redundancy. But they need the familiarity of it all. They're little brains are taking in so much newness that the safety they find in the familiar is an easy and necessary comfort. And so, armed with every ounce of pink sprinkles and edible sprinkle hearts we had in the cupboard, we set out to make 'pixie dust' hamantaschen (which I later decided would need a name change for fear that if I advertised a recipe for 'pixie dust hamantaschen', I might get some seriously confused readers looking for a different kind of cookie, ifyouknowwhatimean). #saynotodrugs.



Cooking with my ladies.



Our pixie dust necklace – 1 tiny glass jar + pink sand + super glue + shimmery gold lanyard string.



My assistant being extremely intentional with every. single. sprinkle.

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