



sephardic meatballs

YIELD: 24 MEATBALLS

INGREDIENTS

- 1 pound extra lean ground beef (or vegan alternative)
- 1 egg (beaten)
- 1 tbsp dried onion flakes
- 1 tbsp breadcrumbs or Matzah meal
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp allspice
- salt and pepper to taste
- 24 oz can tomatoes (whole or diced) OR 1 bottle of strained tomato sauce
- 1 tsp sugar

PREPARATION

1. Mix together the beef (or other), egg, onion flakes, breadcrumbs and spices (reserving a little of each spice for the sauce).
2. Season with salt and pepper.
3. Form the mixture into balls 1 1/4 inch (3 cm) in diameter.
4. Place the tomatoes, sugar and a pinch of each of the spices in a saucepan and bring to a boil.
5. When the sauce is bubbling, add the meatballs one by one. Reduce the heat and simmer for 30 minutes.
6. Serve with rice.

namoura (orange cake)

INGREDIENTS

CAKE

- 2 cups almond flour
- 1 1/2 tsp baking powder
- 2 tbsp water or almond milk
- 1/4 cup of sugar
- 2 eggs
- 1 grated orange zest
- 1 tsp vanilla extract
- 1 tsp orange blossom flower water or orange zest from one orange

SUGAR SYRUP

- 1 cup granulated sugar
- 3-4 drops of lemon juice
- orange blossom flower water or orange zest from one orange

METHOD

1. In a separate bowl mix flour and baking powder
2. Mix sugar and eggs with a mixer until creamy
3. Add the almond flour slowly to the egg mixture (add water/ or almond milk if needed)
4. Add orange blossom flower water or orange zest and vanilla extract.
5. Bake at 350F 30/40 min square 20x20 baking pan, until you insert a knife and it comes out clean.
6. To prepare sugar syrup, add sugar to a sauce pan and add enough water so that it covers it by 1/2 cm
7. Bring sugar water to a boil until it becomes thicker and forms a syrup
8. Add orange blossom flower water or orange zest
9. After cake has cooled, pour sugar syrup over the cake