



ENGAGE 2021 –

Passover – Spiced Up

Virtual Cooking Class with

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Thursday, March 11, 2021



Menu:

Citrus Salad w/Olives
Roasted Asparagus with Za'atar Dressing
Saucy Yemenite Hawayej Pan-Roasted Chicken Thighs
Fresh Herb Quinoa

Citrus Salad with Olives

Serves 8

Ingredients:

Salad:

- 2 medium butter lettuce, torn by hand
- 2 medium avocados, peeled & sliced
- 3 medium naval orange, peeled and sectioned
- 2 medium grapefruit, peeled and sectioned
- 1/4 cup pitted kalamata olives, sliced the long way in half
- 1/2 cup toasted chopped pecans

Vinaigrette:

- 1/2 cup olive oil
- 1 tablespoon finely minced garlic
- 1/2 cup orange juice
- 1 tablespoon orange zest, finely grated
- 2 teaspoons Dijon mustard
- 1 teaspoon dried oregano
- 2 teaspoons sugar, honey or maple syrup

Directions:

1. In a medium bowl combine garlic, juice, zest, mustard, oregano and sugar. Slowly add oil and whisk well until dressing is light and creamy. Taste and adjust seasoning to your liking.
2. In a large bowl toss lettuce with 2-3 tablespoons of dressing, taste and adjust dressing. Arrange lettuce on a platter and then top with avocado and oranges sprinkle with sliced olives and chopped pecans. Drizzle additional dressing over the salad and serve.



Roasted Asparagus w/Za'atar Dressing

Serves 6

Ingredients:

For Asparagus:

1-pound fresh asparagus, washed and trimmed, whole stalks
1-2 tablespoon extra-virgin olive oil
salt and pepper, to taste

For Dressing:

1/3 cup freshly squeezed lemon juice
2 tablespoons Za'atar seasoning
2-3 tablespoons extra virgin olive oil
salt and pepper, to taste

Directions:

1. Roast the Asparagus: Heat oven to 400F and line a sheet pan with parchment paper.

Place the asparagus on the lined sheet pan, drizzle with olive oil and season with salt and pepper. Using your hands, gently roll the asparagus on the pan, coating it evenly with the oil and seasoning. Arrange the asparagus in a single layer and place in the oven to roast for about 15 minutes, depending on the thickness of the asparagus and how you like your asparagus done.

2. Make the Dressing: While the asparagus is roasting, whisk together in a small bowl the Za'atar with the lemon juice. Slowly drizzle in the olive oil, while continuing to whisk, until dressing is emulsified.

Taste the dressing and season with salt and pepper as needed. (the amount of salt and pepper will depend strongly on the flavor of Za'atar that you use)

3. Note: This dish is also wonderful with the addition of some crumbled feta, right before serving. If using the feta, additional salt will probably not be needed.

Saucy Yemenite Hawayej Pan-Roasted Chicken Thighs

Serves 6

Ingredients:

For Chicken Thighs:

12 medium chicken thighs, skin on, bone in,
(2 per person, depending on size) Salmon, halibut or Portobello mushrooms can be subbed as well.

2 tablespoons extra virgin olive oil

2 tablespoons Hawayej spice mix, (for soup, see resources)

Salt and pepper, to taste

For Sauce:

2 tablespoons extra virgin olive oil

1 medium onion, sliced thin

2 tablespoons minced garlic

1/2 teaspoon hot pepper flakes, (optional)

2-3 large Roma tomatoes, diced

1 1/2 cups diced butternut squash

2 tablespoons Hawayej spice mix, (for soup)

2 cups chicken stock

Salt and pepper, to taste

For Serving:

1/4 cup minced Italian Parsley, or cilantro, for garnish

Juice of one lemon

Directions:

1. Sear the Chicken: Place spices, olive oil and chicken thighs in a bowl and season with salt and pepper. Toss to combine well, massaging the spices into the chicken and underneath skin. (chicken can be left in fridge for a few hours or overnight).

Heat oven-safe non-stick 12" skillet with lid over medium-high heat. carefully sprinkle a drop or two of water to check if your pan is hot.

If the water sizzles and evaporate right away, your pan is ready.

Otherwise, wait a couple of minutes and repeat test.

When your pan is ready, place seasoned chicken thighs, skin side down in pan, making sure not to over-crowd them. You want them to sear, not steam! You may need to do this in 2 batches. Cook the thighs until skin is golden brown 4-5 minutes, then turn over and cook for a couple minutes more. Set the thighs aside on a plate.

Note: the thighs will not be done yet!

2. Make the Sauce: Into the same pan, add the additional olive oil as needed (you may have enough accumulated fat from the chicken rendering). Add the onion slices and sauté them until fragrant and translucent, 4-5 minutes. Add the garlic and pepper flakes and sauté for an additional 2-3 minutes, making sure not to burn the garlic.

Add the tomatoes, squash and Hawayej mix and stir gently to combine. Bring mixture to a boil and then deglaze with the chicken stock. Bring stock to a boil, stirring often and taste the sauce. Season with salt and pepper as needed.

3. Combine: Slide the seared chicken thighs into the sauce (it's okay if they are crowded), cover with the lid and bring to a boil. Reduce heat to bring the sauce down to a simmer and cook on stove top for 25-30 minutes, until chicken is done, and squash is tender. Timing will depend on the heat of your stove, the pan you are using and the size of your chicken thighs and cut vegetables.

4. Serving: Serve the chicken hot, with a drizzle of fresh lemon juice and a sprinkling of Italian parsley or cilantro.

This chicken dish is great served with a side that can absorb the juices, such as rice, mashed potato, couscous, pasta, grains, etc.



Fresh Herb Quinoa

Serves 6

Ingredients:

2 cups quinoa
2 tablespoons olive oil
3-4 cups vegetable broth, or chicken broth
2 tablespoons olive oil
2 medium shallots, finely diced
2 tablespoons minced fresh thyme
3 tablespoons minced fresh chives
1 cup currants
Salt and pepper

Directions:

1. In a medium Sauté pan heat 2 tablespoons of olive oil and then toast quinoa on medium heat until lightly browned. Add broth and season with salt and pepper. Bring broth to a boil, lower heat and simmer, covered, until all broth is absorbed, and quinoa is cooked through (about 20-25 minutes).
2. Heat 2 tablespoons of olive oil in a medium skillet then add shallots and thyme. Season with salt and pepper and cook on medium heat until it is golden and soft. Add the currants and stir to combine. Cook the mixture 3-4 more minutes, until currants are plumped and heated through.
3. Into a bowl fluff quinoa then add onion thyme and currant mixture, and fresh chives, mixing gently. Serve hot or at room temperature.
4. Serve hot or at room temperature.

