

# Flavors of Israel

with Chef Michael Solomonov



## Menu

Watermelon & Feta Salad

Chraime- Moroccan Fish Stew

Chocolate Almond Situation

### Watermelon & Feta Salad

*Serves 4*

½ small watermelon, rind removed and cut into 1-inch wedges (about 4 cups)

Kosher salt

1/3 cup pitted oil-cured black olives

1/4 cup olive oil, plus more for drizzling

½ cup crumbled feta

1/4 cup toasted pistachios, chopped

2 tablespoons chopped fresh mint

- Arrange the watermelon on a platter and season well with salt.
- Combine the olives and oil in a food processor and puree until smooth.
- Spoon the puree on the watermelon, then the feta, pistachios, and mint.
- Drizzle on a bit more oil.



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## Chraime-Moroccan Fish Stew

*Serves 4*

2 tablespoons olive oil

1 onion, diced

2 red bell peppers, diced

2 Italian long hot peppers, diced (remove the seeds for a less spicy dish)

1/4 cup ground Aleppo pepper

3 garlic cloves, sliced

1 cup crushed tomatoes

Kosher salt

1 (2-pound) whole red snapper or black grouper

3 parsley sprigs

3 cilantro sprigs plus 1/4 cup chopped fresh cilantro

- Preheat the oven to 350°F.
- Warm the oil in a large ovenproof skillet over medium-high heat.
- Add the onion, red bell peppers, long hot peppers, Aleppo pepper, and garlic. Cook, stirring frequently, until the vegetables have softened and the garlic has become fragrant, about 5 minutes.
- Add the crushed tomatoes, 1 teaspoon salt, and 2 cups water, and bring the mixture to a simmer.
- Season the fish aggressively inside and out with salt and stuff the cavity with parsley and cilantro sprigs.
- Put the fish in the skillet, cover tightly with foil, and bake until the fish is cooked through, about 30 minutes.
- Transfer the fish to a large cutting board and pull it into bite-size chunks, discarding the skin and bones. Fold the fish into the sauce, top with the chopped cilantro, and serve.



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## Chocolate Almond Situation (Gluten Free)

*Makes one 9-inch round cake*

8 tablespoons (1 stick) unsalted butter, softened

1 cup sugar

Big pinch salt

2 scant cups chopped dark chocolate (at least 60% cacao; 11 ounces), melted and cooled slightly

4 large eggs, lightly beaten

½ cup almond flour

- Preheat the oven to 375°F, with a rack in the middle.
- Oil a 9-inch round or square cake pan, line the bottom with a round of parchment paper, and oil the parchment.
- Combine the butter, sugar, and salt in the bowl of a stand mixer fitted with the paddle attachment (or use a hand mixer and a big bowl) and beat on medium-high speed until pale and fluffy, about 2 minutes.
- Add the melted chocolate and mix just until combined. Scrape down the sides of the bowl with a spatula and mix for another few seconds. With the mixer on low speed, add the eggs, one at a time, beating until each one is incorporated before adding the next. Scrape down the sides of the bowl again, then add the almond flour and mix on low until just incorporated, about 10 seconds.
- Pour the batter into the prepared cake pan and smooth the top with an offset spatula (the batter will be very sticky). Bake until a toothpick inserted in the center of the cake comes out clean, about 25 minutes.
- Let cool in the pan for 10 minutes before turning it out onto a wire rack to cool completely.



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