

# Cinnamon Rolls

Yields 6-7



United States

## Ingredients

### For the dough:

2 cups all-purpose flour  
2 tablespoons sugar  
2 teaspoons baking powder  
¼ teaspoon salt  
1 cup heavy cream (plus extra, as needed)  
1 egg

### For the filling:

3 tablespoons melted butter  
¼ cup white sugar  
¼ cup brown sugar  
1 teaspoon cinnamon

### For the Icing:

½ cup powdered sugar  
2 tablespoons heavy cream  
1 tablespoon melted butter  
Dash of vanilla

## Directions

Preheat the oven to 425° F.

### To make the dough:

In a large bowl, combine flour, sugar, baking powder and salt. In a separate bowl, beat heavy cream and egg, then pour into flour mixture and stir with a rubber spatula until a soft dough forms. If mixture is too dry, add more cream 1 tablespoon at a time.

Dump dough onto lightly floured surface. Pat into a round a quarter inch thick. Cover with a towel and let rest for 5 minutes. Gently form dough into a rectangle about a half inch thick. Then, with a lightly floured rolling pin, roll dough into a 10x8" rectangle, about a quarter inch thick.

### To make the filling:

Spread melted butter over the top. Combine white & brown sugar with cinnamon and distribute evenly over butter. Start rolling rectangle beginning with long edge, rolling tightly without pulling or stretching dough. Turn roll seam side down.

Cut the dough into 1½" rolls. Arrange in a greased round cake pan. Bake for 12-14 minutes.

### To make the icing:

Combine powdered sugar, heavy cream and vanilla. Mix until smooth. Drizzle over rolls while still hot. Serve warm.

# Shirley Temple

## Ingredients

Splash of grenadine

Ginger ale (you can also use Sprite, or a combination of both)

1 maraschino cherry

## Directions

Pour grenadine in glass, fill with ice, and add ginger ale to fill glass. Garnish with a maraschino cherry.

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**The United States has about 5.5 million Jewish people – second in Jewish population only to Israel.**

- Metropolitan areas with large Jewish populations include:

New York City

Miami

Los Angeles

Philadelphia

Chicago

San Francisco

Boston

Baltimore/Washington DC

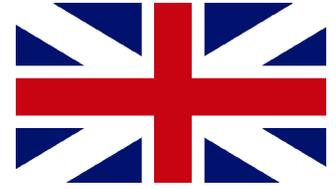
- There are more than 350 Jewish Community Centers in the United States
- The American Jewish population is largely Ashkenazi (Jews from France, Germany, and Eastern Europe), though there is also a sizeable population of Sephardic Jews (Jews from Spain, Portugal, North Africa, and the Middle East). There are also a small number of groups such as Mizrahi, Turkish, and Bukharan Jews.

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Recipe courtesy of Chef Melissa Lee – *Cooking Beautiful Lee* ([cookingbeautifullee.com](http://cookingbeautifullee.com)). Chef Melissa Lee, a JCC Discovery Club instructor, is a former journalist and a graduate of the Cambridge School of Culinary Arts. She has worked at Flour Bakery, Farmstead Table and Ming Tsai's Blue Ginger. Chef Melissa has taught at numerous culinary schools and community education centers in the Boston area.

# Scones

*Yields 12*



Great Britain

## Ingredients

2 cups all-purpose flour  
¼ cup sugar  
1 tablespoon baking powder  
¼ teaspoon salt  
1¼ cup heavy cream (plus extra, as needed)  
2 tablespoons cream or milk  
2 tablespoons sanding or granulated sugar

## Directions

Preheat oven to 425° F. In a medium bowl, whisk together flour, sugar, baking powder and salt. Make a well in the center and pour in heavy cream, folding gently with a rubber spatula until it comes together into a shaggy dough. If mixture is too dry, add more cream 1 tablespoon at a time.

Turn dough onto a lightly floured surface, and divide in half. Gently pat each half into a round disk about a half inch thick (do not knead). Cover with a towel and let rest for 5 minutes.

Using a knife or bench scraper, divide each round into 6 wedges and arrange on a parchment-lined baking sheet. Brush tops with cream and sprinkle with sugar. Bake 11-14 minutes or until puffed and golden-brown underneath.

For variations, add any of the following to flour: ½ cup of raisins or other dried fruit; mini chocolate chips; chopped crystallized ginger; one teaspoon grated citrus zest or ground spices (i.e. cinnamon).

# Raspberry Jam

## Ingredients

8 ounces sugar  
1 teaspoon pectin  
14 ounces fresh or frozen raspberries

## Directions

In a bowl, combine sugar and pectin. Add raspberries to a saucepan and bring to a boil, then add sugar and boil for 3-4 minutes.

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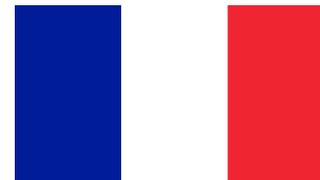
**England is famous for having a queen – Elizabeth! Did the Jewish people ever have kings and queens?**

1. King Saul – first king of Israel
2. King David – second king of Israel, famous for making Jerusalem its capital
3. King Solomon – third king of Israel, famous for building the second Temple in Jerusalem
4. King Ahashverosh and Queen Esther – ruled over the land of Shushan (now Persia), which we learned in the Purim story

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# Crêpes



France

## Ingredients

9 eggs  
1 ½ cups milk  
¾ cup heavy cream  
1 ½ teaspoon vanilla  
1 ½ cups all-purpose flour  
¼ teaspoon salt  
6 tablespoons confectioners' sugar

## Directions

Combine all ingredients into a blender. Process until smooth.

Heat a skillet over medium-high heat and brush with oil. Pour ¼ cup of batter into pan, tilting to completely coat surface of pan. Cook 2 to 5 minutes, turning once, until golden. Remove onto a plate and repeat with remaining batter.

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# Easy Hot Fudge Sauce

## Ingredients

1 (14 ounce) can sweetened condensed milk  
4 ounces semisweet chocolate  
2 tablespoons butter (no substitutes)  
1 teaspoon vanilla extract

## Directions

Heat a saucepan over medium-low heat. Add milk, chocolate, and butter and cook, stirring until chocolate and butter melt. Remove pan from heat and stir in vanilla.

## A Jewish crepe is called a blintz!

- Blintzes originated in Europe – Jewish immigrants brought them over to the US
- They became popular about 200 years ago
- ‘Blintz’ is the Yiddish term for ‘crêpe’
  - ~ Yiddish is a language spoken by many European Jews
  - ~ It’s a mixture of German with some Hebrew, as well as words from other modern languages
  - ~ It is spoken today in North America, Israel, and Russia
  - ~ Other common Yiddish words:
    - Schlep (carry)
    - Schmooze (a long, friendly chat)
    - Schmutz (a trivial amount of dirt)
    - Chutzpah (the nerve)

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# Raspberry-Rose Petal Turnovers

*Yields 4*



Turkey

## Ingredients

2 boxes frozen puff pastry  
4 cups fresh raspberries  
4 tablespoons raspberry jam  
2 tablespoons rose petal jam

2 tablespoons cornstarch  
1 egg  
2 teaspoons whole milk  
Sanding sugar or granulated sugar,  
to sprinkle

## Directions

Preheat oven to 350°F. Lightly flour work surface. Roll puff pastry into a 12x12" square, divide into 4x4" squares. Refrigerate until ready to use.

To make filling, gently toss together raspberries, raspberry jam, rose petal jam and cornstarch in a large bowl.

Remove pastry squares from refrigerator. Place 1 tablespoon of filling in center of square. Whisk together egg and milk to make egg wash, and brush two sides lightly with it. Fold dough over to form a triangle, leaving a ½-inch border. Press edges together firmly and crimp perimeter with a fork to seal. Repeat with remaining squares.

Brush remaining egg wash over each turnover. Cut two small slits in the center to allow steam to escape. Sprinkle sugar on top. Arrange turnovers on a parchment-lined baking sheet, two inches apart. Bake until golden brown and crisp at the edges, 30 to 35 minutes. Allow to cool on baking sheet.

Enjoy warm or at room temperature.

## Turkey has a small but mighty Jewish population, with most of its Sephardic Jews living in Istanbul.

- A weekly newspaper called Salom ('Shalom,' in Turkish) is published and available throughout Istanbul
  - ~ Salom is a Turkish language publication that also contains a page of news and features in Ladino, a language based on medieval Spanish, with some Greek, Hebrew, and Turkish mixed in
- Salom is celebrating its 70<sup>th</sup> anniversary this year

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# Easy Pizza Dough

*Yields two 6" pizzas*



Italy

## Ingredients

1 cup self-rising flour\*  
1 big pinch of salt  
1 big pinch garlic powder  
1 6-ounce container plain Greek yogurt  
Water, as needed

\*Self-rising flour already has baking powder and salt in it – if you don't have any, for 1 cup all-purpose flour, add 1½ teaspoons baking powder and ¼ teaspoon of salt, and mix well.

## Directions

Preheat oven to 500°F. In a bowl, whisk together flour, salt, and garlic powder using a fork. Add yogurt and mix well. When dough forms a ball, dump onto counter and knead 3-4 times until smooth. Form into a ball. If mixture is too dry, add water 1 tablespoon at a time to bring dough together.

Roll out dough into a 6" round. Transfer to a baking sheet lined with parchment paper or foil.

Top with pizza sauce, cheese, and any other desired toppings. Bake for 10-12 minutes or until nicely browned.

# Homemade Pizza Sauce

*Yields roughly 4 cups, enough for 8 medium pizzas (depending on how much sauce you like)*

## Ingredients

4 cloves garlic	1 teaspoon balsamic vinegar, plus more to taste
1 (14.5-ounce) can whole or diced tomatoes	$\frac{3}{4}$ teaspoon salt
2 tablespoons olive oil	Freshly ground black pepper, to taste
1 teaspoon sugar	

## Directions

Pulse garlic 2-3 times in bowl of food processor until coarsely chopped. Add remaining ingredients, and purée until completely smooth, stopping to scrape down sides of bowl as needed.

**Chef's Note:** refrigerate unused sauce for up to a week, or freeze up to three months. To freeze, spoon into muffin tins and freeze until solid. Pop out of mold and transfer to a freezer-safe container. Thaw overnight before using on pizza, or microwave cubes in 30-second bursts until they melt.

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## Jews have lived in Italy since ancient times.

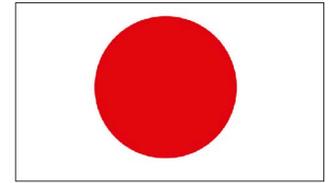
- The very first Jews in Italy were sent by Judah Maccabee, who was the leader of the Jews in the Chanukah story.
- Judah was looking for people to help the Jews in a war with the Syrian-Greek King.
- He sent people from Israel's Jewish community to Rome, Italy's capital, to ask for help.
- Some people never came back! Instead, they established the first Jewish settlement in Italy.

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# Tofu bags (inari-zushi)

*Yields 6 bags*



Japan

## Ingredients

- 1 pack of inari-zushi (tofu pouches)
- 6 dried shiitake mushrooms
- 2 big carrots, shredded
- 1 tablespoon sugar
- 1 tablespoon mirin
- 1 tablespoon Japanese soy sauce (Shoyu)
- 1 tablespoon sake (optional)
- 2 cups short-grain Japanese sushi rice
- ½ cup sushi vinegar (optionally mix in some Dashi powder for umami flavor)

## Directions

### To cook rice:

Place rice in a fine sieve over a bowl of water. Agitate, changing the water at least 3 times until it runs clear. Drain rice well.

For best results, cook rice in a rice cooker. Allow rice to rest and steam for 20 minutes, then invert into a large bowl. Fold in vinegar with a rubber spatula, trying to avoid squashing the grains and releasing their starch.

Taste for a pleasantly sweet-acidic edge. Add more vinegar to taste.

Cover rice with a damp towel. Let rest for 20 minutes to develop flavor.

### Assembling the Inari-Sushi:

Soak dried shitake mushrooms in a bowl of warm water for at least 30 minutes. Drain, reserving liquid. Cut off the stems and finely chop the caps.

Pour some of the mushroom soaking liquid into a saucepan. Add sugar, mirin, soy sauce and sake and bring to a boil. Add carrots and mushrooms and simmer for a few minutes until almost all of the liquid is absorbed. Remove from heat and let cool.

While rice is still warm, fold in the cooked carrot and shiitake.

Wet hands with vinegar and form the rice mixture into bite-sized, oblong shapes. Stuff a ball of rice into each inari-zushi bag and fold in the edge (optional). Leave the tofu bag open and garnish with salmon roe and a slice of cucumber (optional).

# Manchego Cheese Fritter



Spain

## Ingredients

1 cup water  
1/2 cup butter  
1/4 teaspoon salt  
1 cup all-purpose flour  
3-4 eggs  
Chives, finely chopped  
4 oz Manchego cheese  
Vegetable oil, for frying

## Directions

Combine water, butter and salt in a saucepan and bring to a boil over high heat. Using a wooden spoon, stir in flour. Reduce the heat to low and stir vigorously until the mixture forms a ball, about 1 minute. Remove pan from heat and, while stirring constantly, gradually beat the eggs into the dough. Add chives and shredded Manchego cheese to the dough.

Heat about 2 inches of oil in a heavy pot over medium-high heat until the oil reaches 360F (or a wooden spoon bubbles when inserted into it). Scoop balls of batter and fry until golden. Transfer to a plate lined with paper towels to drain and cool.

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# Churros and Chocolate Sauce

## Ingredients

### For churros:

1 cup water  
1/2 cup butter  
1/4 teaspoon salt  
1 cup all-purpose flour  
3~4 eggs  
Vegetable oil, for frying  
1/4 cup sugar  
1/4 teaspoon ground cinnamon, optional

### For chocolate dipping sauce:

8 ounces semisweet chocolate  
1/2 cup heavy cream

## Directions

To make churro dough: Combine water, butter and salt in a saucepan and bring to a boil over high heat. Using a wooden spoon, stir in flour. Reduce the heat to low and stir vigorously until the mixture forms a ball, about 1 minute. Remove pan from heat and, while stirring constantly, gradually beat the eggs into the dough. Combine sugar and cinnamon on a plate set aside.

Heat about 2 inches of oil in a heavy pot over medium-high heat until the oil reaches 360F (or a wooden spoon bubbles when inserted into it).

Meanwhile, spoon churro dough into a piping bag fitted with a large tip. Squeeze a 4-inch strip of dough into the hot oil. Repeat, frying 3-4 strips at a time and turning them once. Fry until golden brown, about 2 minutes per side. Transfer cooked churros to a plate lined with paper towels to drain and cool - do not dip into cinnamon sugar while piping hot.

When the churros are just cool enough to handle, roll them in the cinnamon-sugar (in Spain, churros are simply rolled in sugar).

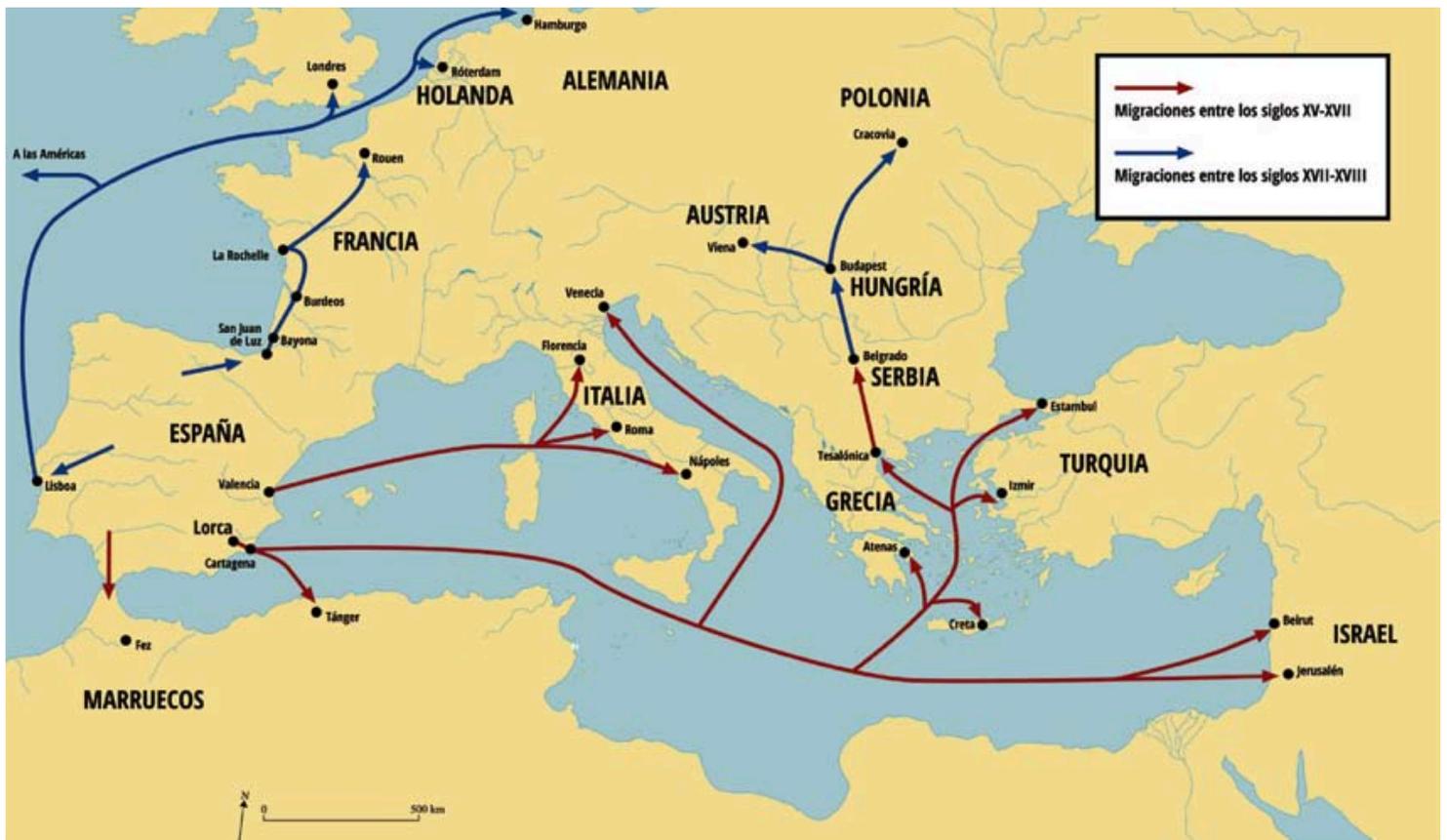
To make chocolate dipping sauce: heat chocolate chips and heavy cream over a double boiler (bowl over a saucepan of simmering water) until smooth and warm, stirring occasionally.

Pour the chocolate into individual bowls or cups. Serve warm churros with chocolate dip.

*Recipe courtesy of Chocolateria San Gines, Madrid, Spain*

## The Hebrew word for Spain is Sefarad

- A blend of Hebrew and Spanish is called Ladino
- The Ladino word for fritter is bimuelo (pronounced bim-way-lo), which is almost like a latke
- There used to be more Jews in Spain, but many of them have moved to places like Morocco, Israel, and Turkey
  - ~ Red arrow: migrations from the 15<sup>th</sup>-17<sup>th</sup> century (1400-1600 CE)
  - ~ Blue arrow: migrations from the 17<sup>th</sup>-18<sup>th</sup> century (1600-1700 CE)



# Scallion Pancakes



China

## Ingredients

### Pancakes:

2 cups all-purpose flour, plus extra for dusting work surface  
1 cup boiling water  
Up to ¼ cup toasted sesame seed oil  
2 cups thinly sliced scallion greens

### Dipping Sauce:

2 tablespoons soy sauce  
2 tablespoons Chinkiang or rice wine vinegar  
1 tablespoon finely sliced scallion greens  
½ teaspoon grated fresh ginger  
2 teaspoons sugar

### To Cook:

¼ cup vegetable oil  
Kosher salt

## Directions

### To make pancakes:

Place flour in the bowl of a food processor. Blitz for 15 seconds while slowly drizzling in ¾ of the boiling water. If dough rides around the blade and does not come together, drizzle in more water one tablespoon at a time just until it comes together. Transfer to a floured work surface and knead a few times to form a smooth ball. Transfer to a bowl, cover with a damp towel or plastic wrap, and allow to rest at room temperature for 30 minutes, or up to overnight in the fridge.

On a lightly floured work surface, divide dough into four even sections and roll each piece into a smooth ball. Working one at a time, roll into a disk roughly 8 inches in diameter. Using a pastry brush, paint a very thin layer of sesame oil over the top of the disk. Roll disk up like a jelly roll, then twist roll into a tight spiral, tucking the end underneath. Flatten gently with your hand, then re-roll into an 8-inch disk.

Paint with another layer of sesame oil, sprinkle with ½ cup scallions and roll up like a jelly roll again. Twist into a spiral, flatten gently, and re-roll into a 7-inch disk. Repeat steps two and three with remaining pancakes.

Heat oil in an 8-inch nonstick or cast-iron skillet over medium-high heat until shimmering and carefully slip pancake into the hot oil. Cook, shaking the pan gently until first side is an even golden brown, about 2 minutes. Carefully flip with a spatula or tongs (be careful not to splash the oil), and continue to cook, shaking pan gently, until second side is even golden brown, about 2 minutes longer. Transfer to a paper towel-lined plate to drain. Season with salt, cut into 6 wedges. Serve immediately with sauce for dipping. Repeat with remaining 3 pancakes.

**To make sauce:**

Combine all the sauce ingredients and set aside at room temperature.

**Did you know that there are over 5 million Jewish people living in China?**

There are even kosher restaurants in Beijing, Shanghai, and Hong Kong.

Jewish people originally ended up in China because of the Silk Road, a route that people used for international trade between the East and West.

# Paeng Ji Kluai



Thailand

## Ingredients

1 cup mashed overripe banana (3 medium bananas)  
1 cup unsweetened dried coconut flakes  
½ cup glutinous rice flour  
2 tablespoons granulated sugar  
2 tablespoons packed light brown sugar  
⅛ teaspoon salt  
Vegetable or coconut oil for cooking

## Directions

In a bowl, whisk together banana, coconut, flour, all sugar and salt until a thick, sticky batter forms.

Let batter sit for fifteen minutes at room temperature to soften coconut.

Grease griddle or nonstick skillet with oil and heat over medium heat. Place tablespoonfuls of batter on surface, at least 1 inch apart. Press down on batter with a moistened spatula to form round cake with 2-inch diameter.

When cakes are golden-brown on the underside (about 1-2 minutes), flip over and cook second side about 2 minutes longer. Cakes should be brown on both sides and firm on the inside. Remove from pan and cover loosely with clean towel. Repeat with remaining batter, continuing to grease pan as needed.

Let cakes cool slightly and serve.

## Jews in Thailand

Jews have always been welcomed in Thailand. Today's small Jewish communities are in Bangkok, Chiang Mai, Phuket, and Ko Samui. Most of the Jews are Ashkenazi descendants of refugees from Russia and the Soviet Union.

The Chabad house in Bangkok was an important center of disaster relief after the 2004 tsunami.

Half of Thailand's cultivated land is devoted to growing rice. There are 16 million rice farmers in Thailand, some of whom are Jewish.

# Chocolate Brigadeiro

Yields 20 balls

These Brazilian treats are like a cross between chocolate fudge and chocolate truffles. They're easy to make and can be topped with anything — chocolate sprinkles, nuts, espresso, cocoa powder, peppermint, sanding sugar, or shaved coconut!



Brazil

## Ingredients

2 tablespoons unsalted butter, plus more for hands  
1 (14-ounce) can sweetened condensed milk  
½ cup cocoa powder  
Pinch Kosher salt  
3 ounces chocolate sprinkles (see chef's note)

## Chef's Note:

For sprinkles, try to find chocolate vermicelli by Guittard or Callebaut (real chocolate instead of waxy, shortening-based sprinkles). If you can't find any, try finely chopping or grating some chocolate.

## Directions

Melt butter in a saucepan over medium-low heat, then stir in sweetened condensed milk, cocoa powder and salt.

Cook mixture, stirring, until very smooth and slightly thickened, 10 to 12 minutes. Transfer to a bowl and chill about 30 minutes.

With greased hands, roll 20 tablespoon-sized balls, then roll each ball into toppings. Keep refrigerated until ready to serve.

# Brazilian Banana Milkshakes

## (Leche con Plátano)

Yields 2

### Ingredients

2¼ cups milk (2-3% fat)  
2 scoops vanilla ice cream  
4 bananas, chopped  
100 ml whipping cream, whipped (or plain old whipped cream)  
Pinch cinnamon  
Dried banana chips  
Fresh cherries

### Directions

Blend the milk, ice cream and bananas in a blender until smooth. Pour into a tall glass.

Top with whipped cream and garnish with a pinch of cinnamon, banana chips and a cherry. Serve immediately with a fun straw.

### Jews in Brazil

Samba is a popular form of dance created by African people in Brazil; they brought their music and dance culture with them when they arrived in Latin America. Today, there are many kinds of samba — solo, partner and group dances. Every year during Carnival (a festival that celebrates Brazil's melting pot culture), Brazilians dance in samba parades.

Brazil is home to about 120,000 Jews, many of whom live in Sao Paolo. During Carnival, Jews can also be found dancing Samba, which is reminiscent of Israeli dancing. Two Ashkenazi Jews (Ronny Potolski and Jairo Rozen) are songwriters and composers for a samba school.



# Warm Butter Hummus



Israel

## Ingredients

2 cans chickpeas (or 3 cups freshly cooked chickpeas)  
2 cloves garlic, smashed and peeled  
3 tablespoons freshly squeezed lemon juice plus ½ teaspoon freshly grated zest  
½ teaspoon ground cumin  
1 teaspoon kosher salt  
6 tablespoons butter, melted  
6 tablespoons olive oil (plus additional, for drizzling)

## Directions

Dump the chickpeas and their liquid into a microwave-safe bowl and microwave them until they're hot (2-3 minutes). Drain the chickpeas and reserve ½ cup of the liquid.

In the bowl of a food processor fitted with the steel blade (or in a blender), whir together the chickpeas, 3 tablespoons of the reserved liquid, garlic, lemon juice and zest, cumin, and salt.

With the motor running, drizzle in the butter and oil and process until creamy and light. Add another tablespoon or two of the chickpea liquid if the hummus seems too stiff. Taste it and add more salt, lemon juice, lemon zest, or garlic if the flavor needs a boost.

Scoop into a bowl, drizzle with olive oil, and serve with raw vegetables and pita chips for dipping.

# Za'atar Puff Pastry Sticks

## Ingredients

- 1 (17.3-ounce) package frozen puff pastry sheets, thawed
- 1 cup freshly grated Parmesan
- 1 teaspoon Za'atar
- 1/4 teaspoon garlic powder
- 1/4 cup butter, melted

## Directions

Preheat oven to 400 degrees F. Lightly grease a baking sheet.

On a lightly floured surface, unfold pastry sheets. Cut each sheet into 13 strips, about 3/4 by 10-inches apiece.

In a shallow dish, combine cheese, basil, and garlic. Brush pastry sticks with melted butter. Roll pastry in cheese mixture, lightly coating each side. Gently twist pastry sticks, and place on a prepared baking sheet. Bake for 12 minutes. Remove to wire racks to cool.

## **The State of Israel was established in 1948 – it turned 70 in 2018**

- Jewish people have lived on the land since ancient times
- The capital of Israel is Jerusalem, and the next biggest city is Tel Aviv
- Israel is home to many climates, including a large desert, coastal regions, and mountains – so there are almost 3,000 different types of plants growing in Israel