

## CORNERSTONE 2019 RESOURCE

### Israeli Culture Experience – Part 1 *Specialty Track*

<b>AUTHOR(S):</b>	Tomer Moked
<b>SUMMARY:</b>	How can food tell our story? How can we use cooking in camp to create an educational experience? 3 course meal of Storytelling... Come hungry and open minded. – Submitted by Tomer Moked
<b>TOPIC(S):</b>	Democracy, Israeli culture through food, diversity
<b>LEARNING OBJECTIVE:</b>	<ol style="list-style-type: none"> <li>1. Introducing creative ways to bring Israeli food and open discussion to the same table.</li> <li>2. Introducing conflict of opinions and social challenges in the Israel.</li> </ol>
<b>AUDIENCE:</b>	Age: 10 and up, 10-25 participants, staff training
<b>TIMING:</b>	90 Min
<b>APPENDICES:</b>	<p>Handout 1 - Israeli Culture Experience - Topic Menu            Handout 2 - <a href="#">Welcome to Eatwith</a>            Handout 3 - <a href="#">Shakshuka Recipe</a>            Handout 4 - <a href="#">Wikipedia Music Video</a>            Handout 5 - Wikipedia lyrics</p>

<p><b>MATERIALS NEEDED:</b></p>	<ul style="list-style-type: none"> <li>• Mint Tea bags/Coffee</li> <li>• Hot water/ Kettle</li> <li>• Cups</li> <li>• Projector + Speakers</li> <li>• Flip chart</li> <li>• Plastic Plates 50</li> <li>• Plastic forks, knives, spoons 50</li> <li>• 50 cups for hot tea</li> <li>• Fresh Mint</li> <li>• Plastic gloves</li> <li>• 2 stoves / 2 hot plates</li> <li>• 2 Pots</li> <li>• Chef Knife</li> <li>• Wooden Spoon</li> <li>• Serving spoon</li> <li>• 150 Napkins White</li> <li>• 2 large frying pans</li> <li>• Soap and sponge to clean the pots after cooking</li> <li>• Kitchen towel</li> <li>• Blue tablecloths 10</li> <li>• Olive oil</li> <li>• 4 Large Onions diced. 10 cloves garlic, minced</li> <li>• 4 medium red bell pepper, chopped</li> <li>• 6 cans (14 oz. - 400g each) diced tomatoes</li> <li>• Small can/ 10 tbsp tomato paste</li> <li>• 4 tsp chili powder</li> <li>• 4 tsp ground cumin</li> <li>• 4 tsp paprika</li> <li>• chili flakes, to taste</li> <li>• 1 cup sugar</li> <li>• salt and black pepper</li> <li>• 36 eggs</li> <li>• fresh parsley</li> </ul>
<p><b>SET-UP DETAILS:</b></p>	<p>Kitchen, Large room, A chair for each participant</p>

### SESSION TIMELINE & OUTLINE:

**Set up:**

Precook the Shakshuka Tomato base. Set up the tables with tablecloth, plates etc.

### **Opening: (10 min)**

- Welcome the participants, explain about the Eatwith Movement that is thriving in Israel, and show the video - Handout 2. You can invite the participants to try the Eatwith website and search for a meal in TLV, just for fun...
- Show Shakshuka Video - Handout 3.

### **When Shakshuka meets Wikipedia: (20 min)**

Invite the participants to join you in the kitchen and show them how to cook Shakshuka. You may explain about the base and then use your pre-cooked one, or- in a smaller group you can cook it on spot. We break and add the eggs to the tomato sauce cover the lids and let it cook for 4-6 min.

Explain that every Israeli thinks they make the best Shakshuka and each has their own version, so they should feel free to come up with their own, when they make it. It is also a dish that symbolizes the diversity and mixture of the Israelis, through their background.

While the eggs cook, hand the participants Handout 5 - Wikipedia lyrics, allow them to read it and show them the video (Handout 4).

Divide them to groups of 4 and allow them to discuss the questions in Handout 5.

### **Main Activity: Dine and discuss (50 min)**

Serve each team a taste of the Shakshuka and some fresh bread.

As they are eating, hand them handout 6 and ask them to choose a topic and share their opinions on the matters.

Serve them fresh mint tea.

### **Final discussion (10 min):**

Bring participants back together and share their thought and experiences from dining together and sharing their thoughts and stories with each other.