

Sharsheret in the Kitchen:
Easy Healthy Recipes from My Israeli Table
with Rachel Renov

National Webinar Transcript

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Presented by:



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Jessica Jablon:

I want to welcome all of you. We're so excited to have you join us today for Easy Healthy Recipes From My Israeli Table, with Danielle Renov, the author of Peas Love and Carrots: The Cookbook. I'm Jessica Jablon. I'm the California program coordinator at Sharsheret. For those of you who don't know about Sharsheret, we help women and families facing breast and ovarian cancer, as well as those who are at elevated genetic risk through free, confidential, and personalized support and resources.

Jessica Jablon:

We also provide health education throughout the country. One of our goals during COVID is to make sure that we are offering healthy living and cancer prevention information to you during this hard time, and giving you what support you need. In addition to our virtual services that can be found on our website or by emailing us, you can also access prior webinars on a range of cancer related topics, as well as access our calendar of upcoming virtual programs through our website.

Jessica Jablon:

Before we begin, a few housekeeping items. Today's webinar is being recorded and will be posted on Sharsheret's website. Participants' faces and names will not be in the recording. If you would like to remain private, you can turn off your video and rename yourself, or you can call into the webinar. Instructions are in the chat box now for both options. You may have noticed all participants were muted upon entry, please keep yourself on mute throughout the call. If you have questions for Danielle, please put them in the chat box either publicly or click on Sharsheret in the chat box to submit a private question.

Jessica Jablon:

So, this is the fifth program in our Sharsheret in the Kitchen series, an initiative in partnership with Cedars-Sinai here in Los Angeles to incorporate healthy meals into our Jewish holidays. The recordings for our first four Sharsheret in the Kitchen programs are on our website. Most recently, we spoke with a registered dietitian, Ilana Muhlstein, founder of 2B Mindset about recipes and tips for a healthier Passover.

Jessica Jablon:

You should have received the recipes for today's program in advance. My colleague is putting them in the link in the chat box so you can download and print them or see it on your screen. We want to thank our generous sponsors, Cedars-Sinai, the cooperative agreement DP 19-1906 from the Centers for Disease Control and Prevention, Merck, and Seagen. We are incredibly grateful to our sponsors for helping make this program so successful.

Jessica Jablon:

At Sharsheret, we help women and families facing breast or ovarian cancer from before diagnosis, to newly diagnosed, to during treatment, to survivorship and beyond. Our social workers and genetic counselor help make connections to our programs and resources in ways that feel most comfortable to each person who contacts us. We have been creating Sharsheret communities through social media as well.

Jessica Jablon:

In addition to our general social media accounts on Facebook at Sharsheret, and @sharsheret1 on Instagram, where you can find information about resources and programs, we also have three private Facebook groups that are monitored by Sharsheret social workers. The Margot Rosenberg Pulitzer and Sheri Rosenberg Embrace Program's Embrace Community Facebook group is for those living with metastatic breast or recurrent ovarian cancer. This page is sponsored by Eisai's MBC Info Center, Daiichi Sankyo and Lilly Oncology, AstraZeneca, Novartis, and Seagen.

Jessica Jablon:

The Sharsheret Support Community Facebook group is geared toward those at all stages of breast or ovarian cancer, from newly diagnosed through survivorship. The Spungen Family Focus program caregiver community Facebook page helps caregivers, partners, daughters, sisters, mothers, support their loved ones during a time that can feel overwhelming. These are safe spaces to share thoughts, questions, and experiences with others who are in similar situations. We encourage sharing of involvements, thoughts and questions knowing that other members of these communities are experiencing similar challenges, hardships, moments of laughter, and life-changing insights.

Jessica Jablon:

One of our social workers heard from one of our callers that she had made her own peer support match in our Facebook group for women currently going through treatment and survivorship. This woman was about to begin radiation and wanted to speak to someone after a similar surgery. One of our peer supporters saw the post and commented that she'd love to connect with her. They spoke on the phone and were both so blown away by how perfect the connection was, and how organic it felt that they both reached out to Sharsheret to share this story with us. While we make peer support matches every day, we love to see that we've created a community where you can also make your own connections.

Jessica Jablon:

Additionally, we've also heard from a few women who are more private, which we completely understand. For them, we offered to post anonymous questions so they can still benefit from the wisdom shared in these groups. If this sounds like you, please feel free to share an anonymous question with one of our social workers so we can post it on your behalf. If you are interested in finding out about which Facebook group is right for you or about Sharsheret's other many free, confidential, and personalized services, please email us at clinicalstaff@sharsheret.org or visit our website at sharsheret.org.

Jessica Jablon:

So, we had a speaker lined up to share her story with you this morning, but unfortunately Rifka is under the weather and woke up without her voice. So instead, her amazing husband, Jack, has generously offered to share her story with us. Jack.

Jack:

Hey, good afternoon and thank you guys. Thanks Sharsheret for inviting my wife here today. What I'll be doing is just sharing her story and telling you a little bit about her. So my wife's name is Rifka Coleman and she's a mom, she's a wife, and she is a breast cancer survivor. About a year ago she was diagnosed, it was actually a year ago this month. She had no family history of breast cancer and she was only 37 at the time. So, she just one day while she was in the shower she just found a lump. And because of her age, the doctors didn't think it was anything to worry about, but after several tests and visits to the

doctor she was diagnosed with stage IIA triple-negative breast cancer. So, her IV chemo started and treatment plans look different for each and every patient, but for her it started with IV chemo and she had four different chemo drugs administered over 20 weeks.

Jack:

She went every day or every week, one day each week for six to eight weeks to receive treatment. It stretched from March all the way into August. After that, she had surgery in September and that helped to ensure that the original tumor was removed. She had to allow the incisions to heal before starting radiation. Radiation took place over six weeks, October through November, and you go every single day to an office to get radiation in the areas of concern. She luckily ended that treatment just before Thanksgiving, and she was supposed to start her next phase of treatment in December, but she did get COVID for Hanukkah, that was zero fun. So, that delayed the treatment for a whole month. So she had to have several negatives in order just to be able to start treatment over again.

Jack:

At the beginning of the new year she was able to start her current treatment plan of oral chemotherapy. Luckily on that medication losing her hair is not one of the side effects. So, the regimen will last through July and hopefully we'll end her active treatment and she will go into maintenance mode, and she'll have to have checkups every six months for the rest of her life, just to make sure that everything's clear. So, but during this past year, which was grueling for her, Sharsheret has been with her. They've helped to provide her with a wig, a busy box for her kids, for our kids, filled with toys and games. There were awesome paintings Zooms and a painting Zoom class during the quarantine that was so much fun for our daughter and my wife.

Jack:

They also have so many other resources and kits for survivors. She found out about Sharsheret because she's Ashkenazi and evidently there is a connection with genetics. So thankfully she does not carry the gene mutation. So from an advice perspective with cancer, you cannot control much. You can't control your treatments or side effects, but you can control your reaction. Maintaining a healthy diet and regular exercise along with keeping a positive mindset will help you get through and keep you thriving on the other side of all of it. So, that's my wife's story and it's going to be different for everybody, but we'd like to thank Sharsheret so much for inviting us here to share.

Jessica Jablon:

Thank you so much Jack for sharing Rifka's inspiring story with all of us and for being such a support. She's so lucky to have you to support her in her experience. We're just incredibly appreciative of both of you and your support of Sharsheret. We wish her a speedy recovery from how she's feeling right now.

Jack:

Thank you so much.

Jessica Jablon:

Thank you. So whether you're here because you were looking for healthy, special ways to celebrate Yom Ha'atzmaut, Israeli Independence Day, which starts later this week, or whether you're here because you simply enjoy Israeli food and are looking for easy recipes, or because you're a fan of today's speaker and love cooking, we're excited that you're here and we're thrilled to introduce Danielle Renov, the author

of the amazing Peas, Love and Carrots: The Cookbook. We also want to thank Danielle's publisher ArtScroll Mesorah Publications for donating one copy of Peas, Love and Carrots: The Cookbook to one of our lucky registrants. I will email the winner to let them know to expect it.

Jessica Jablon:

I wanted to share I bought Danielle's cookbook a few months ago and it is gorgeous, like a beautiful coffee table book filled with recipes, mouthwatering food along with wonderful fun commentary. So I'm really excited about today's program.

Jessica Jablon:

Danielle is joining us all the way from Israel to share her recipes with us at today's Sharsheret in the Kitchen. Danielle Renov is the blogger, influencer behind the popular brand website, peaslovenicarrots.com and Instagram account @peaslovenicarrots from her kitchen in Israel. She creates delicious and approachable recipes, lifestyle tips and hacks, and shares all things motherhood and family related, but mostly it's food. Half Moroccan and half Ashkenazi, Danielle was born and raised in Long Island, New York. Soon after their wedding, she and her husband Eli moved to Israel where they've lived with their children ever since. Danielle is a living melting pot of the cultures she was born into and those she now lives among. The Machane Yehuda Shuk in Jerusalem is where she spends her days wandering its alleyways, chatting up vendors and making new friends. Danielle has created a community where all are welcome, no matter who they are or where they come from. Food is the medium she uses to express her love for those around her, and she's looking forward to bringing more peas and love into the world by helping others gather people around tables everywhere, filled with yummy food and happy tummies. Danielle, I'll turn it over to you.

Danielle Renov:

Hi everyone. Hi. Hi. I'm Danielle from Peas Love and Carrots. It is so strange to hear someone read your bio out. I actually had a really hard time writing that and I didn't end up writing it. I sent it to the copywriter for ArtScroll to write because I don't know how anyone writes their own bio. It's very intimidating. They were like, "Well, what have you done?" I was like, "No, nothing, nothing." I could not [inaudible 00:11:56], I could nothing.

Danielle Renov:

Anyway, first things first. Thank you so much Jessica for bringing me here. I do have a story at some point about Sharsheret, a beautiful story, and it's the reason I said yes to this specific demo. So, thank you so much for bringing me here today. I really believe in what your organization does. I think it's essential for ... People call it a women's issue, but I think actually breast cancer goes both ways and it affects everybody. Even if it just affects women, it affects all those around her, which is men and women. I think it really is an incredible full service organization, which is part of what makes it so special.

Danielle Renov:

Also, Jack, your story was amazing. That was the most succinct telling of a story. I'm listening and I'm like, "He's so strong." He's just saying it, and you stop. I was like there's probably so much that went into okay, those six weeks, from October and November, he's like, "October, November." But those were probably very loaded weeks. The way you explained it and gave it over, I'm sure it was only a tiny

glimpse of what you both went through. I really wish you refuah shlema and you should keep being there for your wife because that was really inspiring to see.

Danielle Renov:

Okay. I'm really, really excited to be here with you today, showing you some Israeli recipes. I grew up Moroccan actually. Well, I am Moroccan. I moved to Israel and we didn't really eat very much Israeli food. The extent of my Israeli food knowledge was trips to Israel and it was falafel, and shawarma, and Mekupelets, those chocolate bars that look like logs of trees. That was the ... Oh, and Bamba. Those were the four foods I most associated with Israel, but I really liked all of them. So, in my mind I was like, "Yeah, I love Israeli food. It's awesome."

Danielle Renov:

Then I moved here and I really was immersed in the culture. Hi. I gave very specific instructions, come in the house, go to the bathroom, go to your room, nobody listens. I don't know, anyway.

Jessica Jablon:

We get it.

Danielle Renov:

Yeah, [inaudible 00:14:10]. Oh my god.

Jessica Jablon:

It's authentic. We can see [crosstalk 00:14:16]. We appreciate it.

Danielle Renov:

[crosstalk 00:14:16] put one away, the other one popped out. No seriously, go back to bed.

Jessica Jablon:

We're getting comments. People love seeing your kids on Instagram.

Danielle Renov:

Thank you.

Jessica Jablon:

So, it's fun to see them pop in.

Danielle Renov:

Anyway. I forgot exactly what I was saying, but I love Israeli food. I came here, I immersed myself in the culture, and not only did I have to learn to shop and you really have to readjust. You take it for granted when you shop in the same supermarket your whole life, and then you go to a different supermarket and you're like, "Wait a second. That aisle is not supposed to be next to that aisle." And then you figure out that every supermarket has their own crazy method and you have to readjust. It literally took me like six months to figure out how to buy toothpicks in Israel, because I literally could not figure out how to say toothpick. It just wasn't in the Hebrew English dictionary I had. It was I guess pre-Google on my

mind all the time, and it took me six months. I did not even know what aisle to look for them in this new supermarket.

Danielle Renov:

So, I had to readjust, and I found that for me the best way to readjust was to cook how they cook. That was the best way for me to start, because I was trying to make recipes with American products and American ingredients, and find something similar, and change things, and it wasn't working for me for the first two months. So, I literally one day looked at my husband, I was like, "That's it. Sorry, bye. No more Ashkenazi food, no more Moroccan food." Even though the Moroccan food was a little bit easier for me to negotiate, but still it was hard. I didn't know how to say lamb. I didn't know how to do that stuff. I was like, "We're going to be eating shawarma and falafel forever because I see the shawarma spice, I see the chicken, and I see the chickpeas. That's it, okay." And he was kind of on board because he's easygoing like that, and that's basically what we did.

Danielle Renov:

So I experimented for years with falafel, making my own falafel. I ended up becoming friends with the delivery guy from my local fruit and vegetable store who happens to be a native Israeli Palestinian, who's been here for many generations, and one day I was talking to him because that's what I do, I talk to people on the street, and I'm like, "So, I need to ask you about falafel." And he was like, "[foreign language 00:16:36]" And I'm like, "Falafel, how do you do it?" He's like, "Well, what do you do?" So I'm telling him what I do, he's like, "No. No, no, no." And I'm like, "What?" And he called his mother on the spot and he's telling his mother in Arabic what I do, and then they both start laughing.

Danielle Renov:

So I'm like, "Wait, why are you laughing at me? I don't understand what you're saying, but I know that you're laughing at me." He's like, "You're doing it all wrong, all wrong." I'm like, "What should I do?" So I knew to use real chickpeas, not canned chickpeas because canned chickpeas when you puree turn into mush and that's [foreign language 00:17:14]. So I had to ... I'm going to do stuff while we're talking because I feel like we're wasting time here. I get distracted easily.

Danielle Renov:

Anyway, one second. I'm going to get back to the story. I have a food processor. The first thing I'm going to do is measure four cups of chickpeas. These are dried chickpeas, if you go to the food camera situation. They're dry chickpeas that I soaked in water overnight. You do need to drain them and rinse them off of that water, because actually it's toxins go into that water and you don't want to consume it. It's because it's sprouted water, but I cleaned mine out now. I just wanted to refill it to show you for demonstrative purposes. Now you're going to measure out four cups of chickpeas.

Danielle Renov:

So, that was the main thing he said. He was like, "Do not cook the chickpeas, Danielle." And I'm like, "No, you have to cook the chickpeas." And he's like, "No." And I'm like, "Wait, what do you mean?" I'm like, "Raw?" He's like, "Yeah." I was like, "Oh my gosh." So I was on board with trying because it's one less step and it's so much easier than having to boil these up first and deal with that. You mean just soak them and throw them in. Okay, I'm in. So I tried it and they were the crispiest falafel balls ever.

Danielle Renov:

But then I got even lazier and I was like, "Ugh, I don't want to fry these." Even though I love fried food and I'm all for frying, but if we're going to be eating falafel on a daily basis, which we were, then I can't fry it because A, it feels unhealthy to eat falafel everyday that's fried, but also I don't want to. I don't want to stand over the fryer making little balls. So then I started demonstrating with baking my falafel. Okay. So you only need four cups. It's about three quarters of an Israeli package. I don't know what that is in America. It's about three cups of the dry chickpeas. So once you soak them, it will come to four cups because actually they start out much smaller and they get much, much bigger as they absorb the water. So it's three cups dried, four cups soaked overnight.

Jessica Jablon:

And you said that using the canned chickpeas-

Danielle Renov:

No cans. No, throw the cans out. No cans. No cans in falafel because this is what he told me. So he was like, "Danielle, if you put a can of falafel in here, a can of chickpeas in here you're going to get a paste." And that's why some falafel balls are heavy. Then sometimes you eat a perfectly crispy falafel ball, and it's a little textured in your mouth, if you know what I'm talking about. That texture is what you get in Israel versus what you get in America. Sorry America. But it's because they use real chickpeas that are soaked overnight and it kind of retains their structure. And it's not a pureed dough that you're forming into a ball. It's more of a loose, wet sand situation.

Danielle Renov:

Okay. So in the food processor we're going to put our chickpeas, our onion now. Okay. This is where he and I differed, okay? He did not want to put paprika in, which is actually extremely Palestinian. I did want to put paprika in because I'm Moroccan and I like paprika, but you can customize these spices to your liking. You don't have to put any spices. You can just put salt and pepper. I don't know which camera you guys will get. I'm just going to keep going back and forth. There is salt, pepper.

Jessica Jablon:

We can see both there. Yeah.

Danielle Renov:

Oh, okay.

Jessica Jablon:

We can see both.

Danielle Renov:

Salt and pepper, a little bit of cumin and paprika in oil. I like paprika in oil. Paprika in oil is Moroccan paprika it's called sometimes. It's a more delicious paprika because it's just more flavorful. The oil actually helps preserve a lot of the flavor. It does spoil faster though, so you want to buy it in smaller quantities and use it up more quickly. Okay. I'm going to go ahead and add three cloves of garlic. I always at the beginning of the week peel a few bulbs of garlic. I run them through my food processor quickly, give it a whiz, and I store them in a jar with oil. I literally go through that much garlic every single week, especially with Shabbos cooking, it just makes my life much easier, especially now with purple

garlic season, which is the prettiest of the garlicks and the most delicious. It's a little bit younger, so it's fresher. The taste is more vibrant, but it's very hard to peel. So it's nice to just get that all done at once.

Danielle Renov:

All right. I'm just going to pop this in the food processor. So cover your ears, and we're going to give this a quick zhoosh. The main thing is that you really want to scrape down the sides to make sure you get everything evenly distributed. What I really grew to love about falafels is that the night before you soak the chickpeas and the next day you just throw things into a food processor. The food processor does all the work for you. There is no labor involved. Sometimes I shake the food processor aggressively. [inaudible 00:22:09] food processor. Sometimes it just feels like too much work to open it and scrape down the sides, you know? So you're like, "Oh, a few bangs will be fine." And you're like, "No, that backfired."

Danielle Renov:

Okay. Give that a little turnabout. Once your mixture looks like this, all done. I'm going to show you. See, it's like wet sand, but it's still a little bit bigger than sand. It's like pebbles right now. You're going to go ahead and add in your herbs if you're using them. I love cilantro. So that's never optional in this house, but if you don't love cilantro you could just use the parsley. I really, really like the mix though. I don't like to put it in too much at the beginning. Otherwise, it could sometimes turn the mixture more brown than greenish and I don't love that. So even though once you cook it turns brown, it's just in my head when I see the mixture, I don't like that. So now I'm going to re-add it. I'm going to get it back on.

Danielle Renov:

The truth is it really is a very, very healthy, nutritious option because we're not going to be frying these. So that leads us to the next part of our story, but one second, it's getting loud. While this is ... I'm going to give it one more mix. This I would say is the most annoying part. You really do just want to keep mixing it around because we really do want all of these little pieces to be around the same size. That's just a central for the cooking purposes. If all those little grains are different sizes, then some could potentially not get cooked in the time we're cooking them in. Turn this back on, and with it running I'm streaming in some olive oil. So far there's only two tablespoons of olive oil for four cups of chickpeas, which makes a lot, a lot for falafel. It's a really good, delicious option, and it's really filling.

Danielle Renov:

Also what's really great, I've actually frozen half of the mixture. So I'll make the mixture, freeze it in little sandwich baggies and then defrost it to make the falafel, which is really, really nice because first of all, the recipe is a nice size, which I personally love. I don't love a small recipe because I'm really bad at math, so I don't like to double recipes and fractions are the worst of math, you know? No, I'm kidding. Decimals are, decimals are definitely the worst. Anyway. Hold on. There we go.

Jessica Jablon:

Danielle, we did get one question that came. Easiest way to wash the fresh herbs and then have them dry enough before you add them into the mix.

Danielle Renov:

So first of all, they don't have to be super dry when you add them into your mix. Mine were because I did it early this morning. I usually put them in a bowl, filled with cold water. I put them in, I swish it

around with my hands. I let it sit for like five minutes. Actually all the sediment falls to the bottoms and the leaves have no weight, so they float. Then you very gently scrape out the leaves and you see everything falls to the bottom. Then I actually take those leaves and I give them a rinse again because it just was sitting in that dirty water, it grossed me out. I lay them on a paper towel and I just let them air dry. Then to store them I wrap them in a paper towel and I put them in a Ziploc bag in the fridge and they stay all week. And I always have the picked leaves. I can also pick leaves at the beginning of the week, parsley, cilantro, some mint. I always need those leaves. I don't want to deal with cutting stems, this and that. So I just pick the leaves off and I always have it ready to go. It's amazing. But they really don't have to be super dry to put in the falafel mixture. A little moisture in here is not going to make it or break it. So you don't have to worry.

Jessica Jablon:

What about using frozen herbs if you don't have fresh?

Danielle Renov:

Oh, you have to ask someone else about that. I don't know. This is a judgment free zone, so you do what you want. Okay. I think we're just about there. I'm going to give it one more quick pulse, just because we're on camera here. How would it look if they didn't come out good right now, you know what I mean? Not too good. Okay. It's beautiful.

Danielle Renov:

Okay, we don't want to take it too far because we don't want to create that paste. That would defeat the whole purpose of using the fresh chickpeas, but, well, dry chickpeas actually, they're not fresh. Fresh chickpeas are also delicious, but not ideal for falafel. Okay. This is what the mixture looks like. If you could see it's wet but you could still see those individual, it has texture still, and when you squeeze it together. Oh, that was a fail. When squeeze it together it actually holds its shape. See, it doesn't fall apart. That is really, really what you want.

Danielle Renov:

So what I'm going to do now is I'm going to get the blade out of my food processor, which is an essential step. You don't want anybody sticking their hands in food processors with blades in them. Safety first.

Danielle Renov:

Now what we're going to do is actually very, very simple. Okay. I think this is one of my best ideas ever. Basically I kept trying to bake the falafels. So I tried it first as balls, I tried it as domes. I tried it as patties, things like that, and I wasn't happy with that thick inside texture. I was like, "Okay, well what if I make them flat?" And so I made them flat and I loved it. And I was like, "Wait a second. Why don't falafels, why aren't they always flat? Why don't they make them flat so that they fit into the pita? Doesn't that make so much sense? Shouldn't they fit into the pita?" So then I was like, "Wait a second." We're going to take a pita. How do we usually eat falafel, right? We take a pita and we cut it in half normally, right? And you eat the falafel like this. I was like, "Well, what if I made the falafel that shape?" Like a flat disc that was crispy on the outside, had extra surface area for extra crispiness. Got that really nice thin center, but that good falafel situation. And you stuck it right in. What if we did that?

Danielle Renov:

So I was like, "Okay, I'm going to try it." I tried it. I waited for my husband to come home because at this point he's a falafel critic because he's eaten four billion falafels, and I give it to him and he tasted it, and he was like, "What did you do?" And I'm like, "Look inside, look inside." And he's like, "Okay." And he's like, "What's happening here?" I'm like, "Eli, the falafel is the shape of the pita." And he was like, "Oh my gosh, it's so good." It was really good. He was so excited about it, so we just went full force with it, and it's actually really, really simple.

Danielle Renov:

You're going to take a sheet pan lined with parchment. Okay, we're back to this camera. And some canola oil. The recipe is in the book, by the way, on page 310, or oh, you got ... I think I sent you this recipe.

Jessica Jablon:

Yeah, we sent it to all of the registrants should have gotten it, yes.

Danielle Renov:

Okay, perfect. And what you're going to do, you're just going to spread the oil out on the sheet pan because you really do need a nice thin layer of oil on the bottom to help it get that crispiness, and there you go, perfect. Now, what you're going to do is you're going to grab a spoon. You're going to grab a nice amount of falafel mixture, just like that. Can you see that? It's about a quarter cup, maybe a little more, and you're going to flatten it, okay? Don't worry if it falls off, it happens. It doesn't totally stick together until it cooks. The heat is what brings out the starch from the chickpeas and makes it cook more. Okay. [crosstalk 00:29:40].

Jessica Jablon:

Does it have to be canola oil? Can it be avocado oil or olive-

Danielle Renov:

Any neutral oil, grapeseed, canola, avocado, vegetable, any neutral oil, just not olive oil because it will burn in the oven. And it will [inaudible 00:29:52].

Jessica Jablon:

I wish you could have seen the faces of everybody when you were telling about this shape of the falafel. There was awe and amazement at your brilliance.

Danielle Renov:

Thank you. I told you, it was a shining moment in my career. My falafel [crosstalk 00:30:08].

Jessica Jablon:

Eli was not the only one impressed

Danielle Renov:

Pita shaped falafel. Okay. So you're going to get it on a sheet pan and you're going to flatten it into the shape of a half of a pita. And then you're just going to keep going. This is actually a really great activity to do with kids on a Sunday or a rainy day. I mean, I guess we're done with snow days, or you never know,

the weather is weird. You never know. It's a really great activity because I personally highly encourage my children to play with food because I was deprived of playing with food as a child because my mother has manners. So, I just think it's the funnest thing a person could do is play with food. It feels, I don't know why it's funner than Play-Doh, but it just is. They can do this. It's a very, very easy step and it's very ... It's just fun. It's fun to feed your kids something that they made and they feel really good about, especially if it's the first time you're introducing falafel. I always find with my own kids that if I get them involved for the first time I introduce a food, I think it makes the food itself less intimidating. Then it's I don't even have to say to them, "Do you want to try this?" They're excited to try it because they had their hands in it and they feel good about it, and it feels much more approachable.

Jessica Jablon:

For sure. For sure. They-

Danielle Renov:

[crosstalk 00:31:32].

Jessica Jablon:

There's a-

Danielle Renov:

If I was [crosstalk 00:31:35] a kid I would call them rainbows. I would say let's make rainbows.

Jessica Jablon:

I love that. I love that. There's a question as to whether or not air frying this would be good.

Danielle Renov:

So I don't think ... It's funny because I actually think a few people who got the book tried it, definitely not in this shape. There's nowhere to put it. I don't have an air fryer, but I think there's holes on the bottom of the basket, right?

Jessica Jablon:

Yeah.

Danielle Renov:

So, I think it would fall through the holes. I think it wasn't ideal. Maybe if you made more this size, like coins and put them in, that would be better for an air fryer.

Jessica Jablon:

And there isn't a taste difference in having them in this shape.

Danielle Renov:

No, no. I mean, unless some people think that texture, there's a lot of scientists actually in the culinary world that believe that texture does affect taste and food pleasure. So if you find it annoying to eat a falafel because you can't get a falafel in every bite or things aren't evenly ... whatever, things like that,

then you might find it more delicious. It depends on your experience of eating it. But I personally believe a lot in that stuff because really I'm very sensory. I really don't like mushy food. So if you give me the same flavor profile mushy or crunchy, I'll think it tastes better crunchy, even if it tastes like this exact same batter, the exact same everything. Okay. I'm just going to wash my hands.

Danielle Renov:

I'm going to get this into the oven. I have an audience over there. One second, here we go. This is what they look like on the tray. You can fit more in a tray. I just was trying to move fast, so I didn't, but you could. You could fit about eight on a tray or you could make them smaller. They could really be any shape you want. The point is, is that they should be flat. They should be about a quarter of an inch thick and no more. Now we're going to move on.

Danielle Renov:

While those are cooking. They cook for like I think 35 minutes. Yeah, 35 minutes. They cook for 35 minutes until they're golden and crispy on the outside, and I'll show you what they look like when they are done. Now, I really like to eat a salad with falafel. I don't like Israeli salad. I love Israeli salad but I don't like tomatoes. But when you go to the shuk and you walk around their salads in the shuk, their Israeli salads or Arabic salads, whatever they want to call it, they never are just cucumbers and tomatoes. And when I first moved here I was so confused because on every menu, in every café, it always had this Israeli salad or shuk salad, but it was different everywhere we went. So for a few months of living here, literally every other day I would go out and I would order this salad everywhere just to see what I would get. It was almost like a game. I was like, what will come in this bowl? And what I sort of learned was that in the shuk an Israeli salad really just means use what is the freshest and what you have. Use what's in season, use what's accessible, dress it with a really, really bright vinaigrette and you're good to go.

Danielle Renov:

So, I really learned to love it and I started doing that at home, and it really opened my eyes up to an Israeli salad being much more than just cucumbers and tomatoes. Then to take it a step further, once I started experimenting in my own house I really saw that the way I cut the vegetables made a difference. So sometimes I'm in the mood for a really finely chopped Israeli salad with tiny pieces of cucumber, tiny pieces of pepper, tiny pieces of tomato, tiny pieces of this and that, and you get everything in one bite, and sometimes I want the vegetables big, and crunchy, and in your face. Usually in the shuk that is how it is because they're feeding people, they're moving really quickly. They're not sitting there doing a brunoise on their cucumber, they're just running through it.

Danielle Renov:

So I basically made my version of that shuk salad, that salad that you get in the shuk when you're hot, and you're carrying a million bags, and you just need to be satiated, and you order shakshuka, or you order out something really delicious, and before they even bring that to the table they bring you this cold bowl of crunchy, bright, colorful vegetables. So that's what I did in the book, it's called the shuk salad. We're going to make that in a minute. And in a lot of places, not everywhere, there was very often this spiced seed mixture just on the top of the salad, very little, maybe even a teaspoon on a bowl this big, and it just added just the right amounts of crunch and fat from the nuts that it coated your mouth so perfectly, and I loved it. So I was like, "I need to recreate this." So I did.

Danielle Renov:

It's very, very simple. You literally pour everything onto a pan and just put it in the oven. You don't have to think about it. It's that easy. It's more just about the variety. If you're allergic to a certain nut or seed, you can leave it out, you can replace it. It's just the quantity that kind of matters in reference to the spices, so feel free to adapt. I'm going with sunflower seeds, sesame seeds. I love, love, love sesame seeds here. If you're not allergic to it, it gives it a really good umami flavor. I just really love it. Almonds. Now, I really like to use these slivered almonds, but again, sometimes I don't have these. Sometimes I have the slivered almonds that are like sticks and I use those. Sometimes I have whole blanched almonds and I just chop those up and use those. It's really not a rule, and I think that's the main thing about Israeli cooking is that not everyone always has access to the same things. Just because something is available in one open market today doesn't mean it will be available in Tel Aviv in their market tomorrow.

Danielle Renov:

So, Israeli food is really about adapting to what you have around you, but using the freshest ingredients. That's really key. We really live here very, very seasonally. Okay. So I'm just going to mix this all up. I got my nut mixture fully blended. Oh, and I also added pumpkin seeds and pine nuts. I don't know if I said that. I just love the pumpkin seeds in here because I think that hit of green is just really nice. It makes it a little more colorful and a little bit more appealing to the eye. Okay. Kind of looks like bird food right now, but it is essentially bird food, so it's fine, but it's good. We're going to make it really delicious bird food.

Danielle Renov:

Okay. Here I have oil. You're going to take your oil. You really can't leave this out. It's not too much, but it is essential because it helps the spices stick to the seeds. I'm going to add, I have salt, pepper, paprika, onion, granulated onion, granulated garlic, and some mustard powder. Mustard powder is really what takes it over the top. I don't think they use the mustard powder in most places of the shuk, but I really wanted a tang, and once I added it in, I felt that they became that addictive quality that you just keep eating and eating. So I urge you to give it a shot. Even if you don't traditionally keep mustard powder on your house, it's worth it to go out and buy one of those little yellow containers for this recipe, because it's really delicious. I'm just actually going to get those spices mixed up before I put them on, only because once I put them on there is some oil on here. It will right away start to stick and then it might not distribute as evenly, and I'm a stickler for that kind of thing.

Danielle Renov:

Okay. I have it all mixed up. I'm going to sprinkle it over the top. Now, the truth is if I wasn't on camera I would go in with my hands right here and just get it all mixed up, but then it's going to make my hands red for 24 hours because the paprika and oil, it has that turmeric quality to it, where it stains your fingers. So, we're going to skip that right now, but you really do want to get this mixed. You want every single seed and every single nut coated in that spice mixture. There we go. I love this. See, this is what I love about cooking. I love getting in there. I love playing with my food. I mean, if we weren't on camera, I could easily fall into a zone where I'm mixing these nuts for like 10 minutes.

Jessica Jablon:

How funny. How do you manage to roast them when they're all different sizes without burning some, like the sesame seeds?

Danielle Renov:

Some of them don't get cooked as much as the others, but that's kind of just the beauty of it. It's not perfect. It's not a technically perfectly cooked thing. It's just a really delicious cooked thing that just works. It's one of those old grandmother type of cooking things and it's just yummy and delicious. It doesn't make sense. It shouldn't make sense, but then you make it and then you're like, "Oh, this actually does make sense, but I don't know why."

Jessica Jablon:

It looks like this could be a good snack.

Danielle Renov:

Okay. It is a really good snack. Also I'll tell you what I do. I actually make usually two batches at once because you see it's so easy. It's a quarter size sheet pan, and you could get them both in your oven at the same time. I double the recipe and I keep it in the freezer and it doesn't ever stick together. You literally go in the freezer and you just eat it straight out. It is so delicious. I put it right from the freezer into my salads also because nuts defrost in like 10 seconds. Hold on. Sorry.

Jessica Jablon:

Such a great tip.

Danielle Renov:

Okay. I am going to take this and stick it in the oven. I think it's about eight minutes or 12 minutes. It's not very long. Don't let me forget. Hold on. Now, oh, these are the falafels. This is what it looks like when it comes out of the oven. One second. Now we're going to move to the salad, which is right over here. This is what we're making. This is the shuk salad, and basically you could see it doesn't really look like there should be a recipe, you know what I mean? And I almost felt guilty putting it in the book, except I really felt it needed to be the book to represent my journey in Israel, because how do I tell you to just take a bunch of vegetables out of your fridge and throw them in a bowl, you know what I mean? And I almost felt guilty giving exact measurements, one pepper, one radish. What do you mean one radish? If you have six radishes, put the radishes in. There's really, really no rules to this.

Danielle Renov:

So, I decided for the demo to not measure the dressing ingredients, to show you how I really do it, because I feel like you guys can handle it. So here we go. I did prep the vegetables though because that stuff takes a while. I'm going to show you everything I have, and then I'm actually going to take this phone off so I can show you, hold on. Let's turn you around a second. That's not flattering. Okay, here we go. So here's my board of vegetables. On here I have in the big bowl, I always start with cabbage and tomatoes and I'm going to make the dressing right in here because the cabbage and tomatoes can sort of withstand the extra hit of dressing right away. Then we have purple onion. I didn't have green spicy pepper, I only had red today, so that's what I used. Carrots, I have red peppers, I have orange peppers, I have cucumbers, and I have radishes. I always, always scoop the seeds out of my cucumbers because the seeds are bitter and mushy, and I already told you how I feel about mushy. I actually like bitter things, but not cucumber seeds, so I take them out. You can do what you want with them though. Okay, so this is it. I'm going to put the phone back on here first. Hold on. How do you do this?

Danielle Renov:

Okay, perfect. I always like to start with my salt, only because I want to make sure that everything is seasoned. So when I'm making specifically for the Israeli salad, instead of salting the dressing I like to salt the vegetables. So a little bit of salt on the cabbage, a little bit on the tomatoes, on each vegetable. Then I know that I got just the right amount of salt in the salad when I salted all my components. Okay. Also the salt helps to soften the cabbage right away. There we go. Now I'm going to go in with a little bit of pepper. I like it a little bit peppery, but you can use as much or as little as you want or follow the recipe in the book.

Jessica Jablon:

Would you recommend using a food processor to chop vegetables?

Danielle Renov:

No, no, no, no, no. This is not a food processor thing. I hear what you're saying. There is a place for that, but it's not here because the food processor is going to puree your food or make it too small or not even sized bites. That is not what we want here. We want consistent cuts over here. So if all your pieces are big, all your pieces are big. If they're small, they're small, but you kind of want to make sure that your pieces are right around the same size so that you're getting the same consistent bite of everything. See what I'm saying? Oh here. Okay, let's go here. See, they're all cut to be around the same size. That's really what you want, and the food processor can't do that for you with all these different vegetables.

Danielle Renov:

This is really knife work, but the thing is that if you get yourself a really sharp knife and you learn how to use it, you will not be intimidated to cut vegetables. It will be annoying to wash and dry them, but other than that you will not be intimidated. You need a really, really sharp knife. People I find are very afraid to keep very sharp knives in their homes because of kids, I understand that. I actually keep my knives high up, very high up on a knife bar, like a magnetic knife bar, but I keep my knives extremely sharp because actually the sharper they are, the safer they are. When you have something that is not so sharp you end up having to apply much more pressure on the knife, and when you're applying more pressure you're much more likely to jerk your hand as you're cutting. But if your knife is very sharp you very, very easily just run through it, you're much less likely to cut yourself in fact.

Danielle Renov:

So, get yourself a good quality, very, very sharp knife. It does not have to be very expensive. It just has to be good quality and one solid piece, okay? You want that the blade runs right into the handle because that gives you the safest grip, and then you want to maybe take a knife class online, or even just Google or YouTube how to hold a knife. Learn how to hold the knife. Thumb on one side, four finger on the other side, so now the handle has become part of my arm, it is an extension of my arm, and it makes using it very safe and very easy, and cutting these vegetables will not be intimidating.

Danielle Renov:

So now I'm going to go ahead and start with the salad. I'm going to use some olive oil. I'm going to do like five turns of the bowl. Then I'm going to grab a lemon, which I have right here. Going to give it a little rub on the counter, a little turn on the counter just to get those juices flowing. Cut. We're going to squeeze it over our hand to catch any of the seeds. Oh my gosh, there's no [crosstalk 00:46:59].

Jessica Jablon:

Danielle, is there any specific YouTuber or person that you recommend for learning good chopping knife skills?

Danielle Renov:

The masterclasses are really good. I don't know if there's a knife one, but literally any. Go to Epicurious actually, epicurious.com probably has a really good one. Yeah, I like Epicurious. I think they work really hard to bring you really good actual content. It's not dumbed-down.

Danielle Renov:

Okay, so I got my lemon on there. I'm going to add in my vegetables. While I do that I'll just tell you my Sharsheret story now. Basically two summers ago I think I got a message from these really young girls that they wanted to wash my sheitel for me, they wanted to wash my wig for me that I wear. I was like, "What?" And they're like, "We want to wash it for free for an organization." And I was like, "Wait, what are you talking about?" And they were like well, basically they told me about this organization, Sharsheret, that one of them had come across unfortunately because her mother was sick and they wanted to do something for the organization to give back.

Danielle Renov:

So this girl and her friend reached out to Sharsheret, or Sharsheret created a program, I don't know, where they wash the wigs and for every wig they wash somebody was donating money to Sharsheret if they posted it or something like that. I just thought that was the greatest, greatest campaign because it was so amazing to see these young girls do something like that, take a skill that they had, they were young, nobody was going to let them wash their wigs, nobody is going to let a 16-year-old girl wash their very expensive wig that they need to wear on a daily basis. But once you hear about it and you hear why they're doing it, you're like, "Okay, fine. Wash my wig." And they're benefiting because they're getting a chance to hone their own skill. So Sharsheret is supporting these girls by helping them cultivate a skill, and they're supporting Sharsheret, and you're supporting both of them, and I just thought it was so great that when you reached out to me, Jessica, and I heard the name Sharsheret I was like, "Oh, I know that organization." Those are [crosstalk 00:49:14].

Jessica Jablon:

I love that story. That's amazing. We do a lot of programming with schools and campuses, and we have B'nai Mitzvah kids who do programming with us and they create their own programs. So if anybody's interested in that, please reach out to us and we're happy to have one of the members of our outreach team contact you and work with you.

Danielle Renov:

It's really amazing, it really is, and I think getting kids involved from a young age in organizations and charitable work is really what creates better generations moving forward. I loved it. I thought it was a great project and I was honored to being able to [inaudible 00:49:54].

Danielle Renov:

Okay, so I'm going to get this all mixed up now. Now, the thing about Israeli salad is that it actually because there's no lettuce or leafy green, it actually gets better as it sits. So if you're having guests or you're making this, this actually is something you want to make an hour in advance. I mean, you don't want to make it a day in advance, but you want to make this an hour or two in advance because it kind

of will sit, the lemon will soften everything up just the right amount, and you also want to get it back in the fridge because Israeli salad you want that cold lemony crunchiness, it's so delicious.

Danielle Renov:

Okay, I'm just going to mix this up. It's those colors. It's really beautiful. It's really beautiful and that's kind of what you feel like walking through the shuk, you know? You walk through, whether the day is cold and rainy, or boiling hot, or dusty outside, whatever it is, you walk through the shuk and you see these beautiful mounds of colorful vegetables, zucchinis, and eggplants, and fennel, and all these amazing, amazing in season produce. You just get inspired and you want to go home and you want to eat it. This is just I think one of the best ways to eat it because it's the vegetables in all their glory. We really haven't done anything except throw them into a bowl and it's so nice because you really get to taste everyone, and it's so fresh, and so, so delicious.

Danielle Renov:

Normally I use purple cabbage instead of white cabbage, but like I said, I couldn't find purple cabbage this week, so I used white cabbage. You really, really use what you have. I'm just going to get this mixed up, then I'm going to go check on our nuts and seeds.

Jessica Jablon:

Great. We have a lot of concerns about the nuts people want to make sure they don't burn, so.

Danielle Renov:

Thank you.

Jessica Jablon:

Then also if there's a way to maybe put the camera a little bit closer to the salad at some point so that we can see what's going on in the bowl, that would be great.

Danielle Renov:

I'm going to give the nuts two more minutes. Okay, here, I'll show you.

Jessica Jablon:

Right, and the recipe that we have from your cookbook mentions lime juice. I know you used lemon. Does it matter?

Danielle Renov:

Because limes are not in season right now, so it's really, really flexible. Personally, I'm partial to lime. I love, love, love the flavor of lime, especially in Middle Eastern cuisine, because besides for Israel, most Middle Eastern cuisines rely heavily on lime, especially like Persian food, or food from Iran or Iraq. They have an abundance of limes, so it does go really well. Lime and cumin are a really delicious pairing, but obviously we only have lime for about two months a year here, so I use lemon. Lemon is the more traditional acid in an Israeli salad, it was just my personal preference for the book.

Danielle Renov:

Now, you can really see there's not a ton of liquid in here. There's very, very little, but as it macerates and sits the tomato will release some juice, the cabbage will release some juices, even the cucumbers, and they'll just keep mixing it and then we'll get this really, really wonderful sauce. Ugh, I love seeing those tiny flecks of the spicy red pepper.

Jessica Jablon:

Danielle, how much cabbage did you use? It's one of the ingredients that's actually not on the recipe, so people are asking.

Danielle Renov:

There is no purple cabbage in the recipe?

Jessica Jablon:

Mm-mm (negative).

Danielle Renov:

Hold on. Let me reference the book, one second. I used about half a head, but you can use what you want. Oh, you're right. I make things up in my mind sometimes.

Jessica Jablon:

I love it. I love it. It shows us just how flexible cooking these recipes are.

Danielle Renov:

Yeah. I told you, this ... it's really not a ... I gave you a recipe because it's a cookbook, so I had to give you a recipe, but it's a chopped vegetable salad. Whatever is in your fridge is, you should never have to go out of your house to buy something just for this salad, besides for the lime or lemon. If you don't have that, make something else, but you need that hit of acid to dress it, but other than that you really don't need anything else. I just really love it. You know cherry tomatoes were actually invented in Israel, by Israelis.

Jessica Jablon:

Really?

Danielle Renov:

Yeah.

Jessica Jablon:

I didn't know that.

Danielle Renov:

Yes. So I love using. My editor wanted me to use regular tomatoes, because cherry tomatoes is actually the only thing that's a difference size than the rest of the vegetable, but I felt like it was actually very true to Israel to be using the cherry tomato because Israelis invented them. When the Israelis in the Negev first started growing tomatoes, they didn't have an abundance of room to grow, so they

cultivated a tiny little tomato, and they grew these vines and so many of them grow on each vine as opposed to the bigger ones that take up more space. I think that's so smart. I love it.

Jessica Jablon:

Somebody is asking, when you say a long green spicy pepper, are you referring to a jalapeño or [crosstalk 00:55:12]?

Danielle Renov:

Yeah. Yeah, yeah, yeah. In America there are jalapeños, here we don't get the little jalapeños, we get long spicy peppers, but yeah, you could use a jalapeño. You should use the jalapeño, that would be the equivalent. Okay, so here's our nuts. You could see they're just starting to get golden. We didn't take them too far. Now remember, if we weren't on a cooking video or a cooking demo I would actually let these cool in the pan and they could continue to cook from the heat of the pan. So you want to take them out before they're too golden because they'll go that extra step just by cooling on the pan. Normally I wouldn't suggest mixing them when they come out, you want to let them cool, but because I want to show you I'm going to. You could see really how gorgeous they are. They don't really stick together, which is nice, because they'll disperse through the salad. That's really the reason you want to make sure you distribute your spices evenly so that they get everywhere. I'm going to actually go ahead and add it right to the salad right now, which I do not think you should do normally, you should let it cool first, but I really want to show you this.

Danielle Renov:

Okay, so once your salad is mixed you're going to take the nuts. For this whole salad I think you're only going to use about half a cup to a third of a cup, I'm not sure what I wrote in the book. You really, really don't want to overdo it. It's not about the nuts here, it's about the vegetables. The nuts is like a very subtle background situation going on, and you don't want to muddy it up. So really stick to that measurement actually. And then-

Jessica Jablon:

You said a half cup in the recipe.

Danielle Renov:

Yeah. Then last but not least, I like to add for a little bit of brightness, it's like a punch, which is really interesting because we don't often talk about brightness when we're referring to spices. Usually spices are very earthy and they kind of the way acids will make you go up, the spices bring you back down and ground you when you're working with different flavor profiles, but sumac is a really, really unique spice. I love, love, love it. In the Northeast where I grew up, in New York, sumac is actually poisonous and they always warned us. There's these bushes with these tiny little balls of hot pink, vibrant pink berries, and you go to camp or your parents are like, "Don't touch those. They're poisonous." And to the little eyes they're so appealing looking because they look so vibrant and delicious, but actually in the Middle East those exact same bushes are not poisonous.

Danielle Renov:

What they do is they take those tiny little sumac berries and they dry them. Sometimes they cure them, it depends, and then they grind them into a spice and it is the most ... I literally wish if you never tasted it I could send it to you through the computer because I guarantee you've never tasted a spice like this.

It's citrusy. It's the weirdest thing. It's citrusy and it has the earthiness almost of paprika, but it's citrusy and it's not peppery, and it's earthy. It's called sumac, S-U-M-A-C.

Danielle Renov:

Now, the only thing I want to say though is that the best place to buy sumac is in fact in the Middle East, but obviously you guys are not here right now, so what you want to know is that when you go to buy sumac there are places and spice brands that you all know that will put additives in their sumac. They'll put salt or they'll put citric acid, stay away. If it says in the ingredients sumac, salt, sumac, citric acid, sumac salt and citric acid, run away. You do not want that. You want just sumac. That's it, and that will tell you that you're getting really, really good quality sumac. I'm pretty sure Trader Joe's has, I don't know if they have it all the time. You can definitely check it out on Amazon, for sure they have. Spices, Spices for Life something. I forgot what it's called, they sell it. There's a few different places where you can get it. You just want to make sure it's 100% sumac.

Danielle Renov:

So you're going to go in and you're going to finish off your salad with a little bit of this hot pink spice, and it just has the most incredible flavor and it kind of takes your salad to the next level. Okay, I saw that. Somebody asked, can you use za'atar instead? No. I mean, you could add za'atar to your salad for sure, but it's not a replacement. They don't taste the same. Za'atar very often in America they'll say za'atar is really just oregano or things like that, it's not. Za'atar is hyssop, is its own herb that grows here and it's delicious, and so good. They take that za'atar herb and they make it into a blend, and that's what we eat, that's what we call za'atar. It's really all shook up.

Danielle Renov:

Thank you Melissa. Thank you Melissa. All shook up, they sell sumac. What's it called? Za'atar, so it's really a spice blend and you want to make sure to get a good quality spice blend that actually contains hyssop, but it doesn't taste the same. It doesn't have the flavor profile. They're not interchangeable. It happens to be that sumac and za'atar do complement each other very well because za'atar is very, very earthy and herby, and sumac is very acidic. So they work really well together, but it's not a one for one. It's not an either or, like a replacement. If you don't have the sumac you don't have to use it, but you don't have to use za'atar if you don't have the sumac. Do you see what I'm saying? Okay.

Jessica Jablon:

We got a question about your cookbook. How difficult would you characterize the level of your cookbook? Easy, difficult, somewhere in the middle?

Danielle Renov:

No, I would characterize it as something for everybody, seriously. I mean, we're talking about peeling and chopping vegetables and throwing them into a bowl, and then I have a recipe like mofletta, which is a Moroccan pancake situation, which is technically more difficult. There's over 250 recipes, so there's ... I really tried to think about every occasion. So in every chapter, and the chapters are very easy. There's beginning chapter, which is like foundations, challah, dips, things like that, preserved lemons, things that you need to build upon, but then within the salad recipe right away you have like 10 salad dressings, no salads, just salad dressings. So you can make those in two seconds and you can just throw those on lettuce, if you want, or you can replace any of the salads in the book with that dressing. But then you have salads, you have some weekday salads where you're just throwing a bunch of stuff in a bowl for

dinner, you have protein salads that's good as a salad as a meal, you have lunch salads. I really try to think within every chapter of giving you something for every occasion, for the Sabbaths, for the busy weeknight, for the little more labor intensive weeknight, for the lunch, for the on the go. So I think there's really something for everybody technically.

Danielle Renov:

I really wanted to include everybody. I didn't want to leave anybody out of the book, you know? Okay. [crosstalk 01:02:18].

Jessica Jablon:

No, it's amazing. I can say it's ... I'm trying to show you, this thick of a cookbook. There are so many recipes in here. It's really great, and it's available. I know we put the link in ArtScroll, it's also available on Amazon. You can find it anywhere.

Danielle Renov:

Okay. I'm going to go ahead and show you the falafel. I just pulled it out of the oven. It's literally that quick. You could tell it's done. Let's get you as close as possible. Oh gosh, okay. You're right up in there now. Can you see that?

Jessica Jablon:

Yeah. Yes.

Danielle Renov:

Let me just tighten you. [inaudible 01:02:55]. Okay. So, we have the falafel. They are ready, they hold their shape. You can pick them up, they stick together, and they are the shape of the pita. Hold on. You're falling here. Okay, very good. There you go.

Jessica Jablon:

And you're getting a lot of compliments in the chat on your cookbook of people who have it and just love it.

Danielle Renov:

Thank you. Thank you. Okay, so here is the pita. Here's the falafel. Same shape. Hold on, let me get one that's exact. Okay. So you're going to open up your pita. You're going to grab your really well made falafel that is crunchy and delicious. Here, I'm just going to show you. You could see when you put it on the pan you're going to be like, "Wait Danielle, it's not holding its shape." But then it's going to, and it's magical, and it's really going to. It makes the ... Can you hear that, that tap, tap, tap?

Jessica Jablon:

Oh, it looks amazing.

Danielle Renov:

It's crunchy, it's delicious. You know what? I'm going to break it open to show you. Look at that, look at that. See, it's not even easily. It really doesn't fall apart. It's really well executed. Look at that.

Jessica Jablon:

Wow.

Danielle Renov:

[inaudible 01:04:18]. It's moist on the inside, like a falafel should be, it's delicious. It has all the flavors.

Jessica Jablon:

Danielle, would you should it in this, the other camera too just because there are a few people who've had some technical difficulties. Thank you. Oh wow, look at that.

Danielle Renov:

Can you see that? Can you see how crunchy it is on the outside?

Jessica Jablon:

That looks amazing.

Danielle Renov:

And it was so little oil, it was such easy work. We literally just threw stuff in a food processor. Imagine if we weren't talking how fast that would've gone. Like that. So super-fast, so delicious, and it's such a nutritious, good, delicious meal. So I have here, I have here I have tehina, there's a recipe for tehina in the book, it's very, very simple. I have some schug, I always serve it with schug. I would literally just load up my pita, but I'll tell you the truth, I would even skip the pita. I just want the falafel, I want the sauce, I want the spicy, I want the salad. I would just throw it all on a plate, but if you want to load up your pita, you definitely could, and you could do it very easily because your falafel fits right in because they are the same shape.

Jessica Jablon:

Oh, it's brilliant. So good.

Danielle Renov:

And there you go. There you go. Now when you stuff your falafel, okay, every bite is going to have falafel. Is that crazy? I know, I know. I can't even ... I still can't believe it.

Jessica Jablon:

So smart.

Danielle Renov:

Yeah. Anyway, that's it. We have the salad right here. Here's the salad, the shuk salad. We have the sliced nuts, and we have the falafel, and like I said, this is all really, really, really simple to prepare this meal. We did this talking and it took less than an hour, and you could definitely bring this out in like 15, 20 minutes of prep work, but you can also take your falafel mixture, make it the night before, pop it in your fridge and then bake it off fresh. So, that would be really simple. I think good food is really easy to come by if you just give yourself the 20 minutes of prep work. Usually it comes down to forcing yourself to roll up your sleeve, get out the produce and chop some stuff off, and then you're only a few minutes

away from a really delicious, well cooked, nutritious meal made with real food and not filled with processed ingredients and tons of preservatives and stuff like that.

Jessica Jablon:

Well, this has been amazing. I know that there are some people who have to leave, so we just want to let you know that if you registered for this event you will be getting the recording and we will send you all of the information. Also, there is a survey in the chat if you wouldn't mind filling that out, please. But Danielle, thank you. We just are so grateful that you're here. This is amazing. I know that I want to make this recipe because it looks so good and I'm so hungry right now from watching you cook. We recommend that you follow Danielle on Instagram and check out her cookbook, Peas Love and Carrots, those links are also in the chat. We want to thank Jack and Rifka for sharing Rifka's inspirational story with us today. Please take a moment to fill out the evaluation survey that's linked in the chat box now. Evaluations really do inform our future programming, so thank you.

Jessica Jablon:

We'd love for you to stay connected with Sharsheret via social media, like I mentioned, or @Sharsheret on Facebook or @Sharsheret1 on Instagram where we post about our events like these, program updates, and really fun ways to get involved. Please never forget that Sharsheret is here for you and your loves ones during this time. We provide emotional support, mental health counseling and other programs designed to help navigate you through the cancer experience. All are free, completely private, one-on-one, and our number is 866-474-2774. You can also email us at clinicalstaff@sharsheret.org. Our social workers and genetic counselor are available to you. You are our priority, so please never hesitate to reach out. We are all going to get through this together.

Jessica Jablon:

Finally, I want to let you know that we have several exciting webinars on a wide range of topics planned over the next few months. Our next webinar is an at home facial 101 on April 19th at 2:30 Eastern Time. Learn the latest tips and tricks in skincare, whether you're in treatment, a thriver, or a caregiver, this program will help you care for your skin from the comfort of your home. The latest on vaccines, cancer and COVID-19 with City of Hope is on April 26 at 2:00 PM Eastern. Join Sharsheret for an exclusive briefing with Dr. Sanjeet Dadwal, the chief division of infectious diseases at City of Hope. Hear the latest on vaccine development, variance, and how this impacts those in treatment and survivorship for cancer. Those links are in the chat. From all of us at Sharsheret we want to thank you for joining us today, and thank you again Danielle. This has been amazing. We wish you all a happy Yom Ha'atzmaut and hope to see you soon.

About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

Disclaimer

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