

Levantine Cuisine by NENI

with Haya Molcho



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Introduction

Balagan—endearing chaos—is probably the best description for Haya's oriental cuisine. She combines influences from different countries and thus creates a colorful, varied feast for the whole family.

In this course, Haya Molcho introduces you to Levantine cuisine. It is shaped by influences from various countries, lots of fresh vegetables, and oriental spices. With her *NENI* restaurants and products, Haya made this cuisine popular in Europe and in the course, she shows how you can succeed in preparing the Israeli classics.

From the perfect hummus, various dishes with tomatoes and eggplants to fish and meat—everything has its place on the large table in Levantine cuisine. Traditionally, people eat together with the whole family and share the different dishes.

In this course, you'll find recipes, tips, and also some of the Levantine way of life from Haya Molcho. Enjoy!

Thanks!



Haya Molcho

Haya was born in Tel Aviv and lived there until she was nine years old. Her childhood amid Israel's world culture influenced her greatly.

There was a lot of cooking and eating together, trying and combining different cuisines and flavors. It was therefore not easy for her when she moved to Bremen (Germany) with her parents and brother at the age of nine. However, her mother, an excellent cook, spoiled Haya in Germany with the cuisine of her homeland. Haya integrated quickly, learned German, and brought many friends home: The shared meals continued.

After her studies, Haya met the artist Samy Molcho and accompanied him for seven years on his worldwide performances. While Samy was on stage, Haya could be found at the markets and in the various local kitchens, where she consistently learned new things.

Afterwards, the pair settled in Vienna and had four sons together: Nuriel, Elior, Nadiv and Ilan. Their names stand for *NENI*, and since then, *NENI* is associated with authentic Israeli food, shaped by many different cuisines from all over the world.



Haya Molcho

nenifood.com

**Cooking and
eating together is a
passion.**

Tahini



Ingredients & Infos



Preparation
5 min



Total time
5 min

This amount yields approx. 380 g (13.5 oz).

2 tbsp lemon juice, freshly squeezed

olive oil

parsley

$\frac{3}{4}$ cup raw tahini

$\frac{1}{2}$ tsp salt

tomato seed

$\frac{2}{3}$ cup water

Recipe Steps

Step 1

Combining

Add lemon juice, salt, and water to a bowl. Work the raw tahini in using a whisk. Alternatively, you can use a tall container and an immersion blender. If you are not satisfied with the consistency, simply add a little more of the individual ingredients.

2 tbsp lemon juice (freshly squeezed)

$\frac{1}{2}$ tsp salt

$\frac{2}{3}$ cup water

$\frac{3}{4}$ cup raw tahini

Step 2

Finishing Touch

The finished tahini can be stored in the refrigerator for about 4 days.

Advice

Garnish with tomato seeds, parsley, and olive oil.

parsley

olive oil

tomato seeds

Workbook

with recipes and information
for the online cooking course
with Haya Molcho

Course

Levantine Cuisine by NENI

Chef

Haya Molcho