

Tastes of the Exodus: a journey into ancient Israelite flavors

In this cooking class, you will step back in time to savor the foods eaten by the Israelites on the night of their departure from Egypt and during the 40 years of wandering in the desert. We will work with ingredients native to the region - such as lentils, eggplant, dates, and za'atar - and explore what may have been Manna, the miraculous food said to have fallen from the sky.

Together, we'll create unusual dishes for Passover night and the holiday week. The menu will feature a flavorful matzah bread, several sweet and savory dips, lentil dish, and matzah-based sweet snacks. Some recipes will be demonstrated by the instructor, while others will involve hands-on experience. All prepared food will be served throughout the class or packaged to take home.