

Tnuva Shavuot Recipe Book



Light Cheese Cake - to see recipe visit: www.tnuva.com

Learn about our tzedakah project (page 9)



Dear Friends,

There is a tradition amongst Jews all over the world to adorn the ark and bima in the synagogue with a variety of colorful flowers and greenery on Shavuot, heralding the spiritual wonders associated with receiving the Torah, as well as the physical beauty associated with the dawn of the summer season. As Shavuot is also one of the 3 Pilgrimage Festivals (Shalosh Regalim), traditional foods play an integral role in celebrating the holiday.

Thus, the holiday provides an inspiration for Tnuva's renowned chefs and dieticians, to create an array of new recipes for consumers who wish to entertain family and friends with tempting culinary delights. Once our chefs and dieticians sample and approve their own creations, they become part of our annual Tnuva Recipe booklet. This culinary guide showcases premium products produced at Tnuva's state-of-the-art dairy factory in the heart of the Galilee, allowing consumers to prepare a variety of amazing dishes including: soups, salads, appetizers, main dishes and desserts.

Tnuva is proud to offer our unique recipes that have been prepared with only the finest ingredients from the "Land of Milk & Honey". This year, we have presented the recipes by course and encourage you to design your Shavuot menus in line with our suggestions.

In addition, Tnuva, together with Flaum, are proud to be a part of this unique campaign. This Shavuot, and for the whole month of June, a percentage of Tnuva sales will be donated to MAZON, a national nonprofit dedicated to preventing and alleviating hunger among people of all faiths and backgrounds.

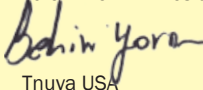
Therefore, not only will you enjoying a variety of scrumptious dishes this holiday, but you will also be supporting an extremely worthy cause.

I'd like to wish you and your family a festive and tasty summer season.

Chag Sameach and B'Tayavon!

Cordially,

Yoram Behiri - President,



Tnuva USA



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Eggplant and Cheese Cups

Eggplant Boats Filled with Ratatouille and Cheese

Yields 6 Servings

Ingredients:

- 1 large eggplant, cut in half lengthwise
- 1 red pepper, diced
- 2 onions, diced
- 1 zucchini, diced
- 2 garlic cloves, chopped
- ½ package (1.75 oz) Tnuva Butter
- 4.4 oz Tnuva Goat's Milk Feta Cheese
- 4 fl oz light cream
- 1 egg
- Salt and pepper
- 2 tbsp olive oil
- 2 tbsp parsley, chopped (for garnish)

Preparation:

- Scoop out content of eggplant, leaving half an inch on sides.
- Dice contents that you emptied.
- Melt butter in large frying pan, add diced eggplant, garlic and all other vegetables. Fry lightly and set aside to cool.
- Add Feta cheese, whip, egg, salt and pepper and mix.
- Fill both halves of eggplant with vegetable and cheese mixture.
- Wrap in aluminum foil leaving top uncovered.
- Drip olive oil on top and bake on medium temperature (340°F) for half an hour.

Garnish with chopped parsley and serve hot.



Eggplant and Cheese Cups

Yields 6 servings

Ingredients:

Puff Pastry Sticks:

- 8 oz puff pastry, defrosted
- 1 tbsp nigella

Tomato Salsa:

- 4 ripe tomatoes, grated
- 1 tbsp olive oil
- 1 tsp salt
- 1 garlic clove, chopped
- Handful of parsley

Eggplant Puree:

- 1 medium sized eggplant
- ½ lemon, freshly squeezed
- 1 tsp salt
- Pinch of white pepper
- 1 garlic clove, chopped
- 1 tbsp olive oil
- 1 tbsp scallions, chopped

You will also need:

- 2 containers (17.6 oz) Tnuva Labane Cheese
- 4.4 oz Tnuva Sheep's Milk Feta Cheese, crumbled
- 6 glass cups

Preparation:

- Puff Pastry Sticks: Cut puff pastry into half inch strips.
Twist each strip in shape of a screw and place on cookie sheet lined with baking paper.
- Sprinkle nigella on pastry and bake on medium heat (350°F) for about 10 minutes, until golden.
- Tomato Salsa: Combine all ingredients in bowl, mix and set aside.
- Eggplant Puree: Heat oven to 390°F and roast eggplant for 30 minutes until soft. Remove from oven, peel and mash with fork.
- Add lemon juice, salt, white pepper, garlic, olive oil and scallions and set aside.
- Place 2 tbsp Labane cheese into each glass cup, add eggplant puree on top, and 2 tbsp tomato salsa.
- Sprinkle Feta cheese on top and add a pastry dough stick.



Red Peppers stuffed with Cheese

Cherry Tomato and Goat Cheese Quiche

Main Course

Ingredients:

Dough

2 cups flour

¼ tsp salt

1 medium sized egg

1 large package (7 oz) Tnuva Butter

3 tbsp cold water

9" round pan

Filling:

1 roll (7.05 oz) Tnuva Goat Cheese

5.3 oz Tnuva Goat's Milk Feta Cheese

8 fl oz heavy whipping cream

2 medium sized eggs

2 tbsp flour

1 tbsp thyme leaves

Salt and pepper

Topping:

1 basket cherry tomatoes

Preparation:

- Dough: Place all dough ingredients in food processor and pulse to form dough.
- Cover and cool in fridge for 30 minutes.
- Roll out dough very thinly so that it fits the pan. Place in pan, press down and cut off any extra dough.
- Filling: Place cheese, cream, eggs & flour in food processor and process until smooth.
- Add salt, pepper and thyme leaves and mix.
- Pour filling on dough and bake on medium heat (340°F) for 40 minutes, until golden.
- Remove from oven, place cherry tomatoes on top (close together), and put back in oven for another 10 minutes.

Serve with green salad.



Cherry Tomato and Goat Cheese Quiche

Red Peppers stuffed with Cheese

Yields 10 servings

Ingredients:

10 long red peppers

8.8 oz Tnuva Bulgarian Feta Cheese

3.5 oz Tnuva Shredded Edam Cheese

4.4 oz 91% fat free Tnuva Quark Creamy Soft Cheese

¼ cup bread crumbs

¼ cup scallions, chopped

4 tbsp olive oil

Handful fresh rosemary

Freshly ground black pepper

Preparation:

- Boil water in large pot, and boil peppers for 10 minutes.
- Remove from water and put in sealed bag for half an hour.
- Open bag and peel peppers (steam from bag will make it easier to peel)
- Place cheese, bread crumbs and scallions in bowl and mix well.
- Cut each pepper lengthwise and fill with cheese mixture.
- Spread peppers with olive oil and sprinkle them with rosemary and black pepper.
- Bake in preheated oven on medium temperature (360°F) for 15 minutes.

Cheese and Spinach Lasagna



Mushroom and Cream Gnocchi

Cheese and Spinach Lasagna

Yields 8 servings

Ingredients:

Spinach mixture:

14 oz frozen spinach
1 package (3.5 oz) Tnuva Butter
8.8 oz Tnuva Bulgarian Feta Cheese, crumbled

Cheese mixture:

8.5 oz cottage cheese
8.8 oz 91% fat free Tnuva Quark Creamy Soft Cheese
5.3 oz Tnuva Shredded Edam Cheese
1 medium sized egg

Cream mixture:

8.8 fl oz light cream
1 egg yolk
1 tsp salt
¼ tsp freshly ground black pepper
1 tbsp fresh thyme leaves, chopped

Lasagna:

About 12 lasagna noodles
2 fresh tomatoes, sliced
½ package (1.75 oz) Tnuva Butter for greasing pan

Preparation:

- Spinach mixture: Melt butter in saucepan, add spinach and mix until spinach is defrosted. Add Bulgarian cheese and stir gently.
- Cheese mixture: Combine all cheese ingredients, mix and place aside.
- Cream mixture: Mix cream with egg yolk, salt and pepper, and add thyme.
- Assembly: Grease 9"x13" pan with butter. Line with lasagna noodles, pour spinach mixture and cover with layer of lasagna noodles. Pour cheese mixture on top and cover with another layer of lasagna noodles and layer of tomato slices. Pour cream mixture on top and bake on medium heat (340°F) for 50 minutes, until golden.

Serve hot.



Main Course

Mushroom and Cream Gnocchi

Yields 6 servings

Ingredients:

Gnocchi:

1 lb potatoes, boiled in peel
1 medium sized egg
4 cups flour

For Cooking the Gnocchi:

2 quarts water
1 tbsp salt
3 tbsp oil

Sauce:

1 package (3.5 oz) Tnuva Butter
2 garlic cloves, chopped
1 tbsp flour
1 small basket of fresh wild mushrooms, quartered
1 pint light cream
1 tsp salt
¼ tsp freshly ground black pepper
Pinch of nutmeg

Garnish:

1 scallion, sliced
8 fresh basil leaves

Preparation:

- Gnocchi: After potatoes are boiled, peel and mash. Allow to cool completely.
- Add egg and flour and knead into smooth dough.
- Roll into long rolls and slice into small pieces. In large pot, boil water with salt and oil, place gnocchi in boiling water and cook for 15 minutes until they float. Remove from water with a slotted spoon and place in bowl. Gnocchi can be lightly oiled to prevent sticking.
- Sauce: Melt butter in pan, and fry garlic until golden. Add flour and mix well to prevent clumps. Add mushrooms and stir gently. Add cream, salt, pepper and nutmeg and bring to boil.
- Serving: Pour sauce onto gnocchi, sprinkle with scallions and basil and serve immediately.

If you prefer, buy ready-made gnocchi, and just prepare the sauce.

Olive and Cheese Rolls

Yields 35 rolls

Ingredients:

Dough:

- 2.2 lb flour
- 1.25 oz fresh yeast
- 2 tbsp sugar
- 4 medium sized eggs
- 1 cup water
- 1 cup milk
- 3 package (10.5 oz) Tnuva Butter
- 1 heaped tbsp salt
- 3 tbsp dry herbs (rosemary, thyme, oregano)

Filling:

- 1 roll (7.05 oz) Tnuva Goat Cheese, cut into large cubes
 - 1 cup green olives, pitted
- 1 egg for glazing

Muffin trays or 35 small greased pans

Preparation:

- Dough: Place flour, yeast and sugar in mixer with a kneading hook and mix. Add eggs, water, and milk and knead to form smooth dough.
- Add butter, salt and herbs and knead for another 8 minutes.
- Cover with plastic wrap and let rise for 1½ hours until size triples.
- Divide dough into 35 pieces, flatten each piece with hand and place cheese cube and olive in middle. Close dough over filling and place in pan with opening facing down.
- Brush with egg and allow to rise for half an hour.
- Bake on medium heat (360°F) for 15 minutes until golden brown.

Suggestion: Allow dough to cool the night before in order to make it easier to shape the rolls.



Olive and Cheese Rolls

Cheese Balls with Mediterranean Salad

Yields 8 balls

Ingredients:

Cheese Balls:

- 1 roll (7.05 oz) Tnuva Goat Cheese
- ½ package (4.4 oz) Tnuva Goat Milk Feta cheese
- 1.75 oz Tnuva shredded Edam Cheese
- ¼ cup flour
- 1 egg
- ½ cup bread crumbs
- 1 tsp nigella
- oil for frying

Salad:

- 3 peeled tomatoes, diced
- 1 hot green pepper, seedless, diced
- 1 tbsp olive oil
- Juice from 1 lemon
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint leaves, chopped
- Salt
- 1 pita, sliced and toasted

Preparation:

- Cheese Balls: Combine cheeses and mash to form even mixture
- Divide into 8 and roll each piece into a ball
- Roll balls in flour, dip in egg and coat with bread crumbs mixed with nigella.
- Heat oil in pot and deep fry balls for about 1 minute. Remove from oil with slotted spoon and place on paper towel to absorb excess oil.

Salad: Combine all vegetables and herbs in bowl, dress with olive oil, lemon and salt, and place toasted pita slices on top.

Place salad on wide, flat plate and position cheese balls on top.

Side Dishes

Roasted Vegetables with Cheeses

Ingredients:

- 1 large sweet potato, sliced
- 2 large red peppers, cut into 4
- 2 medium zucchinis, sliced lengthways
- 1 small eggplant, sliced
- ¾ cup olive oil
- 3 garlic cloves, chopped
- 1 package (7.05 oz) Tnuva Feta Sheep Cheese, sliced
- 2 tbsp fresh rosemary
- Black pepper

Preparation:

- Place vegetable slices in pan and brush with olive oil. Sprinkle with chopped garlic and bake on medium temperature (360°F) for 20 minutes until golden.
- Remove from oven place cheese slices on top of vegetables. Bake for another 10 minutes. Pour olive oil on top, season with rosemary and black pepper.

Serve either hot or cold.



Shavuot Tzedakah Project*

Tnuva together with Flaum, are delighted to announce that a percentage of Tnuva's June sales will be donated to MAZON, a charity dedicated to preventing and alleviating hunger among people of all faiths and backgrounds in America, Israel and countries around the world. MAZON has 300+ annual grantees who represent the entire spectrum of the nation's anti-hunger network: from food banks, food pantries, home-delivered meal programs and kosher meal programs to advocacy organizations. The majority of MAZON'S international support goes to combat the poverty and food insecurity plaguing Israel. To support this wonderful project, simply buy delicious Tnuva cheese and dairy products and encourage your friends and family to do the same. By taking advantage of this wonderful opportunity, you will not only be able to enjoy some scrumptious treats, but also enable others, who are less fortunate, to do so too.



*This promotion is valid in stores selling Tnuva products distributed by Flaum



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Chocolate Orange Cheese Cake

Cheese and Fruit Mille-Feuille

Yields 2 cakes

Ingredients:

21 oz butter puff pastry, defrosted
¼ cup sugar

Vanilla Cream:

8.5 oz heavy whipping cream
1 cup sugar
4 tbsp instant vanilla pudding powder
0.25 oz gelatin powder
1 container (8.8 oz) 95% fat free Tnuva Quark Creamy Soft Cheese
2 containers (15.8 oz) Tnuva Original Premium Cheese Spread

For Garnish:

A selection of fruit, sliced
Powdered sugar

2 rectangular cake pans

Preparation:

- Preheat oven to medium temperature (360°F). Lay out pastry dough and cut out 6 rectangles the size of the pans.
- Place pastry rectangles on baking paper and poke holes in it with fork.
- Sprinkle sugar on pastry and bake for 15 minutes until golden. Set aside to cool.
- Whip heavy whipping cream with sugar. Add instant pudding and keep whipping until firm.
- Mix cheese in another bowl and add to whip gradually while whipping.
- Pour milk into heat resistant bowl, sprinkle gelatin on the milk and wait for it to dissolve.
- Microwave milk and gelatin for about 40 seconds until gelatin is completely dissolved.
- Add spoonful of cheese mixture to the milk and gelatin and mix well in order to equate temperatures.
- Add milk and gelatin to cheese mixture and stir quickly until mixture is smooth.
- Place one sheet of dough in pan and spread layer of cheese mixture on top. Lay another sheet on top and cover with another layer of cheese mixture. Top with another sheet of dough.
- Place in refrigerator for a night.
- Remove cake from pan and place on serving plate, decorate with fruit and sprinkle with powdered sugar.



Desserts



Cheese and Fruit Mille-Feuille

Chocolate Orange Cheese Cake

Ingredients:

16 oz short pastry, defrosted
6 eggs separated
2 cups sugar
2 containers (17.6 oz) 95% fat free Tnuva Quark Creamy Soft Cheese
2 containers (15.8 oz) Tnuva Original Premium Cheese Spread
1 tsp vanilla extract
2 tbsp orange rind
¼ cup instant vanilla pudding powder
5 tbsp self raising flour

Icing:

7 oz bittersweet chocolate
4.25 fl oz whipping cream

9" round pan

Preparation:

- Preheat oven to medium heat (320°F)
- Line pan with short pastry, flatten well, and cool in freezer for half an hour.
- Whip egg whites, gradually add half cup sugar, and beat until stiff.
- In separate bowl combine cheeses, egg yolks, rest of sugar, vanilla extract and orange rind and whip to form smooth mixture. Add flour and instant vanilla pudding and mix.
- Fold egg whites gently into cheese mixture and mix until smooth.
- Pour mixture onto pastry and bake for 20 minutes.
- Lower oven temperature to 285°F and bake for another 40 minutes. Refrigerate.
- Icing: Melt chocolate and cream in microwave or double boiler and mix well. Pour onto cake and chill in fridge for the night.

Decorate with orange wedges before serving.

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