

Taste of MEMORIES

MATKON IM ZIKARON

TASTE OF MEMORIES

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In the last half year, over six hundred homes in Israel received an unfortunate military knock on their doors. Behind the door stood the IDF casualty officers who came to announce the falling of an IDF soldier, a beloved son or daughter, who were killed in the most important mission of all, the mission for the existence of the State of Israel.

The many brave civilians, who have fallen during this past winter, the heroes from Gaza envelope, youngsters from the Nova festival or the soldiers who rushed to the war zone to save lives – are all heroes, but not by choice, of our time.

Behind every fallen there are family, friends and many acquaintances who have joined the bereaved family against their will. The bereaved family in Israel is unfortunately a very large one. It includes the fallen's family relatives, friends, neighbors and in fact the whole of Israeli society. But - it does not stop here; it also includes the entire Jewish people who feel sorrow and pain for the loss of the young people in the war.

In the Jewish tradition, it is customary to say the following blessing when comforting mourners in a Shiva: "May the Omnipresent comfort you among the rest of the mourners of Zion and Jerusalem". In Hebrew, the word omnipresent in this blessing is Hamakom, the place. But what is "the place"? It is common to say that this is the Creator, but how can the Creator comfort the grieving family.

I once heard a nice explanation for this from my mother. The 'place' represents the place of the fallen in our lives. The things they left here with us in their short but significant time: their sounds, experiences and even the special flavors that they left when they parted from this world.

Presented in this booklet are curated recipes loved by the fallen.

Each recipe represents the personality of a different fallen, so you will find the essence of their life story alongside their favorite dish. This project is a collaboration between the "Taste of Memories" initiative and the Diaspora Department in the WZO. I would like to thank Ms. Eden Ben Oz Kohali from "Taste of Memories" initiative as well as Mr. Mariano Sommer, Ms. Leah Loboda-Hofman and Mr. Naftali Levy from the Diaspora Department for creating and leading the project.

On the seventh of October, the State of Israel found itself in a very difficult battle against a murderous enemy, but the wonderful generation that came together to fight against is, proves to us that "נצח ישראל לא ישקר", the eternity of our people will prevail in this just war.

We will be strengthened by the stories of these outstanding heroes and find inspiration in their legacies.

Major (res.) Nerya Meir
Head of the Diaspora Department
The World Zionist Organization

המחלקה לפעילות ציונית בתפוצות
Department of Zionist Activities in Diaspora

TASTE OF MEMORIES

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Taste of Memories is a unique initiative that works to commemorate fallen Israel Defense Forces soldiers and Israeli victims of terror, through cooking their favorite recipes and telling the stories of their lives

The centerpiece of this project is cooking sessions, during which participants gather to cook a favorite dish of a fallen soldier or terror victim - people who could not come back home to enjoy it themselves. In addition to cooking, participants learn about the person and family behind the dish through pictures, stories, videos, and anecdotes shared by the family as a way of keeping their memory alive

Every person, everywhere in the world, knows the feeling of loss and longing. Every person also has a recipe that reminds them of someone precious. We, at Taste of Memories, use this simple but powerful tool to create emotional connection and empathy, through food.

We work with sensitivity to bring increased awareness of bereaved families—those who continue on without their loved ones. While we may not often think about it, deep down we know that any one of us could lose a person we love. Herein lies the deep empathy, identification, and connection to every family's story, shared in the cooking sessions. Dealing with bereavement, while continuing to live life and honor and remember those lost, is both an Israeli and universal story. Through the Taste of Memories project, we engage with these experiences through stories in an accessible, exciting, and meaningful way—both for the participants and for the bereaved families who take part.

The Story Behind Taste of Memories

Taste of Memories was established by Eden Kohali, while she served as a Jewish Agency Shlicha (emissary) to the Jewish community of Minnesota a few years ago. During her time in Minnesota, Eden sought to help her community connect in a meaningful way with Israel and its Memorial Day, Yom HaZikaron. She found that using a combination of food and stories shared by the families of fallen soldiers and victims of terror was an especially powerful method to create deep, authentic, and long-lasting connections between her community, Israel's Memorial Day, and most importantly, with bereaved families across Israel.

Our website (www.matkonzikaron.co.il) provides the tools and guides to enable anyone to host a cooking session to commemorate fallen soldiers and victims of terror in a personal and powerful way, by cooking their favorite recipes and sharing their life stories. We encourage you to share photos and your experiences from your cooking session with the bereaved families through our website, Facebook, or Instagram pages.

"The collaboration between "Taste of Memories", the World Zionist Organization and the Jewish Agency seeks to enable a deep and meaningful connection between Jews around the world, to the families of the fallen of the Swords of Iron war and the Black Shabbat of October 7th. We invite you to cook in memory of these heroes, learn their story, and strengthen the bereaved families.

With the great help of the team at the Diaspora department in the WZO, recipes and the personal stories of many of the fallen were translated into a variety of languages.

We thank you for the valuable and moving connection and for joining the community of "cookers" of "Taste of Memory" in Israel and around the world."

With gratitude,
Eden Ben Oz Kohali

MEAT

Bolognese Sauce For Pasta
Erez Mishlovsky Z"l

Pasta Bolognese
Keshet Casarotti Kalfa Z"l

Meatballs In Sauce
Ofer Ron Z"l

Stuffed Peppers
Shay Termin Z"l

Couscous And Mahshi
Karin Journo Z"l

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EREZ MISHLOVSKY Z"L

BOLOGNESE SAUCE FOR PASTA

Erez was a marksman in the Tzabar Battalion, in the Givati Brigade. He was a quiet, humble and modest man, strong and smart. He had the ability to see a problem, think of a solution and implement it immediately. He was a good friend who always knew how to provide support, giving strength and power to cope. He dealt with a variety of different situations in life, and still stayed a pure soul that did not quarrel with anyone.
He had an amazing attitude towards children and was very loved by them.
Erez fell in the Namer disaster of the Tzabar Battalion in the Givati Brigade, and was one of the first combat soldiers to enter Gaza during the war.
He was killed on October 31st, 2023 at 20 years old. He is survived by his parents, 2 sisters and a brother.



Difficulty level ★★★☆☆

Ingredients

- 1 kg of ground beef
- 3 large onions
- 8 cloves of garlic
- 1.4 kilo tomato sauce
- 200 gr tomato paste
- Olive oil
- Spices: salt, pepper, brown sugar, hot red chili, nutmeg

Directions

In a large pot, put olive oil, the garlic cloves chopped into thin slices, the onion after it has been chopped into small cubes. Add some hot chili. Fry until golden.
Add the ground meat, break it into crumbs until all the meat is cooked.
Add the tomato sauce, tomato paste, 3 tablespoons of brown sugar, a tablespoon of salt and a teaspoon of pepper. Mix well and add a teaspoon of nutmeg.
Bring to a boil, lower and cook over low heat for about two to three hours.
It is important to mix occasionally.
Serve with pasta.

Did you make this recipe?
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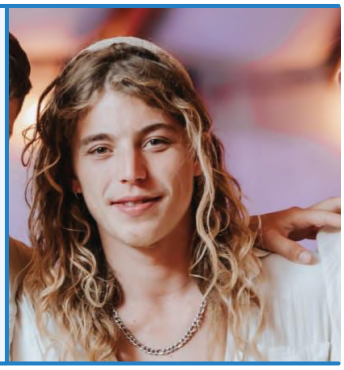
This was a favorite recipe of Erez. He especially liked to eat it when coming home from the army, when he looked for homey, comfort food.

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KESHET CASAROTTI KALFA Z"L

PASTA BOLOGNESE

Keshet grew up on Kibbutz Samar located in the Southern Arava. He was a wild child who dreamt of pirates and was known to walk on his hands all the way from the house to the Kibbutz dining room.
Keshet loved parties, festivals and traveling the world.
Like his name (meaning rainbow in Hebrew), he connected with people of all colors and types and backgrounds.
Keshet was murdered at the Nova party terrorist attack on October 7th, 2023. He was 21 years old and is survived by his parents and two sisters.



Difficulty level ★★★☆☆

Ingredients

- **1 large onion cut into small cubes**
- **1 grated carrot**
- **3 chopped garlic cloves**
- **500 grams of ground meat**
- **A few fresh za'atar leaves**
- **2 cans of crushed tomatoes** (MUTTI is recommended)
- **Salt, pepper, sugar**
- **Olive oil**
- **One package of pasta**

Directions

Heat the olive oil in a low pot, brown the onion in it and add garlic and grated carrot. Let the vegetables caramelize while stirring.
Move the vegetables to the sides of the pot and sprinkle the minced meat in the pan. After a slight sear, with a wooden spoon crumble the meat into crumbs.
Add crushed tomatoes and a little sugar, season with salt, freshly ground black pepper and chopped za'atar leaves (oregano is also possible to add). Cook a little and take off the heat.
Cook the pasta according to the instructions on the package.
Drain the pasta but save a little of the cooking water, add to the sauce and mix.
Pour the sauce over the filtered pasta.

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Pasta with bolognese sauce was Keshet's favorite food. Whenever he came back from a trip or was away for awhile, his Mom would welcome him with a big plate of pasta with bolognese sauce.
Even last summer when Keshet finally arrived home after touring festivals in Europe, his mother was waiting for him, as always, with his favorite pasta dish.

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OFER RON Z"L

MEATBALLS IN SAUCE

Ofer was the eldest brother in his family. He loved photography, nature, gardening and music.
He was very family oriented and loved life.
Ofer was visually impaired due to retinal degeneration. This didn't stop him from being independent and he made sure to cook relatively simple things for himself ever since the kibbutz dining room closed. He was proud of it, and rightly so.
Ofer was murdered on October 7th, 2023 in his home located in Kibbutz Kissufim.
His family misses him very much.



Difficulty level ★★★★☆

Ingredients

500 gr ground beef

2 onions

1 carrot

3 cloves of garlic

1 egg

3 ripe tomatoes peeled and crushed

100 gr tomato paste

breadcrumbs (better to make your own),

Spices: salt, pepper, sweet paprika, soup powder, parsley, cumin,

Oil

One tbsp tehina

Directions

Meatballs:

Mix ground beef, egg, breadcrumbs, grated carrots, chopped garlic, clove, salt and pepper. Form into balls and place in the refrigerator for at least half an hour.
Fry the meatballs in a pan with oil and set aside.

Sauce:

Fry onions, add 2 cloves of garlic, crushed tomatoes, tomato paste, water and other spices to taste. Bring to a boil for about twenty minutes.
Add the meatballs and cook for about twenty minutes. Serve with white rice or pasta.

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Ofer had trouble seeing, so he prepared simple dishes that did not require precision. It was important for him to prepare his own food, even though he started cooking at an older age, once the Kibbutz dining room closed.
He was very proud that he was also able to cook a meat dish for himself. And it was delicious. Ofer got this recipe from his sister, and added his own twist with the tehina.

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SHAY TERMIN Z"L

STUFFED PEPPERS

Shay was born and raised in Rosh Pina, sixth generation living there. He was full of love, with a winning smile and captivating personality, constantly giving and helping others throughout his life.
Before he enlisted in the army, he volunteered for a year of service at the "Ahava" boarding school. Following this, he chose to study social work and was about to start his studies when the war broke out, in the hope of making the world a better place. Shai always made sure to unite everyone and touched the hearts of many. His friends and acquaintances defined him as "The glue of the gang".
From a young age he learned how to play the guitar and on any family occasion he would take out his guitar, charming everyone. Shy served in the "Orev" battalion of the paratroopers. He was killed on December 22nd, 2023 during a battle in Khan Younis. He was 26 years old.



Difficulty level ★★★★☆

Ingredients

- **Red peppers**
- **Rice**
- **1/2 kg ground beef**
- **2 onions**
- **Garlic**
- **Tomato paste as necessary**
- **Parsley**
- **Cilantro**
- **Soup mix/powdeer**
- **Dill**
- **Paprika**
- **Cumin**
- **Black pepper**

Directions

Cut off the top of the peppers, remove the seeds and wash.
In one pot prepare the sauce- Fry a chopped onion and a few cloves of garlic in olive oil, add the tomato paste, add some soup mix, sweet paprika, black pepper and a little cumin.
Add boiling water to the height of a quarter of the pot.
In another pot, fry the onion and garlic again, add the meat for light frying, then the rice and add in some soup mix.
Add a little of the sauce cooked in the other pot and mix.
Before filling the peppers, finely chop parsley, cilantro and dill and add to the filling mixture.
Fill the peppers with the rice, meat and vegetable mixture and place them in the sauce in the second pot for an hour. It is recommended to every so often moisten the peppers by pouring a little of the sauce on top.

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Every time Shay would return from the army, or from one of his trips abroad, he would first ask for Mom's stuffed peppers.

COUSCOUS AND MAHSHI

Karin loved life. She loved to laugh and have fun. She laughed at everything and at any given moment would make everyone around her laugh. She was easy-going and lived in the moment as if there was no tomorrow.
She only did what she loved and even went to a party once with a broken leg.
She always said "whoever dies, dies" to lighten the mood during difficult moments.
Karin loved to eat in restaurants and would order the entire menu in order to taste everything and experience life through food.
Karin was murdered on the horrible Black Saturday of October 7th, 2023 during the Nova party in Re'im.
She just wanted to dance and have fun with her friends.



Difficulty level ★★★★★

Ingredients

Mahshi:

Goulash meat cut into cubes
bread
A spoonful of crushed garlic
1 large onion, grated
A bunch of parsley
2 eggs
Salt, Black pepper, Paprika
A little chicken soup
A large spoonful of Arisa
Thinly sliced potato
Flour to cover the meatball
Egg
oil for frying

couscous:

Kilo of semolina
Water
Half a cup of oil

Soup for couscous:

celery, Dill, Coriander, Carrot
Pumpkin, Cabbage, Soaked
chickpeas, Zucchini,
Potatoes
A little tomato paste
A little turmeric
Salt, Black pepper, Paprika

Directions

Moisten the bread and squeeze it.
Mix all the ingredients except the flour, egg and oil in a bowl
Make the meatballs and put between two slices of potato (to make a sandwich)
Dip in flour and then in egg and fry
After all the meatballs are fried, arrange them in a pot one on top of the other and fill the pot with water up to the height of the meatballs. Boil until all the water evaporates.

Couscous: Mix a kilo of semolina with a glass of water and strain through a couscous strainer.
Transfer to a couscous steamer for 20 minutes until the semolina is completely wet.
Transfer to a bowl, add a spoonful of salt and mix, add half a cup of oil, half a cup of water and mix, add a cup of water, mix again and strain again.
Transfer to the pot for about half an hour.
Remove from the pot back to the bowl, gradually add 2 cups of water, mix, strain and enjoy.

Soup: cook like normal soup with all the ingredients listed

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Karin loved her mother's couscous and mahshi more than anything and more than any dish in any restaurant. The couscous was the star of the week on Friday afternoon and the mahshi was the star of every holiday meal. Together they made the ultimate dish that was Karin's favorite. Every time Inbal, Karin's mother, would fry mahshi, Karin would try to steal one from the plate of once it was already prepared.

DAIRY

Maple Cake
Hadar Rosenfeld Berdichesky Z"l

Yishai's Pizza
Yishai Fitusi Z"l

Curbia Cookies
Yael Leibushor Z"l

Kim's Alfajores
Kim Dukarker Z"l

Adi's Chocolate Cake
Adi Leon Z"l

Lemon Pie
Eyal (Mevorach) Twito Z"l

Rosalach Chocolate
Sahar Saudyan Z"l

Mac and Cheese
Roey Weiser Z"l

Chocolate Souffle
Laurie Vardi Z"l

Belgian Waffle
Eitan Fisch Z"l

Rip On The Rip
Yehuda Kader Z"l

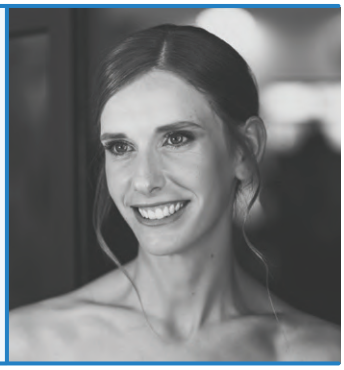
Tiramisu
Roi Dawy Z"l

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- HADAR ROSENFELD BERDICHESKY Z"L

MAPLE CAKE

Hadar is from Kibbutz Kfar Azza. Her family shares that she was the most beautiful, the most successful and smartest girl. She studied accounting and graduated with honors. She worked at the start-up company "UBQ" and they predicted a great future for her. She married Itay and they had two had twin boys, born 30 minutes apart. The birth of the twins is an example of the strength she had.
Hadar and Itay were murdered in their apartment in Kibbutz Kfar Azza by Hamas terrorists on October 7th, 2023. They were 30 years old when they were killed. Hadar and her husband Itay's 10-month-old twin boys survived. The babies were found and rescued by the IDF 14 hours later, crying in their cots - and are now raised by family members.



Difficulty level ★☆☆☆☆

Ingredients

1.1/4 cup of self-rising flour
1.1/4 cup of sugar
3 vanilla sugar packets
200 gr sour cream
3 eggs
1/2 cup of oil
Maple syrup for pouring over the cake
Optional:
Chocolate chips/walnuts

Directions

Heat the oven to 180 degrees.
Mix all the ingredients together in a bowl. Grease a cake mold and pour in the batter.
Sprinkle walnuts/chocolate chips on the batter before putting in the oven.
Bake for 20 to 30 minutes.
After removing from the oven, pour maple syrup around and on top of the cake.

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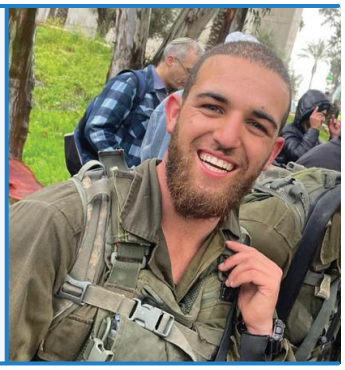
Hadar really loved making this cake on the weekends. This is one of the cakes that her husband loved the most. In fact, after the cake was ready, he wouldn't let anyone else taste it.

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YISHAI FITUSI Z"L

YISHAI'S PIZZA

Yishai was a special boy, fair-haired and blue-eyed, always with a big smile on his face.
He loved every person regardless of their background, and it was always important for him that those around him were happy.
Yishai was born in Gush Katif 21 years ago, and was evacuated from his home as a infant.
He fought until the last bullet he had, so close to the home he loved so much.
Yishai served in Golani's 13th Battalion. He fell in battle at Nahal Oz on the Black Sabbath of October 7th, 2023. He was 21 years old when he was killed, and is survived by his parents and two brothers.



Difficulty level ★★★☆☆

Ingredients

Dough:

1 kg of flour
2 tablespoons of yeast
3 tablespoons of sugar
1 tablespoon of salt
Three and a half glasses of lukewarm/warm water
1/2 cup of oil.

Pizza sauce:

Crushed tomatoes
Oregano
Garlic
Salt / pepper
Olive oil
Basil

Grated yellow cheese

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Directions

Dough: In a bowl, mix together all the dry ingredients. Then add the water and start kneading, After a few minutes, add the oil. After 10 minutes of kneading, set aside to rise and prepare the sauce.

Sauce: Mix all the ingredients together.

How to make the pizza: roll the dough into a round shape, spread as much sauce as you like, sprinkle grated yellow cheese and add any toppings that you like.

Yishai would make this pizza for his family. He was most identified with this recipe.

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YAEL LEIBUSHOR Z"L

CURBIA COOKIES

Yael loved the desert very much and before her military service she did a year of service in the "Society for the Protection of Nature in Israel" in Mitzpe Ramon. She was loved by everyone and was known for her big heart, maturity, and genuine kindness. Yael served as a ground intelligence gathering controller in the 414th Battalion of the Border Protection Corps. She loved to embroider and in the last year of her life embroidered on army card holders of her friends. If you see a soldier that has one with a butterfly or flowers on it, you will know that they are a friend of Yael.
Yael was murdered on the horrific and tragic Saturday of October 7th, 2023, in the battle at the Nahal Oz outpost. She was 20 years old when killed.



Difficulty level ★★★☆☆

Ingredients

2.5 cups of self-rising flour
200 grams of butter
2 tablespoons of sugar
2 tablespoons of vanilla sugar
2 egg yolks
50 grams of broken/crushed almonds
Powdered sugar for serving

Directions

Heat the oven to 180 degrees.
Put all the ingredients in a bowl, mix with a fork until you get crumbs.
Continue kneading with your hands to obtain a uniform dough (don't knead anymore in order not to damage the crunchiness of the dough). make small circles (diameter of 1.5 cm)
Place on a tray lined with baking paper and bake for about 20 minutes, or until the cookies are golden.
Take out and leave to cool (don't touch the cookies until they cool otherwise they will fall apart).
After cooling, sprinkle powdered sugar generously.

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This cookie recipe is just one of many recipes in Yael's very own cookbook.

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KIM DUKARKER Z"L

KIM'S ALFAJORES

Kim was an officer in the Border police (magav) and commander of the patrol unit. She prevented many terrorist attacks and saved many lives. Kim was known as a fierce girl, a lioness. She loved tigers very much - in her room she hung a large picture of a cheetah that has fire in the eyes. Kim was exactly the same, fire constantly burning in her eyes. Kim had a saying that she always liked to share with her trainees - "The animal in me is only sleeping, it is not dead". Her family shared: "We are sure that Kim is only sleeping. Her spirit is alive. The fire in her eyes and the lioness that is deep inside her will continue to accompany us every minute and second of every day." Kim was murdered during the terrorist attack at the Nova party in Re'im on October 7th, 2023 while spending time with her friend Raz Mizrahi z"l. She was 22 years old, survived by her parents and 2 brothers.



Difficulty level ★★★★☆

Ingredients

Dough:

200 grams of softened butter

100 grams of powdered sugar

4 yolks of Large eggs

1 1/3 cups cornflour

1 1/2 cups white flour

1 teaspoon baking powder

1/4 teaspoon baking soda powder

Filling:

1 cup dulce de leche

Coating:

1 cup coconut chips

Directions

Dough: put the butter and powdered sugar in a mixer with a hook for a smooth and airy mixture. Add egg yolks one by one and mix until the mixture is blended together.
Sift together the rest of the ingredients, add to the mixture, process only until a uniform dough and form into a ball.
Put in the fridge for an hour or two to cool down - to easier kneading of the dough.
Heat the oven to 160 degrees.
Transfer the dough to baking paper and roll the dough into a 1/2 cm thick sheet and cut into circles.
Place evenly on a baking sheet lined with baking paper and bake for 10 minutes, until the cookies begin to turn golden on the edges and still light in the center. Cool completely.

Fill the alfajores cookies: spread a teaspoon of dulce de leche on half of the cookies. Attach an empty cookie to them, to create an alfajores cookie sandwich. Press the cookies a little together, so that the filling peeks out from the edges (if you like a lot of dulce de leche, like Kimi would have liked, you can spread it generously on all sides).
Roll the cookies in coconut.

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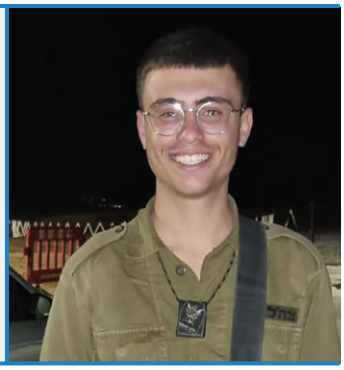
Ever since she was a child, Kim loved making and eating alfajores cookies, they were always the tastiest, and everyone always asked for the recipe.
Meitar, her cousin says: "When Kim was still listed as missing, we prepared alfajores for her with her recipe, which she had sent us previously, so that when she returned she could eat her favorite dessert. For us it was hope. That way we could hold onto something, that Kim would return to us soon. That's what we believed."

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ADI LEON Z"L

ADI'S CHOCOLATE CAKE

Adi was a unique child. He spread light and love to all those around him, and respected everyone no matter what their background was.
He had a huge smile that was seen from a distance, and always knew how to encourage those around him, and improve the mood. Adi had a deep love for music, and used every opportunity to create and compose tracks in his home studio.
Adi served in the Tzabar Battalion in the Givati Brigade, and after an injury insisted on returning to the field.
Adi was killed at age 20, with his friends who were with him on their APC on October 31st, 2023.
He is survived by his parents and two sisters.



Difficulty level ★☆☆☆☆

Ingredients

Cake:
A cup and a half of self-rising flour
A bag of baking powder
¾ cup of sugar
A cup of cocoa powder (Shokolit)
4 eggs
250 ml whipping cream
Cup of oil

Frosting:
100 gr dark chocolate
120 ml whipping cream

Directions

Mix all the ingredients until uniform.
Transfer to a greased pan and bake for 50 minutes at 160 degrees or until a toothpick comes out clean.

For frosting: In a small bowl, break the dark chocolate pieces into cubes,
Add half a container of whipping cream and melt in the microwave for a minute.
Mix until smooth, and pour over the cake.

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Adi didn't like cakes at all, except for this one and that's why it's called "Adi's cake."

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EYAL (MEVORACH) **TWITO** Z"L

LEMON PIE

Eyal was born in Moshav Beit Gamliel. He loved to play basketball with his brothers and was idolized by every person he met.
He was a platoon commander in the 202nd Battalion of the Paratroopers.
He was killed in battle on January 22nd, 2024 in Southern Gaza. He was 22 years old.



Difficulty level ★★★★★

Ingredients

Crust:

100 grams of softened butter

100 grams or a bag of Powdered sugar

Egg

Two cups or 280 grams of Flour

Lemon cream:

2 eggs

80 grams of sugar

45 milliliters of lemon juice

Zest from one lemon

75 grams of softened butter cut into cubes

Meringue:

3 egg whites at room temperature

200 grams of sugar

Directions

Crust: In a bowl, mix melted butter and powdered sugar.
Beat in an egg.
Add flour and mix only until a uniform dough is obtained.
Press the dough with your hands to the bottom and also to the sides of a pan lined with baking paper.
Prick with a fork, refrigerate the dough for about half an hour and bake at 180 degrees for 12-15 minutes, until the crust is golden.

Lemon cream: put the eggs, sugar, lemon juice and zest in a pot and beat well with a whisk.
Cook the mixture while whisking constantly over a medium flame until a uniform thick cream is formed.
Remove from the heat, add the butter and stir until it melts in the cream. The cream should be thin at this point and that's fine.
Transfer the cream to a closed box and chill in the refrigerator for 2-3 hours or until the cream is completely cold. Fill the baked cake with the cold cream up to the top and flatten.

Meringue:
Using a bain-marie, heat a little water in the pot, add egg whites and sugar and stir until the sugar melts. Whip the mixture for 10 minutes, until the sides of the pot is cool and there is a firm foam. Spread the foam wiith a spatula over the pie, and bake for 3-5 minutes in an oven heated at 250 degrees until the top layer is browned, or brown it with a burner.

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His family shares:
"Lemon pie was Eyal's favorite dessert. When he would come back from the army he always asked us to make it for him."

SAHAR SAUDYAN Z"L

ROSALACH CHOCOLATE

Sahar was an officer in the IDF Air Force's anti-aircraft system. It was her dream to serve there and she worked hard to achieve it. Sahar never rested for a moment and loved to be active, babysit, volunteer and bake for her family, her friends, and the children she babysat for. Sahar had to excel in everything, even when it wasn't easy for her, and her recipes are like that too- excellent and full of love. Sahar loved life - and life loved her. She was known for her constant smile, the contagious laugh and the immense love she had for other people. Sahar served as a training officer in the 947th battalion of the air defense system. She intercepted dozens of missiles while defending of the country, and was shot by terrorists on the Black Saturday of October 7th, 2023. She was 21 years old when she was killed. She is survived by her parents, three brothers and a sister.



Difficulty level ★★★☆☆

Ingredients

3 cups of flour

A glass of lukewarm water

⅓ cup of olive oil (it is not recommended to replace with any other oil)

Tbsp. dry yeast

Half a teaspoon of salt

Nutella or any other spread

Recommended: add Kinder chocolate bars for filling

Directions

Mix all the ingredients together for about 7 minutes using a mixer with a kneading hook.
Cover the dough until it doubles in size (about an hour and a half).
Divide the dough into 3 equal parts.
Roll each of them on a floured work surface.
Place the spread you want, roll, cut into small pieces and put in a preheated oven at 200 degrees for exactly 8 minutes. Take out and sprinkle powdered sugar.

Did you make this recipe?
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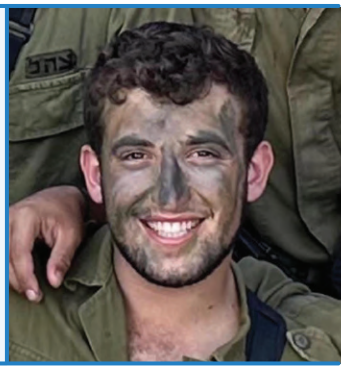
Sahar really loved this dish because it is sweet and simple to prepare. Sahar used to make it on the weekends when she got home from the army, even though her time at home was so limited.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

ROEY WEISER Z"L

MAC AND CHEESE

Roey Weiser was a platoon sergeant in the 'exposure and attack' squad of the 13th Battalion. He served at the Erez outpost on the Gaza border.
When the 'Swords of Iron' war broke out, he managed to get to the safe room. After assessing the situation, he decided to go out with three other combat soldiers to fight off the terrorists, that way diverting the fire from the safe room and allowing the other soldiers and the headquarters personnel to gain time and find a safer place to hide. During the exchange of fire, Roey saved about 12 soldiers, and was killed on October 7th, 2023 while protecting his friends and the country. He was 21 years old.



Difficulty level ★★★★☆

Ingredients

- **2.5 cups of milk**
- **2 cups of pasta**
- **1 tablespoon of butter**
- **3 tablespoons of flour**
- **1/4 teaspoon of salt**
- **1/2 teaspoon mustard**
- **2 cups of cheddar cheese**
- **Another half cup of cheddar cheese** (to add on top of the pasta, optional)

Directions

Cook the pasta according to the instructions on the package.
Meanwhile, boil milk and butter in a medium-sized pot. Put on medium heat and gradually add the flour, salt and mustard, while mixing.
Cook for about a minute while stirring. Remove from the heat, add the cheese and stir until it melts.
Place the pasta in a small square dish, pour the sauce over it and mix. At this point, you can sprinkle the rest of the cheese over the dish.
Bake uncovered for about 20 minutes in an oven preheated to 190 degrees. Remove from the oven and wait about five minutes before serving.

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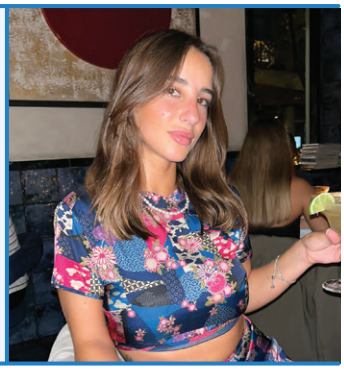
This dish was Roey's favorite. Roey was a picky eater, and this was one of the only recipes he would just devour. From time to time family members would find Roey eating from the pan in the late hours of the night.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

LAURIE VARDI Z"L

CHOCOLATE SOUFFLE

Laurie was a joyful and lively girl who spread love to all those who surrounded her.
She was a good friend, caring, encouraging, hardworking and confident.
Laurie was murdered on the horrific Black Saturday of October 7th, 2023, while at the Nova party in Re'im.
She was 24 years old. She is survived by her parents - Racheli and Dominic, her brothers - Ariel and Eitan, and her partner - Nissim.



Difficulty level ★★☆☆☆

Ingredients

6 eggs
200 grams of butter
180 grams of sugar
130 grams of flour
300 grams of dark chocolate

Directions

Pre-heat the oven to 180 degrees.
Beat the eggs and sugar in a bowl until the ingredients are mixed together, and add the flour while beating.
Melt the butter and chocolate in the microwave, and add to the bowl with the eggs.
Pour the batter up to 3/4 height into an individual cupcake mold and bake for 7 minutes.
You can add a piece of white chocolate to the individual molds before baking.
Serve the chocolate souffle hot.

Did you make this recipe?
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Laurie (Lulu) loved sweets and desserts but chocolate was her favorite. She would never give up an opportunity to have a souffle.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

EITAN FISCH Z"L

BELGIAN WAFFLE

Eitan was born and raised in the small village of Peduel. He was sensitive, a good friend, always taking care of others. He respected his parents in an exceptional way and was an amazing uncle. Every time he came back from the army he went straight to his nephews to play, was interested in them and spoke to them eye to eye.
Eitan had a unique personality. He was a talented artist, played a variety of instruments, and was exceptionally smart.
Eitan served as a combat armor officer in the 53rd Battalion and was killed in battle in the Gaza Strip, on December 4th, 2023. He was 23 years old.



Difficulty level ★☆☆☆☆

Ingredients

- 2 eggs
- 240 ml of milk
- 50 grams of melted butter
- 50 grams of sugar
- 210 grams of flour
- 2 teaspoons baking powder
- ¼ teaspoon of salt

Directions

Mix all the ingredients in a mixer, and put in a preheated Belgian waffle maker for 4 minutes.

Did you make this recipe?
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Nothing characterized Eitan more than a Belgian waffle. Every time he wanted to convince one of his married brothers to come over for Shabbat or to stay a little longer in the evening, he would simply smile and say: "So a waffle then?" No matter when it was - winter, summer, fall or spring, the bribe was always a waffle. It was either with nutella or maple syrup and rarely with whipped cream. More than the actual taste of the waffle, which was delicious, it's fun to remember Eitan's triumphant smile when he was able to get what he wanted thanks to the waffle.

YEHUDA KADER Z"L

RIP ON THE RIP

Son of Malka and Yehoshua. Born on July 31st, 1973 (2nd of Av, 5733) in Ofakim. Brother to Esther, Benny, Moshe, Avi, Yaakov and Ruth. He enlisted in the Israeli Police and served in the Border police.
Yehuda married Iris and the couple had two children: Elia and Aviad.
Yehuda Kader fell in battle on October 7th, 2023 (22nd of Tishrei). He was 50 years old when killed.
He was laid to rest in the Ofakim military cemetery. He is survived by his wife, two children, a mother, four brothers and two sisters.



Difficulty level ★★★★☆

Ingredients

Dough:

1 kilo of flour

200 grams of cream

1 cup of milk

1 tablespoon of yeast

a little salt

Water according to what is needed

For filling:

Tzfatit cheese

Butter

Directions

Put all the dough ingredients together until you get a slightly sticky dough, add a little bit of water or flour as needed until you get a good texture that is comfortable to work with.
Let the dough rest and start rising for at least 20 minutes and up to an hour and a quarter.
Cut the dough into small pieces (40 pieces from all the dough) and form balls.
Open each circle and put a piece of Tzfatit cheese, and a little butter (a quarter of a teaspoon)
To close the ball of dough, place on a baking sheet lined with paper with the seam facing down and brush with egg and sprinkle sesame seeds on top, cover with plastic wrap to prevent drying and wait about 15 minutes for a slight rise.
Bake at 180 degrees for about 12 minutes or until nicely browned on all sides.

Did you make this recipe?
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Rip on Rip are rolls baked on Friday. It is an Egyptian dish and the smell fills the entire house, really setting up the whole home to be in the unique Friday mood.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

ROI DAWY Z"L

TIRAMISU

Roi was a modest and humble boy, a quiet leader and a deep person. He was the definition of the Hebrew phrase - "quiet waters penetrate deep".
He had deep gratitude and respect for every little thing that happened to him.
He was an exemplary commander serving as platoon commander in the Tzabar Battalion of the Givati Brigade.
Roi fell on October 31st, 2023 in a battle in the north of the Gaza Strip, at the age of 20.



Difficulty level ★★★☆☆

Ingredients

2 packets or 500 grams of tea biscuits

Espresso or 5-6 teaspoons instant coffee with hot water

For serving:

Cocoa powder

For the cream:

500 ml of whipping cream

250 grams of mascarpone cheese - 40%

80 grams instant vanilla pudding

1/3 cup of sugar

Directions

Start preparing the cream - whip cream and sugar for 1-2 minutes, add the mascarpone cheese and the instant pudding until the cream is set.
Dip the biscuits in coffee and place in a pan.
Pour a layer of cream over the layer of biscuits.
Repeat this twice
Place in the refrigerator to set for at least two hours (preferably overnight).
Before serving, sprinkle cocoa powder on top

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When Roi would return from the army, his sister Eden would make this cake a lot for him as it truly was his favorite dish.

PAREVE

Homemade Bread
Bar Yankalov Z"l

Spaghetti In Tomato Sauce
Raz Peretz Z"l

Abba Rudi's Gnocchi
Rody Skariszewski Z"l

Bread Rolls With Olives
Itay Yehuda Z"l

Evening Salad
Liran Almosnino Z"l

Efrat's Kubanas
Itay Yehoshua Z"l

Mullet Fish In Sauce
Lior Siminovitch Z"l

Shakshouka
Eliraz Gabai Z"l

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

BAR YANKALOV Z"L

HOMEMADE BREAD

Bar was a beautiful and beloved boy with a huge heart. His friends admired him, his determination and his values. He had a deep love for the Land of Israel and it was important for him to be a part of defending the State of Israel. He dreamt of a military career since he was a child and knew he wanted to be a combat soldier. Bar served in the 101st Paratrooper battalion.
On October 7th, 2023, he was called up from commander's course to come to the Gaza envelope. He fought bravely and courageously against hundreds of terrorists. Bar was killed while he rushed to save his friend during a battle with terrorists.
Bar and his friends saved hundreds of civilians on Kibbutz Kissufim.
He was 19 years old.



Difficulty level ★★★☆☆

Ingredients

- 1 kg plain flour/yeast flour
- 1 tablespoon of sugar
- 2 tablespoons of yeast, if using regular flour
- 1/4 cup of oil
- 2.5 to 3 cups of lukewarm water
- A spoonful of salt

Directions

In a mixing bowl with a kneading hook, lightly mix the flour, add a spoonful of sugar and continue to mix, gradually adding the water and the oil. Leave for about eight minutes at medium speed. Add the salt and continue kneading for another 2-3 minutes until you get a soft dough.
Oil the dough on all sides, place in a bowl, cover with plastic wrap and leave to rise for an hour. Afterwards, punch down the dough, cover and rise a second time.
Transfer the dough to a well-floured work surface, divide the dough into 6 balls, cover and let them rise for about half an hour.
Dip each ball in a bowl of tap water, lift and stretch both sides of the dough and place on a baking sheet greased with olive oil.
Sprinkle a little coarse salt and drizzle a little olive oil.
Bake in a preheated oven at 180-190 degrees until brown.

Did you make this recipe?
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When Bar came home, there would be hot bread waiting for him and spicy food which he loved. Bar always liked to start with the bread and matbouha as a first course.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

RAZ PERETZ Z"L

SPAGHETTI IN TOMATO SAUCE

Raz enlisted into the Golani brigade and served as a soldier in the 13th Battalion. After that, he went to officers' course. He began a military career, serving as an platoon commander of the 13th Battalion and then a platoon commander of the 51st Battalion. Raz was supposed to get married to Noam Wiseman shortly after October 2023. When the horrible attack took place on October 7th, 2023 during Simchat Torah, Raz ran first to get a weapon and killed dozens of terrorists in face-to-face battles. He ran from place to place and succeeded in killing quite a few terrorists until he was murdered. Before he was killed, he managed to send warning messages to his friends who were at the Nova party in Be'eri. Thanks to him their lives were saved. He was 24 years old. He is survived by his parents, two brothers and his fiancee - Noam Wiseman.



Difficulty level ★★☆☆☆

Ingredients

- 1 onion
- 1 teaspoon crushed garlic
- 1 package pasta
- 6 tablespoons of tomato paste
- Boiling water
- 1 tablespoon of chicken broth
- 1 tablespoon red paprika
- A little black pepper

Directions

Cook the pasta according to the instructions on the package.
In a separate pot prepare the sauce: fry the onion and garlic, add tomato paste, half a cup of boiling water and spices. Cook a little.
Mix together the pasta and the sauce.

Did you make this recipe?
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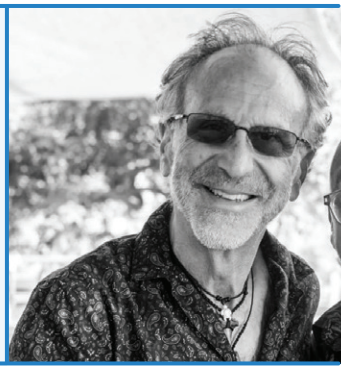
Raz loved his mother's spaghetti and his favorite was to have it with schnitzel. Every two weeks, when he came home from the army, he asked her to prepare this dish.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

RODY SKARISZEWSKI Z"L

ABBA RODY'S GNOCCHI

Rody was born on April 19th, 1966 in Buenos Aires. He immigrated to Israel and enlisted as a lone soldier. He raised his three children - Yonatan, Daniel and Gili - in Moshav Ohad. He was a devoted and loving father. Rody was Zionist, patriotic, and full of love. Everyone around adored him.
On the morning of October 7th, 2023, he left his house in the direction of Be'er Sheva to pick up his daughter Gili from her apartment. After several hours during which he did not answer his phone, his son Yonatan went looking for him. Yonatan, who serves in the reserves as a deputy company commander in the Givati Brigade, jumped into the battlefield that morning and fought terrorists dispersed throughout the Kibbutzim on the Gaza envelope. After several hours of fighting he went to look for his father and found his car in a ditch on the side of the road. He was 57 years old when he died and is survived by his wife and three children.



Difficulty level ★★★★☆

Ingredients

- **1 kg coarse salt**
- **6-8 large potatoes in their skins**
- **1 teaspoon fine salt**
- **3 egg yolks**
- **¾ cup sifted flour**

Directions

On an oven pan, sprinkle coarse salt and place the potatoes on top of it.
Bake for an hour, until softened.
Fold and cut the potatoes and grate them with a potato masher (you can also mash them with a mashed potato masher).
Add salt, egg yolks and flour to the potato batter and mix with your hand for a minute until you get a uniform and slightly sticky dough.
Flour the dough and roll the dough into snakes.
Cut with a 2 cm gnocchi knife.
Boil water with salt and cook the gnocchi for 2-3 minutes (until the gnocchi floats)
It is recommended to eat the gnocchi with sweet potato cream sauce.

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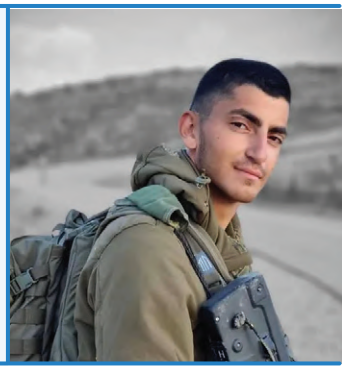
His children say:
"This is our favorite dish that dad made. He would always stand in the kitchen for hours with a smile on his face and prepare the gnocchi for each of us with the sauce he loved most."

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

ITAY YEHUDA Z"L

BREAD ROLLS WITH OLIVES

Itay was full of joy, sociable, caring, and considered to be the funniest in the group.
Itay was exceptionally talented in drawing and his dream was to open a tattoo parlor and become a tattoo artist after being released from the IDF.
Itay was a fighter in the Givati Brigade, the Tzabar Battalion. He was killed on October 31st, 2023 in the Namer disaster which took place in Northern Gaza.



Difficulty level ★★☆☆☆

Ingredients

- 3.5 cups of flour
- 1 tablespoon of yeast
- 2 tablespoons of sugar
- 1 egg
- 1/2 cup, canola oil
- 1 cup of lukewarm water
- 3/4 tablespoons of salt
- Olives

Directions

Knead everything for 7 minutes in a mixer.
Afterwards, add the salt for another minute of kneading.
Put the dough in a bowl that has been oiled.
Let the dough rise for an hour.
Form into balls and put in olives.
Place on a pan and spread egg, sprinkle sesame on top.
Put in an oven preheated to 180 degrees until golden.

Did you make this recipe?
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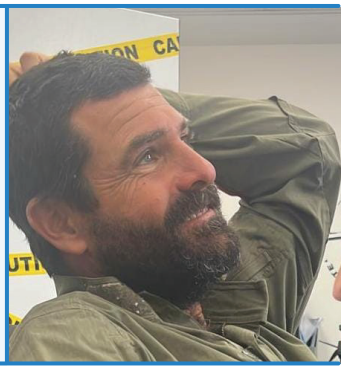
Itay mother used to make these bread rolls every Friday. Itay loved dough and especially these rolls.
He would eat them at any hour of the day, even in the dark hours of the night after he had been out all night.

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

LIRAN ALMOSNINO Z"L

EVENING SALAD

Liran (Babi) was a farmer, who raised sheep and loved the desert. He always helped everyone, and charmed everyone with his special personality. He always found the opportunity to improve, produce and create various processes and things around him. He believed that nothing is impossible.
He was a loving husband to Efrat, and an amazing father to Guy, Peleg, Tene and Matar.
He used to take his beloved children on field trips and teach them life skills.
Liran was killed during the horrible Black Sabbath of October 7th, 2023, while fighting bravely and saving dozens of families.
He was 42 years old.



Difficulty level ★☆☆☆☆

Ingredients

- 1 package of lettuce
- 1 cucumber
- 1 tomato or a handful of cherry tomatoes
- 1 red pepper
- 1 can of tuna
- 1 hard boiled egg
- 1 small onion
- A handful of chopped parsley / coriander
- You can add any other vegetable you like to the salad
- You can add a block of crumbled Bulgarian cheese as well

Directions

Chop and place everything in one large bowl.
Generously season with olive oil, salt, black pepper and a whole lemon.

Did you make this recipe?
We'd appreciate if you could share it with us

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Liran's wife, Efrat, shares that they would eat this salad together from the same bowl at the end of a long work day and talk about life or watch TV together.

EFRAT'S KUBANA

Itay was a family man, who worked in the operations unit for security of leaders in Israel. In addition, he served in reserve duty, in division number 36.
Itay was an ambitious guy who excelled in everything he did and touched and completed two academic degrees. He would do everything quietly for others, helping and caring for his loved ones, even when he did not have much time between work and reserve duty. Itay raised countless birds and was active in many Facebook groups for those who have this hobby. During the war, he asked that his family to donate blood, and made sure to check in on family and friends, to make suure they were safe.
Itay was killed on the 7th of October 2023 (22 Tishrei 5784) during the battles on Kibbutz Be'eri. He had a spouse and a three year old daughter. He was 36 years old.



Difficulty level ★★★☆☆

Ingredients

For 8 kubanas

1 kilo flour

2 tablespoons of sugar

1 tbsp salt

1 tbsp yeast

650 ml of water

1 tbsp oil

Oil - For beginning of process

Butter or margarine (recommended to choose quality of either depending on if you want it to be dairy or pareve)

Directions

Put the flour, sugar and yeast in one bowl.
Afterwards, slowly add the water so that when pouring a little knead the dough until it is fully mixed and absorbed in the dough.
The dough should be slightly sticky, put aside for 5 minutes and then add the salt and put aside for a few more minutes (do not be concerned if the dough is sticky)
Leave the dough for an additional 5 minutes
Add the oil and knead the dough until absorbed
Leave the dough for an hour and a half
After rising, rip the dough into 8 equal balls and leave on an oiled surface
With hands 'slightly' oiled, take a bit of the butter/margarine and open the ball of dough slightly and carefully (make sure the butter/margarine reaches the entire piece of dough)
Close and roll – don't forget to add a bit more butter/ margarine before rolling (you are welcome to add sesame or nigella above the kubaniyot)
Continue for the remainder balls of dough
Leave the kubaniyot to rest for 20 minutes until putting into the oven which should be set on 180c
You are welcome to mix tomato sauce with some schug.

Did you make this recipe?
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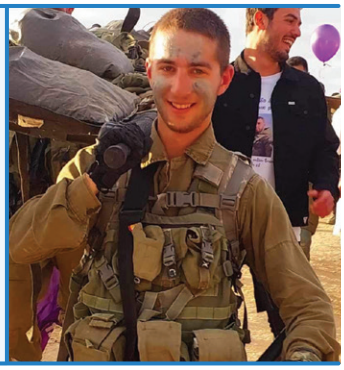
His family shares about the recipe:
"Itay like many of us loved to eat, mostly carbs. On Friday before he would return to his home in Raanana, he would not miss the opportunity to stop by his Aunt Efrat who would share her delicacies. After he was killed, she shared that he came to eat her kubaniyot when they were still hot, and the ones he took with him, he already ate on his way home. The recipe expresses who we are as a family, a home, and the love of dough. Itay also loved to make Challahs with his three year old daughter"

Department of Zionist Activities in Diaspora
המחלקה לפעילות ציונית בתפוצות

LIOR SIMINOVICH Z"L

MULLET FISH IN SAUCE

Lior stood out with his sheer optimism, his wisdom, and the smile that never left his face. He had a wonderful sense of humor, modesty, and a unique ability to be a good person and friend, always helping. His friends share about his great desire to contribute to the country in any way. He would carry out every task with great dedication.
Lior enlisted in August 2022 to the Givati Brigade and completed a course for combat soldiers, reaching the Tzabar Battalion. In addition, Lior was trained on the Namer and had a significant role as a professional machine gunner.
He participated in various operational missions and had an important role in defending the State of Israel and its citizens. Lior fell in battle in Gaza during the Namer incident on October 31st, 2023 31.10.23.



Difficulty level ★★★☆☆

Ingredients

- **4 cut mullet fish**
- **8 cloves of garlic**
- **2 hot peppers**
- **Canola oil**
- **Coriander**
- **100 grams tomato paste**
- **Salt**
- **pepper**
- **Cumin**
- **Turmeric**
- **Chicken soup powder**
- **Paprika**

Directions

Fry 8 chopped cloves of garlic in a large pot.
Cut the 2 hot peppers into strips and add to the pot.
Add the cut fish, and put a little water up to the height of the fish as well as a drop of oil.
Add half a teaspoon of cumin, black pepper, half a teaspoon of turmeric, a teaspoon of soup powderr, salt and a teaspoon of paprika.
Add tomato paste and mix everything together.
Wash the cilantro, chop and add to the pot.
After everything boils, lower to medium heat, cover the pot and cook for about 40 minutes.

Did you make this recipe?
We'd appreciate if you could share it with us

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His family says that this was Lior's favorite dish, simply a delicacy.

ELIRAZ GABAI Z"L

SHAKSHOUKA

Eliraz was a man who loved simplicity. He grew up in Tiberias, moved to Eilat and worked there as a diving instructor before moving to central Israel. He was a man of the sea, a man of this country. He loved the country deeply, didn't need anything more than a tent in front of beautiful views or the ocean. Eliraz loved people, all people and was calm, modest and humble.
During his IDF service he served in the Golani unit, and in reserve duty he served in the Yiftach battalion. He was injured a week before he was killed and decided to return to battle in order to be next to his friends. He would want us to be united, to understand how precious and valuable this country is. He was 37 when he fell in Central Gaza on December 30th, 2023. He is survived by his parents, a sister and a widow.



Difficulty level ★☆☆☆☆

Ingredients

For two people

- 3 large tomatoes
- 3 cloves of garlic
- Half a teaspoon of salt
- Teaspoon of paprika
- A pinch of ground chili
- Teaspoon of tomato sauce
- 4 eggs

Directions

Grate the tomatoes, mix them together.
Heat a teaspoon of oil in a pan and pour all the ingredients, cook on low heat for 15 minutes.
Break 4 eggs on top of the mixture and cook with a closed top until eggs are prepared as well as one wants.

Did you make this recipe?
We'd appreciate if you could share it with us

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Eliraz loved this dish, he loved traveling and being in nature. He could open a portable burner anywhere in the country and just make Shakshouka in the nature.

יִזָּכֵר

יִזְכֹּר עַם יִשְׂרָאֵל אֶת בָּנָיו וּבְנוֹתָיו, הַנֶּאֱמָנִים וְהָאַמִּיצִים,

חַיָּלֵי צְבָא הַהֲגָנָה לְיִשְׂרָאֵל,

וְכָל לוֹחֲמֵי הַמַּחְתָּרוֹת וַחֲטִיבוֹת הַלּוֹחֲמִים

בְּמַעַרְכוֹת הָעָם,

וְאַנְשֵׁי קְהִלּוֹת הַמּוֹדִיעִין, הַבִּטָּחוֹן, הַמִּשְׁטָרָה וְשֵׁרוּת

בָּתֵּי הַסֹּהַר,

אֲשֶׁר חֵרְפוּ נַפְשָׁם בַּמִּלְחָמָה עַל תְּקוּמַת יִשְׂרָאֵל,

וְכָל מִי שֶׁנִּרְצְחוּ בָּאָרֶץ וּמְחוּצָה לָהּ בִּידֵי מְרַצְּחִים

מֵאִרְגּוּנֵי הַטֵּרוֹר.

יִזְכֹּר יִשְׂרָאֵל וְיִתְבָּרַךְ בְּזַרְעוֹ וְיָאֱבַל עַל זִיו הָעֲלוּמִים

וְחֶמְדַּת הַגְּבוּרָה וּקְדֻשַּׁת הָרָצוֹן וּמְסִירוּת הַנֶּפֶשׁ

שֶׁל הַנִּסְפִּים בַּמַּעֲרָכָה הַכְּבֵדָה.

יִהְיוּ חַלְלֵי מַעַרְכוֹת יִשְׂרָאֵל עֲטוּרֵי הַנִּצָּחוֹן

חֲתוּמִים בְּלֵב יִשְׂרָאֵל לְדוֹר דּוֹר.

TASTE OF MEMORIES

MATKON IM ZIKARON

Scan the QR code to access educational activities prepared by the WZO's Department for Zionist Activity in the Diaspora.

We partnered with the Tastes of Memories initiative, with the goal of commemorating those who have died in Israel's wars and in terror attacks in a unique and personable way.
In the document you will find activity suggestions for different age groups and detailed pedagogical elements associated with the theme of food and memory.

We hope you find these activities meaningful! Thank you for taking part in this initiative and choosing to remember those who have fallen.

Visit the "Taste of Memories" website
for more recipes, stories and photos:

www.matkonzikaron.co.il

Taste of MEMORIES

MATKON IM ZIKARON

כדי שהטעם שלהם לא יישכח

מתכון עם זיכרון

Department of Zionist Activities in Diaspora

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