

# Food Security

## Cooking with Hilit Nurick and Rabbi Berger

---

Beth Israel and Jewish Family Services welcome Hilit Nurick, Head of the Foods Department at King David High School (KDHS) and Rabbi Stephen Berger, KDHS Head of Judaic Studies, to a fun filled Tu B'shvat Food Security cooking demonstration.

We are thrilled that you are joining us to cook wholesome, local food and talk about the importance of good food for everyone, and how this connects to Tu B'shvat.

### Red Lentil Soup

#### **Ingredients:**

1/4 cup olive oil  
2 bay leaves  
1 large onion  
2 medium carrots  
2 celery sticks  
2 Bird's Eye chillies (optional) - minced  
2 medium tomatoes OR 3 Tbsp of tomato paste  
3-5 garlic cloves - minced  
2 cups of split red lentils  
1 Tbsp cumin  
Salt and pepper to taste  
1/4 tsp sugar  
10 stems of fresh thyme  
5-7 cups of water

#### **Instructions:**

Begin with prepping your vegetables. Dice onions, carrots, celery and tomatoes to small/medium dice. Heat your oil in a pot and begin caramelizing your onions until golden brown. Add the bay leaves and minced chillies while you are caramelizing your onions. Once the onions are caramelized add the carrots and celery and let them sweat. Add the tomatoes, minced garlic, cumin, sugar and lentils and mix. Add water and fresh thyme and bring to a boil. Once the water has come to boil, turn the heat down to simmer and let cook on low heat for half an hour or until the vegetables have softened. Taste and adjust seasoning. Best served with a splash of fresh lemon juice.

## Presenter bios:



### **Hilitt Nurick:**

Cooking is my passion. This love affair began by chance when I was putting the final touches to my MA thesis in Israel. Between research and rewrites I would take to the kitchen to cook up comfort food, healthy food, yummy food. Before long, I was so looking forward to my time in the kitchen that it became the focus of my day. As I handed in my thesis, my supervisor asked me "what is your next step"? "Baking" I replied. In 2005 I moved to Vancouver with my husband and three children, and enrolled into the Dubrulle culinary school at the Arts Institute, from where I graduated with a diploma in pastry. Then, I was asked to run cooking lessons for kids at the JCC and that was the seed that led to the creation of The Dizzy Whisk, where I spent nine years teaching culinary skills and how to prepare food from scratch to kids and families and I am now the head of the Foods Department at King David High School, loving every delicious minute of it.



### **Rabbi Stephen Berger:**

Rabbi Berger is a dynamic and energetic educator who strives to connect with and inspire each of his students. He has many years of experience educating Jewish teens in both formal & informal settings and has taught at every Jewish school & shul in Vancouver. He is passionate about instilling within his students a deep love and appreciation of Torah and Jewish tradition. He wants them to see the beauty, warmth & relevance of the ideas and concepts that he missed growing up but has been fortunate enough to acquire through his years of study.