



Many of the treats of Tu'Beshvat include recipes about the Seven Species, which are all grown in Israel. They are:

- 🌀 Barely
- 🌀 Wheat
- 🌀 Grapes
- 🌀 Fig
- 🌀 Pomegranate
- 🌀 Olive
- 🌀 Date

15 FRUIT SALAD

Time: 20 minutes

Ingredients:

- green apple
- red apple
- orange
- tangerine
- clementine
- pear
- persimmon
- kiwi
- banana
- red grapes
- grapefruit
- pummelo
- pomegranate
- tangerine
- canned pineapple
- orange juice

Preparation:

1. Cut up the 15 fruits into a fruit salad.
2. Add a few tablespoons of freshly squeezed orange juice.



Source: <http://kosherfood.about.com/od/tubshvat/r/Tu-Bshvat-15-Fruit-Salad.htm>

BAKED APPLES AND PLUMS

Time: 1 hour, 15 minutes

Ingredients:

- 6 Granny Smith apples
- 1/4 cup lemon juice
- 15 dried plums or prunes (pitted)
- 15 dried apricots
- 3 Tbsp. sugar
- 1/2 tsp. cinnamon
- 1 cup wine, semi-dry red
- 1/2 cup water

Preparation:

1. Preheat oven to 350°F (180°C).
2. Wash and peel the apples. Core the apples, leaving about a 1/2-inch on the bottom of the apples. Pour lemon juice over the apples.
3. Put a prune inside each apple. Turn the apple over so the hole with the prune inside is facing down, and place the apples (prune-side down) in a 1 1/2 quart baking dish. Sprinkle the other prunes and apricots around the apples in the dish.
4. In a bowl, mix sugar, cinnamon, wine, and water. Pour this mixture over the apples.
5. Bake the apples for about 30 minutes. Baste the apples. Turn the apples over so the prune is now on top of the apple. Bake for another 30 minutes, or until the apples are soft when pierced with a fork.

Serving Suggestions: Serve warm or cold. If desired, serve with vanilla ice cream.



Source: <http://kosherfood.about.com>

PEARLED BARLEY PILAF

It takes five minutes to make and fifty-five minutes to cook.

For this recipe you will need:

- ❖ 1 onion
- ❖ 2-3 tablespoons olive oil
- ❖ 4 garlic cloves, in small pieces
- ❖ 1 cup of pearled barley
- ❖ 2 ½ cups of water
- ❖ 2 teaspoons of chicken soup mix
- ❖ ½ teaspoon of salt
- ❖ ¼ teaspoon ground black pepper

Optional ingredients:

- ✓ 2 tablespoons of parsley
- ✓ ½ teaspoon grated lemon peel



First, heat the oil. Next add the garlic and onions. Stir and let cook for seven minutes. Stir and cook for another three minutes while putting the pearled barley. Bring the water to a boil, then put in the pepper, salt, and chicken mix. Still stirring, put in the garlic, onions, and more of the barley. Cover the pan and let simmer for forty-five minutes. Once removed from heat, let sit for five minutes, still covered. Let sit for an additional five minutes uncovered. If you chose to add parsley and lemon peel, add it now.

And now you have a yummy Tu'Beshvat treat!!