



**Two Jews Making Food  
Episode 16**

**Strawberry Salad with Israeli Couscous  
and  
Strawberry Fool**

**STRAWBERRY ISRAELI COUSCOUS SALAD**

*Courtesy of SweetPoppySeed.com*

**INGREDIENTS**

- 7 ounces Israel pearl couscous, uncooked (roughly 1 1/3 cups)
- 1 package (16 ounce) fresh strawberries, sliced
- 1 Pint Sungold, cherry, or other small heirloom tomatoes, halved
- 1/2 English cucumber, chopped into small cubes
- 1/4 cup parsley, finely chopped
- 6 ounces feta, crumbled (skip if vegan)
- 2/3 Cup sliced almonds

**Apple Cider Honey Vinaigrette**

- 1 tablespoon Dijon mustard
- 1/4 cup raw apple cider vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw honey, as needed for sweetness
- 1/3 cup extra-virgin olive oil.
- Salt and pepper, to taste

**INSTRUCTIONS**

- Fill a medium saucepan bring 1 ¾ cups of water to a boil with 1 tablespoon of olive oil. Add the rinsed Israeli couscous, stir, and cook for 10 to 12 minutes or as instructed on

the package. Let the couscous steam for 2 minutes and then fluff with a fork. Drain the couscous and toss with a little olive oil to avoid sticking. Let the couscous cool.

- To prepare the dressing, mix the mustard, apple cider vinegar, lemon juice and honey in a small bowl. Whisk well. Then slowly add the olive oil, whisking along the way. Season salt and pepper.
- In a large serving bowl add the cooled couscous, tomatoes, strawberries, cucumbers, parsley, feta and dressing. Toss salad and add salt and pepper to taste. Top it with sliced almonds.

Enjoy as a side or a lovely lunch.

**NOTES:** Salad saves well in the fridge for 3-4 days. Enjoy cold or at room temperature. If vegan, skip the feta cheese.

## **STRAWBERRY FOOL**

Dessert by Mark Bittman, *NY Times*

### **INGREDIENTS**

1 Pint strawberries  
½ Cup sugar, or to taste  
1 Cup heavy cream  
1 teaspoon vanilla extract, optional  
Lady Finger cookies

### **PREPARATION**

- Hull strawberries, then wash them and chop into 1/4-inch-thick pieces. Toss with half the sugar, and wait 10 minutes, stirring occasionally, until they give up their juices.
- Place half the strawberries and all the juice in a blender, and puree. Pour puree back in bowl with chopped strawberries.
- Whip the cream with remaining sugar and vanilla until cream is stiff and holds peaks easily. Fold berries and cream together, and serve immediately, or refrigerate for up to two hours.
- Serve in small bowls or glasses with a Lady Finger tucked in.

**Note:** You don't have to fold the berries in the whipped cream if you want to have more color variety. Just pour the strawberry mixture over the whipped cream, and you can even add blueberries if you want a "red, white, and blue" effect for July 4<sup>th</sup>!