**KUBE MATFONIA RECIPE of MIRIAM SABAR (Ayala Varadi)**

**INGREDIENTS for Soup**
- Tomato sauce
- Zucchini
- Okra
- Squash
- Celery
- Beets
- Carrots
- Lemon juice/ sour salt
- Salt
- Black pepper
- Chicken soup consume
- 1 teaspoon sugar

**COOKING the SOUP**

Brown one chopped onion in oil on low flame and add cut celery into small pieces and let it continue to cook for a few seconds
Add the tomato sauce to taste
Add salt, sour salt/lemon juice, pepper, consume
Add to about half a large pot of water
Cut all vegetables cubed pieces and add into water
Allow to boil on low flame

**INGREDIENTS FOR OUTER KUBE**
- Farina (optional to add bulgur)
- Salt
- Water

**INGREDIENTS FOR STUFFING (MEAT)**
- Ground meat or small pieces of beef
- Salt
- Black pepper
- Parsley

**Preparing Meat Mixture**
Brown chopped onion
Add salt, black pepper, parsley, and fry until brown
Preparing the Kube
Add water to farina until mixture is like dough
Make flat circles of the mixture (not too thin)
Put some of meat mixture into center of circle
Round circle into a ball with meat in center and farina mixture covering it
Add Kube balls into boiling soup
Cover and lower heat
Cook for at least an hour or until Kube is soft
YAPRACH RECIPE of MIRIAM SABAR (Ayala Varadi)

INGREDIENTS FOR STUFFING
5-6 stalks of fresh parsley, chopped
1 onion and/or 2-3 scallions, chopped
2-3 teaspoons salt
1 teaspoon black pepper
1 tablespoon lemon/sour salt
the insides of 5 large tomatoes

Rinse 4 cups of rice in water once.
Then mix the washed rice into the stuffing mixture.
Add ½ cup (4 ounces) of vegetable oil.
Cut 1 lb. (1/2 kilo) chunk of meat into very small pieces (optional to use ground meat or no meat at all).
Add meat to the above mixture.

STUFFING THE LEAVES
Carefully separate leaves from the jar and gently wash
Spread out each leaf in hand
Put some of the rice mixture in center of leaf
Fold the ends of the leaf to the center covering the rice

ARRANGEMENT OF YAPRACH IN POT
Put oil on bottom of wide and deep pot.
Brown one onion chopped in oil on a low flame
Place yaprach all around the pot very close together (one on top of another)

Add:
3½ - 4 cups hot water (enough to just cover the yaprach)
1 or more tablespoon lemon/sour salt

Put a heavy plate, the size of the inside of the pot, upside down over the yaprach.
Cover and cook on top of the stove. Bring water to a boil and then turn heat down to a low-medium heat for about 1 hour and 15 minutes, or until rice is done.