

## 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.