

Sabich, Sabih....

Tel Aviv Street Food.... (you can get it in Jerusalem too!) a la Cantor Janet Roth in New Jersey.

Ingredients

Pita—Splurge and get the best fresh pita you can. Or if you are inclined...make your own.

Eggplant--Fried (traditional but not my cup of tea), baked, grilled or broiled sliced eggplant. I just slice it into slices about 1/3 in deep. Brush with olive oil on both sides (or spray with olive oil spray etc) and bake until nice and soft at 425. Some people get quite serious and salt their eggplant ahead of time. I love the Japanese eggplants that you can find at the Asian markets.

Hummus —Make your own “Israeli” style with serious amounts of Tahini or buy pre-made.

Tahina sauce—Tahini, fresh lemon (never bottled, *Has vechalilah!*), water, salt. Also comes pre-made in cans.

Eggs—*Haminados* (simmered overnight with your *Hamin* (cholent)—try a crock pot! until they are soft and creamy, or, simmer with onion skins, salt and a little oil for an hour or.... hard-boiled to whatever degree of soft or hardness you like (not quite as exciting but still perfectly acceptable)

Israeli Salad—Ripe tomatoes, cucumbers, lemon (fresh...I’m serious about this), salt, pepper. Add chopped onion (sweet, red, green etc) if you like. You can add fresh mint, cilantro, parsley etc.

Cabbage—shredded mixed with a little lemon and salt

Pickles—of some sort. Whatever you like. Dill pickles, Israeli pickles, Kimchi....

Amba—This one you really want to get.... Pickled Mango sauce. You can buy it pre-made in Israeli and Kosher markets. I’m sure you can get it on Amazon. If you are so inclined, you can make your own. I once had a deconstructed *Sabich* that had a “deconstructed” Amba --- little tiny cubes of pickled mango with spices....it was amazing. I’m thinking that you if you can’t find Amba (which is pretty amazing stuff), you could throw a very ripe (preferably Haitian) mango in the food processor with salt, garlic, turmeric, mustard and fenugreek, vinegar, cumin, hot pepper and come up with something pretty tasty. Of course, you can find real recipes for *Amba*.

Hot sauce—My personal favorite is *Harissa* which you can find in Israeli and Arab markets, online etc. More traditional is probably *Zhug*—also available in Israeli markets. I’m sure that they have some great hot sauces out there in Colorado!

Directions

So, to make your *Sabich*—you open up your pita (from the top is probably the best, much less messy) and you put in some hummus (spread it along one side), some eggplant, slices of egg, some Israeli salad, a little cabbage and Salad, some pickles, the Queen of Sauces—*Amba!!!*—and hot sauce as you like. The idea (at least my idea) is to open the pita from the top, but build

the sandwich horizontally so you get a bit of everything when you eat from the top down. But you can build your sandwich as you like. Amounts are up to you, but I like to focus on the eggplant, eggs and *Amba* and everything else kinds of glues it together (*hummus* and *tehina*) and adds texture (salad, pickles). Wrapping the sandwich in parchment or paper so it won't get too messy is also a good idea.