



ANDREY MOISENKOV'S FAVORITE RECIPE

ALMOND CHOCOLATE CAKE

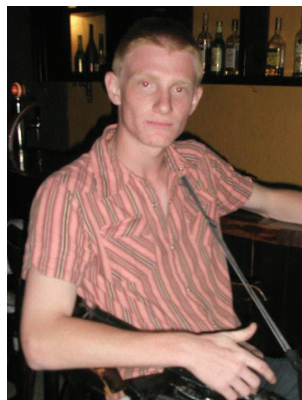
14.1 ounces semisweet chocolate
7-ounces butter
6 eggs
½ cup sugar
1 and ¼ cups ground almonds
1 container of heavy whipping cream

1. Preheat oven to 350°F.
2. Oil a cake pan or cover with baking sheet.
3. In a bowl scramble the eggs.
4. In a mixing bowl combine the butter with 7 ounces of melted chocolate and melt in the microwave. Once melted, mix in with the ground almonds, scrambled eggs and sugar.
5. Mix well until a smooth mixture is created and pour into the cake pan.
6. Bake for 35 minutes.
7. While cake is baking, in a microwave safe bowl mix the rest of the chocolate with the heavy whipping cream and let sit in the microwave. Once in a while take the bowl out and mix until a shiny ganache is created.
8. Take the cake out of the oven and pour the ganache on top of the hot cake and chill in the fridge until time to serve.

ANDREY MOISENKOV

Son of Ella and Alexander, Andrey was born in Russia on the 8th of Kislev, November 25, 1990. He had an older half-sister – Nadia.

Andrey, his mom and his sister made Aliya to Israel on May of 1995, when he was four and a half years old. Later they moved to Ashkelon where Andrey was raised.



Andrey went to "Neveh Dkalim" primary school and to "Mekif Irony Alef" for high school. He majored in environmental sciences and computer sciences, and was noted as a good student, modest and always smiling. He was very loved by his classmates. He finished high school in 2009.

In August of 2009 Andrey was drafted to the army and was placed in the Israeli air force. After basic training he finished with honor his Aviation wire course and served in the base in Hatzor. Andrey was an exemplary soldier, hard working and committed to the task.

During his service, Andrey received a sergeant rank and was promoted to a head of staff role and was preparing to go to officer school. His family shares how he loved his army service and saw it as a mission.

Andrey passed while on duty on January 30, 2012 and was 21 when he died. He is buried in the Ashkelon military cemetery. He left behind two parents and his half-sister.

On his grave, his family wrote in Russian "so much you've taken of us with you, so much was left of you with us."

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ELAD BEN-DAVID'S FAVORITE RECIPE

TÚRÓGOMBÓC-HUNGARIAN CHEESE DUMPLINGS

Serves 15-20 dumplings

10.5 ounces farmer cheese
2/3 cup semolina
2 large eggs
1.5 full tablespoons of sugar

For the icing:
2 tablespoons butter
¾ cup of breadcrumbs
Sugar to taste

1. Using a wooden spoon, press the farmers cheese through a medium sieve into a large bowl. Then add the rest of the ingredients for the dumplings and mix well until a cohesive mixture is created. It's important to mix well so the cheese is part of the mixture and is not left in lumps. Then cover with saran wrap and put in the fridge for an hour (it can cool from an hour to a day, depending on preference).
2. Bring a medium pot of salted water to a boil over high heat.
3. Create balls out of the mixture and place in boiling water.
4. Cook the dumplings in the water until they float and then let them cook for an extra 7-8 minutes. It's important to not touch the dumplings while they are cooking because they tend to dissolve.
5. In a frying pan, melt the butter and add the breadcrumbs and sugar. Cook for 3-5 minutes and put on a wide plate.
6. When the dumplings are cooked, take out with a slotted spoon to the place with the icing and roll until evenly coated.
7. Serve with sour cream, jam or plain, but make sure to serve them HOT!

ELAD BEN-DAVID

Son of Naomi and Arye, Elad was born on the 19th of Tevet, December 28, 1969 in Ashkelon.

Ever since he was a young boy, in kindergarten, it was noted that Elad was very smart with many talents. Elad went to primary school in Ilanot and then for high school he went to Tagar majoring in biology. He loved nature and had a high emotional intelligence and awareness of others. He was very active in school clubs and in the Israeli scouts since he was eight years old.

Elad was always there to help a friend in need and was even the head of the student council in his school. He was also elected to represent the Ashkelon scout "Shevet" on a delegation to the U.S. Jewish community. He finished high school with honors and even won a prize for his achievements.

Elad was drafted in September of 1987 and was in the Nachal brigade for a year and a half. Then he went on to officer school as a paratrooper and finished with honors, gaining the honor of having Yitzhak Rabin himself (then the IDF chief of staff) reveal his ranks.

In 1992 he received an IDF chief of staff award and represented Israel in LA as part of that year's Independence

Day celebrations. In 1993 he planned on retiring from the army to pursue his passion in medicine but decided to hold off after he got his appointment as commander of an elite paratrooper unit.

Elad was killed in a battle in south Lebanon while doing an operational tour on April 13, 1993 and was buried in the Ashkelon military cemetery. He left behind two parents and two brothers.

A condolence letter written by Yitzchak Rabin was sent to his parents noting Elad as the intelligence and gifted officer he was and how he commanded his troops with example. He was ranked a major after his death.

In his memory a website was created: אתר הנצחה - אלעד בן דוד - Elad Bendavid where photos, letters, news snippets and a song written in his memory can be found.



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ELAD VALENSTEIN'S
FAVORITE RECIPE

BLINTZES

3 cups of flour
3 eggs
2 cups of milk
4 teaspoons of sugar
7 tablespoons butter
2 teaspoons of vanilla extract
½ teaspoon of salt
2 cups baking soda
Butter to grease the frying pan.

1. In a mixing bowl, place the flour and create a small hole in the middle. Place the eggs, milk, sugar, butter, vanilla extract and salt in the hole. Mix (preferably in a mixer) until a smooth liquid is created. It's important to make sure there are no lumps at all in the mixture.
2. Right before you start frying, add to the mixture the baking soda. Make sure the mixture is in a liquidy consistency.
3. Heat a medium size frying pan and when hot, melt ¼ teaspoon of butter so it coats the pan evenly.
4. With a small ladle, pour the mixture onto the pan and shake lightly so the mixture coats the pan evenly.
5. Fry on medium heat for 1-2 minutes until bottom is golden, flip and do the same to the other side.
6. Once ready, transfer onto a plate.
7. Keep frying the rest, adding butter to the pan each time to make sure the mixture doesn't stick until no more mixture is left in the bowl.
8. Fill the blintz with any filling you'd like- chocolate, jam, sweet cheese etc., roll and serve. For an extra spark, add powdered sugar on top.



ELAD VALENSTEIN

Elad was born in Ashkelon on a Sunday, 8 in the month of Sivan, May 30, 1982 and was killed on November 13, 2000 in a bus shooting on his way back from a settlement security assignment.

He was 18 ½ when he died.



Elad, the son of Edna and Uzi and brother of Tomer and Dvir, grew up in a loving home and was educated on the values of loving the land and a love of the sea and of nature. Since he was a young boy, he and his family loved traveling across Israel and he used to love asking questions and researching different things in the field of geography, physics and philosophy.

He finished primary school in Beit-Yechezkel and moved to Mekif Irony Alef for high school. There he majored in physics, biology and math and was an honor student. Elad was part of the Israeli scouts as a participant and later became a counselor and head counselor. He put a lot of hours into the Shevet in Ashkelon.

In the 10th grade, Elad met his girlfriend Yael who became a family member in their house and together they dreamed of a future and how after the army they planned to fly to Scotland following the Die Hard movie.

Elad was drafted to the Israeli Navy and was in a course to be an electronic warfare technician on a missile ship. Elad was happy to be elected to serve such a significant service that would allow him to display his talent.

On Sunday, November 13, 2000, at 4:00 p.m. the bus Elad and other soldiers in his unit were on was shot at by a terrorist ambush and Elad was killed on the spot.

All of Elad's dreams were gone and ever since the family has been in mourning.

Let's hope for better days.

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KEREN ROTSHTEIN'S FAVORITE RECIPE

FRENCH ONION SOUP

Number of servings: around 4 cups

Cooking time: 60 minutes

1.7 ounces of butter
1.7 pounds of finely chopped onions
2 teaspoons of flour
4 cups of vegetable soup
Salt and pepper to taste
½ a Baggett
1.7 ounces of shredded cheese

1. Melt the butter in a pot and add the chopped onions.
2. Lower the fire and cook the onions slowly for 20-30 minutes. Make sure to not burn the onion.
3. Once the onion is evenly cooked and has a glistening brown color, add the flour, stir and cook for an additional 5 minutes.
4. Add the vegetable soup, the salt and pepper. Bring to boil and continue cooking on low heat for 15-20 more minutes.
5. Close to the serving time, toast the baguette in the oven. Flip and cover with cheese, cook until cheese is golden.
6. Taste the soup and fix seasoning if needed and pour the soup into bowls.
7. Place the grilled cheesy baguette on top.

KEREN ROTSHTEIN

Keren Rotshtein was born to Aviva and Avi Rotshtein on 16 of Tamuz, July 18, 1981 in Jerusalem. Keren has a twin sister named Idit and another sister named Chen. Keren grew up in Ashkelon and went to "Beit Yechezkel" elementary and Ort Henry Ronson high school.

Keren was an asset when it came to social innovations and her values. She stood out with her work in the school student council and the city student council. She wrote to the school newspaper, produced her class yearbook, was a counselor in many different organizations and youth movements, putting an emphasis on her teaching, the love of the land and the heritage of the State of Israel. When she was a senior, she was awarded a certificate of appreciation and an award of "excellence for an active youth in the community" from the mayor of Ashkelon.

On October 1999, Keren was drafted to the IDF and began her service as an educational NCO. She later went on to become an officer, going through officer school and when finished she became an educational officer in Pikud Darom (in charge of the southern part of Israel) in the city of Be'er Sheva.

Her commanders and her soldiers loved her and appreciate her a lot as a person and as a professional authority. She

even got the nickname "mom" for her sensitivity and the personability she showed each one of her soldiers.

Two months after she received her Lieutenant rank, she was brutally killed on Sunday, February 2, 2002 by a terrorist shooting next to her base in Be'er Sheva. With her fell Private Aya Malachi.

Keren was 21 when killed, eight months before she was supposed to finish her army service and start her life. She was buried in the military cemetery in Ashkelon.

Why this recipe was chosen:

When Keren received her first paycheck as an officer, she invited her mom to eat out in a restaurant.

Keren insisted on paying the bill and did not allow her mom to pay. Ever since this story, the taste of onion soup leaves a sweet taste of memory and fills Keren's mom with longing for her daughter.



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ROI MOSHE ZADA'S FAVORITE RECIPE

CHOCOLATE CAKE

Serving size: 2 English cake pans

4 eggs

1 cup sugar

Cup of hot chocolate mix

1 tablespoon of cocoa powder

1.5 cups of self-rising flour

1 cup of oil

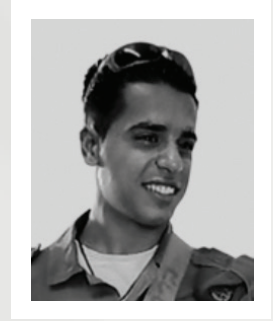
½ cup water

½ container of heavy whipping cream

1 bar of semisweet chocolate

1. Preheat oven to 350°F.
2. In a mixing bowl scramble the eggs and add the rest of the ingredients- sugar, chocolate mix, cocoa powder, flour, water and oil.
3. Once the mixture is smooth, pour into two English cake pans that were lightly oiled to prevent the cake from sticking or use baking sheets.
4. Bake the cake until solid. Use a toothpick and poke the middle of the cake- if it comes out wet, it needs more time. If it comes out dry, it's ready!
5. While cake is in the oven, in a microwave safe bowl place the heavy whipping cream with the chocolate (broken into pieces). Heat in the microwave and take out once in to mix. Once the chocolate is melted and combined with the cream, the mixture is ready.
6. Take the cake out of the oven, poke small holes throughout the cake and pour the chocolate ganache on top.
7. If you'd like, you can decorate the cake with different toppings such as sprinkles.

ROI MOSHE ZADA



Son of Ruti and Yehoshua, Roi was born on the 3rd of Elul, August 22, 1982 in Ashkelon. He is the younger brother of Dikla and the older brother of Eliran and Yossi. He went to "Rotem" primary school and to Henry Ronson high school, but when he saw that school was interfering with his soccer practices, he moved to Ort Adibi, a professional-oriented school where he finished with honors as a technician major.

Roi practiced soccer since he was eight and it was the love of his life and his passion. He used to play every chance he had and was part of soccer teams such as "Hapoel Ashkelon" and "Irony Ashkelon" when he got older, together with teams he created in the neighborhood he grew up in.

On March 2001, Roi was drafted and was a soldier in the Logistics Corp, serving in Be'er Sheva. Roi was an exemplary soldier and represented his base in a promotional video. He was an exemplary friend, a loving and caring brother and always had a smile on his face. In the last two years of his life, Roi had a girlfriend, Moran.

One day, while playing soccer he collapsed and was rushed to a hospital in Be'er Sheva.

After a week, on February 2, 2003, Roi passed away. Roi was 20 when he passed. He is buried in the military cemetery in Ashkelon, leaving behind his parents, sister and two brothers.

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SHAHAF NISANI'S FAVORITE RECIPE

SHAHAF'S PASTA

1 chopped onion
1 sliced jalapeno (optional)
4 minced garlic cloves
½ teaspoon black pepper
1 teaspoon salt
1 tablespoon sweet paprika
1 tablespoon spicy paprika
1 tablespoon sugar
1 tablespoon chicken soup powder
4 tablespoons tomato paste
3 tablespoons of boiling water
2 tablespoons sweet chilly
1 pack of uncooked pasta of choice

1. On high heat, fry (with your choice of oil) in a pot or large pan the onion and jalapeno until golden.
2. Lower the fire and add the garlic, spices and tomato paste and mix for about 5 minutes.
3. Add the boiling water and let it all come to boil.
4. When the sauce is oiling, add the sweet chilly and uncooked pasta to the pot.
5. Cover with a lid and let cook for 15-20 minutes.
6. When done cooking, turn off heat and let sit with the lid on for another 10 minutes to let the pasta absorb the sauce.
7. Serve and enjoy.

SHAHAF NISANI

Sgt Shahaf Nisani Z"l, was born and raised in Ashkelon. She served for two years as an observer in the Border Protection Corps, Eagle Battalion 414, at the Nahal Oz base.



Shahaf chose to be an observer in Nahal Oz, knowing how close it is to the Gaza boarder and saw this role as her mission to protect the people of Israel with dedication, responsibility, and great love.

Shahaf was one of 16 observers murdered in the Nahal Oz on October 7th. She was 20 years old when murdered and was supposed to be released from duty that week.

Shahaf loved food and in her army base always cooked for her friends and was known for her talent. At home, she only needed to ask, and her mom Ilana would immediately go into the kitchen and cook for her.

This pasta was one that her sister would always make for her when she would come home from the base. And of course it will always be hot and ready for when she arrived home.

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KESHET ZOHAR'S FAVORITE RECIPE

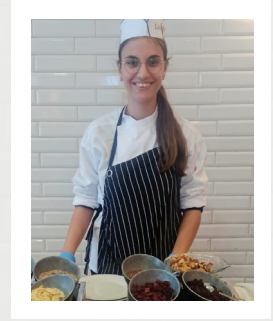
KESHET'S MAPLE SYRUP CAKE

1.5 cups self-rising flour
1 full tablespoon cinnamon
1 tablespoon instant coffee powder
1/3 cup sugar
½ cup maple syrup
½ cup oil
3 eggs

For decoration:
walnuts or sliced almonds

1. Preheat oven to 340°F.
2. In a bowl, add the eggs and start mixing.
3. Mix in the oil and sugar.
4. Mix in the maple syrup.
5. Add the rest of the ingredients and mix well.
6. In a baking pan, pour the mixture.
7. Bake the mixture in the oven for 25-30 minutes.
8. Decorate and enjoy the cake.

KESHET ZOHAR



Keshet Zohar was murdered on Saturday October 7 with her parents and her younger sister in their home in Kibbutz Nahal Oz.

Keshet was 20 years old, was very friendly, curious in nature, loved learning about things and was known for her smile. She also loved animals and raised a dog named "Habibi" who was also brutally murdered.

Keshet was a third year student in the "Megama Le'Atid" program in Ashkelon, earning her cooking certificate with a specialty in hotels.

This past Sukkot, a few days prior to her murder, she shared with her class this Maple syrup cake.

On Keshet's birthday (Feb. 22) her friends commemorated her memory making her favorite recipes, creating, and sharing videos of her and singing in her honor. They even created aprons with her photo. At the end of that day, they released balloons with the clear saying "We remember you Keshet".

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YEHOSHUA HATAB'S FAVORITE RECIPE

BAKLAVA

½ cup (3.5 oz) raw walnuts
½ cup (3.5 oz) raw pistachios
½ cup (3.5 oz) raw pecans
1¼ cup (3.5 oz) sugar
1 cup water
Juice of ½ lemon
1 package of phyllo dough
Oil for brushing

1. Grind the walnuts, pistachios, and pecans together into thick chunks.
2. Mix the ground nuts with ¼ cup sugar and the lemon juice.
3. Take 3 sheets of phyllo dough and lightly brush oil between each layer.
4. Spread a strip of the nut mixture along the edge of the dough (lengthwise) and roll it tightly into a log.
5. Repeat the process until all the filling is used.
6. Arrange the rolls in a baking dish, brush the tops with oil, and cut them into diamond shapes.
7. Bake in a preheated oven at 350°F for about 20 minutes, or until golden brown.

For the Syrup:

1. In a saucepan, bring 1 cup sugar and 1 cup water to a boil. Add a little lemon juice.
2. Once the sugar has dissolved, pour the syrup over the baklava as soon as it comes out of the oven.

YEHOShUA HATAB



Yehoshua went out on the morning of Simchat Torah, October 7th, 2023, for prayer despite his concerns. He had never been afraid of military escalations, but this time he understood that it was different.

In his own way, he reassured his family and promised that he would go to a synagogue with a safe room.

Around 10:00 AM, synagogues in the neighborhood began to evacuate. A few minutes later, the family heard a massive explosion! They realized that a rocket had landed very close to their home. Everyone returned from the synagogue—except for Yehoshua.

Unfortunately, the injured person was Yehoshua. Due to the severity of his injuries, it was difficult to recognize it was him, even by those treating him who knew him well.

Only after the ambulance crossed the gates of the hospital did he lose consciousness. For four days, Yehoshua was hospitalized in critical condition, and on Wednesday morning, October 11, 2023, he passed away.

A little about Yehoshua:

Yehoshua was born and raised in Moshav Berekhya, near Ashkelon.

He served in the armored corps during his regular military service and later served in the Air Force as a career soldier.

Yehoshua loved helping everyone; he was a man of kindness.

He had a saying that truly defined him:

“You don’t need Good Deeds Day to do good.”

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NADAV BITTON'S FAVORITE RECIPE

HARIRA SOUP

Ingredients for 10 servings

2 cups chickpeas

(Soaked overnight in water, or use frozen pre-cooked chickpeas about 2 cans/ 30 oz total)

1 cup lentils

250 grams (about 9 oz) of beef

(look or ask for meat suitable for soup)

1 large onion, finely chopped

1 bunch fresh cilantro, chopped

1 bunch fresh parsley, chopped

6 celery stalks with leaves, chopped

2 tomatoes, grated or finely chopped

Juice of 1 lemon

3 tablespoons oil

1½ teaspoons turmeric

1 teaspoon white pepper

2 tablespoons chicken bouillon powder

1. Cut the beef into small cubes.
2. Chop the vegetables: Finely chop the onion, cilantro, parsley, and celery (including the leaves). Dice the tomatoes.
3. Heat the oil in a large pot. Lightly sear the meat cubes to lock in the flavor. Add the chickpeas, lentils, and chopped celery. Stir to combine.
4. Pour in boiling water to cover all the ingredients in the pot. Bring to a boil and cook for 30 minutes.
5. Add the chopped cilantro, parsley, onion, diced tomatoes, spices (turmeric, white pepper, and chicken bouillon). Add more boiling water to reach about 3 inches above the ingredients.
6. Cover the pot and cook over low heat for another 45 minutes. Taste and check: the meat should be tender, and seasoning should be balanced (adjust salt if needed).
7. Remove from heat.
8. Squeeze in the juice of 1 lemon, stir, and serve hot.

How to Thicken the Soup:

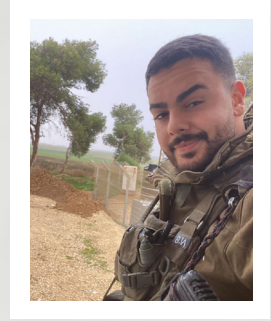
Option 1 (kid-friendly):

Add a small handful of fine noodles.

Option 2 (traditional method):

Mix 1 cup water with 2 tablespoons flour. Slowly pour into the soup while stirring constantly, until it thickens.

NADAV BITTON



Nadav was murdered on October 7th. He was a soldier in the Kfir Brigade, Nachshon Battalion 90.

His whole life, Nadav dreamed of enlisting in the army and never gave up until he did. He was supposed to be discharged but was murdered just a few days before his release.

Nadav went to work at the Nova festival, and then on Shabbat, he returned home to rest. A friend who was also working at the party called and asked him to come back, so together with another friend they returned to the festival.

During the party, the sirens began and Nadav saw that the situation was deteriorating. He grabbed his friend and they started to run. During their escape, his friend twisted his ankle.

Nadav saw that his friend couldn't run and told him, "Stay here, You will live." He hid him by a tree, covered him with branches and insisted that he should stay put. Nadav told him, "If you want to live to see your daughter, you stay." He gave him a bottle of water and left. During Nadav's own attempt to escape, he was caught and murdered.

Nadav had a huge heart and loved life. He lived it on his own terms with fun, friends, and *mitzvot* (good deeds), some of which we only discovered after he was murdered.

He was a warm and loving brother to his younger siblings, and a close, caring friend to his older brother. He was also a devoted son, helpful, loving, respectful and thoughtful.

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NITAI METODI'S FAVORITE RECIPE

BEAN STEW (WITH MEAT)

4–5 tablespoons oil
2 large onions, finely chopped
3 tablespoons tomato paste
½ teaspoon black pepper
1 tablespoon sweet paprika
¼ teaspoon cinnamon
8 pieces of beef (such as stew meat or short ribs)
1½ cups dried beans (soaked overnight in water; white or cranberry beans work well)
2 large potatoes
2–3 cups water
1 tablespoon chicken bouillon powder
Salt, to taste

1. In a wide pot, heat the oil and sauté the chopped onion over medium heat until lightly golden.
2. Add the meat pieces and sear for 1–2 minutes with the onion.
3. Sprinkle the paprika over the mixture, then immediately add ½ cup water and 3 tablespoons tomato paste.
4. Add salt, pepper, and cinnamon. Let everything simmer together for a few minutes.
5. Add the soaked beans and 2 cups of water. Lower the heat and cook for about 1 hour.
6. Peel the potatoes and cut each into 4 wedges lengthwise. Add them to the pot.
7. Check if additional water is needed – the dish should be saucy, not soupy.
8. Add the chicken bouillon and more salt if needed (carefully). Simmer until the potatoes are tender and the sauce thickens.

MEAT PATTIES THAT GO IN THE SAUCE

¼ kg ground beef (about ½ lb)
1 onion, finely chopped
2 thin slices of bread, soaked in water and squeezed well
A handful of finely chopped parsley
½ teaspoon black pepper
¼ teaspoon salt
¼ teaspoon cinnamon
1 egg
Flour (for coating)
1 beaten egg (for coating)
Oil for frying

1. In a wide pot, heat the oil and sauté the chopped 1. Mix the meat, onion, soaked bread, parsley, egg, and spices thoroughly.
2. Form into patties, about 2 inches (5 cm) in diameter.
3. Dip each patty in flour, then in the beaten egg, and fry until golden on both sides.

TOMATO SAUCE

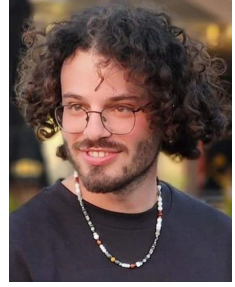
4 garlic cloves, chopped
4 tablespoons oil
1½ tablespoons tomato paste
½ tablespoon sweet paprika
Pinch of black pepper
Pinch of cinnamon
1½ cups water
½ tablespoon chicken bouillon powder

1. In a medium pot, heat oil and sauté the chopped garlic until golden.
2. Add tomato paste, paprika, pepper, and cinnamon. Sauté for a few minutes.
3. Add 1½ cups water. When boiling, carefully place the fried patties into the pot.
4. Reduce heat to low, cover, and cook for about 30 minutes, or until most of the liquid reduces and a thick sauce remains.

SERVING SUGGESTION: COUSCOUS

- Use store-bought instant couscous and prepare according to package instructions.
- Plate the couscous, then top with the bean stew, beef, and meat patties with sauce.

NITAI METODI



Nitai, the son of Lara and Lior, and the older brother of Shay and Niv, was born and raised in Ashkelon. He loved the city, was a scout leader, and made the most of every free moment to be with his family and friends.

Nitai was a man with a golden heart, with personal charm and charisma. He did everything with a smile and always showed care and sensitivity to those around him. Nitai served as a combat soldier in the Nahal Brigade and completed his mandatory military service.

On October 7th, Nitai was on the big trip he had dreamed of in Australia, but without hesitation, he searched for the first flight back to Israel and returned immediately to enlist in reserves, to protect the country he loved so much and fight alongside his comrades. On August 23rd, 2024, after long months of fighting, Nitai fell in Gaza at the age of 23. A whole life lay ahead of him, but he gave his life for our country.

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EDEN GEZ'S FAVORITE RECIPE

BEEF KUBBEH SOUP

KUBBEH DOUGH

2 cups of semolina
1 cup of water (added gradually)
½ tsp salt
2 tbsp oil

1. Mix all the ingredients until a soft, flexible dough forms. Let the dough rest for 15 minutes.

SOUP

3–4 fresh beets, peeled and cut into cubes or slices
1 large onion, chopped
Juice of one lemon
2 tbsp sugar (or honey)
Salt and pepper
1 tbsp tomato paste (optional, for deeper color)
1.5 liters/6 cups of boiling water

MEAT FILLING

250 g/ ½ pound ground beef
1 small onion, finely chopped
A handful of chopped parsley
Spices: salt, black pepper, a bit of baharat to taste

1. Mix all ingredients in a bowl and form small balls (about the size of a large grape) to make filling easier.
2. Prepare the soup: Sauté the onion until golden. Add the beets and cook for a few more minutes. Add water, spices, lemon, and sugar. Bring to a boil and cook for about 20 minutes over medium heat.
2. Fill the kubbeh: With wet hands, take a small portion of dough. Flatten it into a thin circle on your palm, place a meat ball in the center, and close it into a smooth ball.
3. Cooking: When the soup is boiling, gently slide the kubbeh in one by one. Cook on low-medium heat for 30–40 minutes, until the dough is tender and the beets are soft.

EDEN GEZ



Eden Gez z"l, daughter of Robert and Aliza, was a beloved sister to Dekel, Roni, Simcha, and her twin sister, Adi. Eden loved the sea, people, and the small moments that make life what it is. She was the kind of person who brought goodness simply by being present. Always surrounded by friends, with a captivating smile and an open heart, she carried kindness as a way of life.

Helping others came naturally to her. She knew how to live fully — to escape for vacations, to enjoy, to laugh, and to never postpone life for tomorrow. On October 7, she was at the Nova music festival, and on her way home, together with her friend Stav, she was murdered at the Mefalsim intersection.

The way she lived and the light she brought into the world will always stay with us. "Dream as if you'll live forever; live as if today is your last."

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NISSIM LUGASI'S FAVORITE RECIPE

COUSCOUS WITH RED TBECHA

COUSCOUS

1 kg (about 2.25 lb. or about 6 cups)
semolina
2 tbsp oil
1 tsp of salt
Lukewarm water, as needed

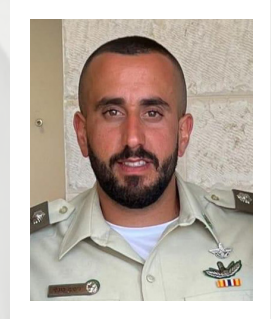
1. Mix the semolina with the salt and oil.
2. Gradually add water and gently knead until forming small grains.
3. Steam in a couscous pot for about 20 minutes, fluff, and steam again.
4. Repeat the process until the couscous is soft and airy.

RED TBECHA

1 kg (2-2.25 lb.) beef (neck or brisket)
2 chopped onions
4 garlic cloves
1 can crushed tomatoes
3 tbsp tomato paste
Sweet paprika
Hot paprika
Cumin
Salt and pepper
Oil

1. Sauté the onions until golden.
2. Add garlic, tomato paste, and spices, and mix well.
3. Add the beef, crushed tomatoes, and water.
4. Bring to a boil, reduce the heat, and cook for about two hours until the meat is tender and the sauce is thick.

NISSIM LUGASI



On the morning of October 7, 2023, Nissim Lugasi z"l was urgently called in the early hours to respond to a terrorist infiltration in the city of Ofakim. Together with an additional police force he joined along the way, Nissim arrived at the scene, where a squad of terrorists had barricaded themselves inside a house holding hostages. Nissim and his team were caught in a fierce gun battle, during which Nissim was shot and killed. In this battle, the force succeeded in stopping the terrorist squad and preventing their advance toward harming additional civilians. The hostages were later rescued by a Yamam counter-terrorism unit.

Nissim fought and charged first, without protective gear. Through his bravery, he saved many lives and carried out his mission with full devotion, just as he had throughout his entire service.

Nissim enlisted in the Border Police (Magav) in 2012 and served in a variety of roles as a fighter and commander. Throughout his service, he deeply believed in the values of love for the country, dedication, service to others, and camaraderie. At every opportunity, he made sure to teach and instill these values in his soldiers.

Nissim, 30 years old when he fell, son of Ahuva and Shimon, brother to Moran, Hadar, and Yael, brother-in-law to Zvi, Shai, and Shmulik, uncle to Noam, Shachar, Omer, Itay, Ori, Dor, Ido, and Maya, and the love of Liel's life.

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ELIA ILUZ'S FAVORITE RECIPE

TBECHA B'SALK (SWISS CHARD STEW)

Serves 10

3 bundles Swiss chard
2 large onions
2 heads of garlic
5 red potatoes
Half a bunch chopped cilantro
3 chopped celery stalks
1.5 kg beef (cuts 5, 6, or 8;
beef shank can also be added)
500 g white beans, soaked
overnight
Oil
Spices: black pepper, salt, cumin
to taste

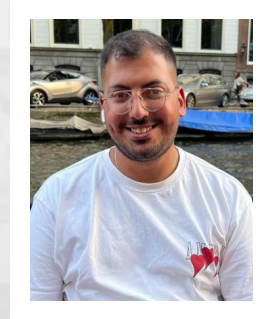
Swiss Chard Base:

1. Sauté the chopped Swiss chard leaves in plenty of oil until they darken; do not skimp on the oil. Add more oil as needed while frying until the leaves are well-browned. Roughly grind them in a food processor (not into a paste).

Build the Stew:

1. Add the onions and garlic and continue sautéing.
2. Add the beef. Pour in water until the pot is half full.
3. When it comes to a boil, add the soaked white beans.
4. After one hour, add the celery, potatoes, cilantro, spices, and the green stalks of spring onions.
5. Continue cooking on low heat until the meat is tender.
6. For Shabbat, the stew can be placed on the hotplate before candle-lighting.

ELIA ILUZ



Elia Iluz, z"l, was a 27-year-old from Ashkelon, the youngest son of Michael and BatSheva, and a devoted brother to Osher, Aviv, and Libat. He was a loving partner to Mor and a deeply devoted father to his son, Lavi Michael, who was just two years old when Elia was murdered on October 7, 2023, while attending the Nova music festival.

As a child, he studied at Neot Ashkelon elementary school, then at "Ilanot," and completed high school at AMIT. He enlisted and served in the Ground Forces Command headquarters.

Elia lived a rich, full life and had a rare combination of sensitivity, joy, and love for all people. He loved family meals, social gatherings, volunteering, traveling the world with Mor and was always surrounded by friends. He had an exceptional sense of humor — the kind that made people laugh even without trying. Elia documented every moment of his life, and today Lavi, Mor and the entire family have countless photos and videos to remember him by.

One of his greatest passions was music. Shortly before his death, he completed his studies at "Just Music" College with distinction and began performing as a DJ, dreaming of becoming an international artist. His memorial message reflects this spirit: "You left, but the melodies of your heart will continue to play within us."

Elia also found joy in food, especially the flavors of his Tripolitanian heritage. He particularly loved Tbecha with beet (Swiss chard), a traditional stew left overnight on the hotplate for Shabbat. He lovingly called the dish "the taste of paradise."

He will be remembered by all for his eternal smile, kind eyes and pure heart.

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