



Debrah Marcus is a former Capetonian who loves her “substituted beach city” Tel Aviv. This ‘Love Affair’ is intimately and sumptuously revealed in her recently published, “TEL AVIV FOOD”.

“For me, Tel Aviv is in the front pack of the world’s most happening cities. Living here is like being on a treadmill with its 24/7 pace. It’s sophisticated, daring, trendy and restless and well deserved of its appellation: “The city which never sleeps”.”

Well, if you’re not ‘sleeping’ in Tel Aviv, you’re more than likely eating and for Debrah, “the city’s cuisine reflects this vibrant personality.”

Debrah reconciles her take on the main features of the city with various dishes, hence many photographs of Tel Aviv in the book that resonate with specific food. The recipes do not aspire to be ‘haute cuisine’ but rather “the types of tasty dishes that are regularly made by busy Tel Avivians.”

The recipes are by and large quick and easy, with ingredients that are freely available at the local supermarket, open-air markets or corner store. “Traipsing across town in search of that one special ingredient is not an option for me.”

While Debrah reveals that when she made Aliyah, “my sum total of cooking was little more than boiling an egg and making tea,” she did grow up in a home priding itself of serving “wonderful food. My grand-

What's Cooking in Tel Aviv?

mother was known to have a magic pot from which an extra portion was always available for unexpected guests and my mother was an amazing cook who put together incredible meals at the drop of a hat. People would actually phone and ask when she was planning to make a certain dish and simply invite themselves. For years I naively thought that cousins would drop by to enjoy my company, when in fact they were popping in on the off chance of sampling some of my mother’s delicious cakes.”

A Cook's Tour

Although Debrah’s early connection with food was more in the appreciation than in its making, “the eureka moment came when I realized that I was no longer afraid to try putting things together by myself - after all, what was the worst that could happen? I have always loved entertaining but soon realized that living in Tel Aviv with the time at my disposal was in direct conflict with the type of food I had grown up with in Cape Town. I needed dishes that did not require lengthy preparation times.”

TEL AVIV FOOD is the prod-

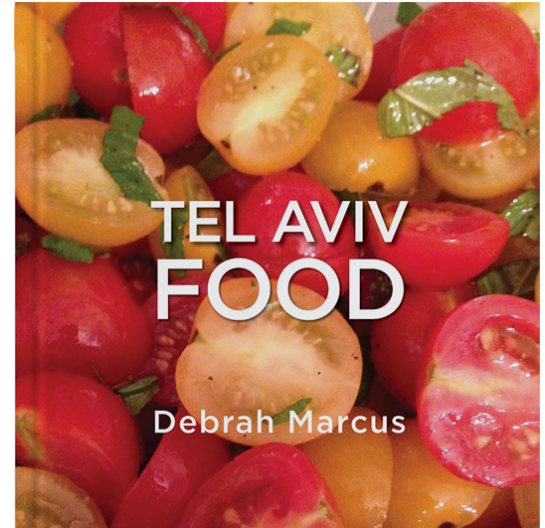
uct, and these days, “when friends invite my family over and I ask what I can bring, they invariably say something on the lines of “Bring page 25.”

The book too is replete with anecdotes like when a husband organized a surprise birthday party for his wife and phoned her friends to ask them to bring a salad,

but neglected - “being male” - to specify what type of salad. The result became hysterical when “in walked the tenth cabbage salad.”

Debrah says she believes that “every city worth its salt & pepper deserves a cookbook and this is my tribute to this amazing city”.

Food for Thought. Debrah Marcus and her recipe book reflecting life in Tel Aviv.



Summer Breeze

It’s blazing hot in Israel and you want to make something tasty but “quick and easy” - in other words “a breeze” - Debra suggests this ‘Smoked Mackerel Pate’.

- 200g deboned smoked mackerel
- 250g smooth white cheese
- 1 onion diced
- Juice of 1/2 lemon
- 1/4 cup cream
- 1/2 tspn black pepper
- 1/2-1 tspn prepared horseradish
- 1Tbbspn mayonnaise (optional)

Place all ingredients in magimix and pulse with metal blade until required consistency obtained.

Serve with crusty bread.

