



Leaders

The United States is getting used to the idea of a new president in the White House, the Arab countries are getting used to leaders that are willing to work with Israel and we here in Israel will most probably have to vote for a new set of Knesset members very soon.

With all these changes in governments and with all the elected officials making decisions related to the handling of COVID19, it's a good time for us all to think about what characteristics we really should be looking for in the leaders who will govern and have responsibility for our safety and wellbeing. We definitely can find good leadership qualities in this week's portion when we see how Yosef led Egypt as Paro's viceroy.

Yosef was extremely capable and successful in all areas; economics, agriculture, and psychology. In last week's sedra we saw how he used his God given ability to interpret dreams. This week we see how caring and considerate he was towards his

brother's feelings, sending everyone out of the room when he reveals himself to his brothers so they will not be embarrassed, (45:1) and transferring all the Egyptian population so his brothers wouldn't feel like refugees – everyone was in the same situation as they were. We also see how he was able to tell his brother's story to Paro in such a way that Paro would decide that the brothers should settle in Goshen, the first Jewish ghetto, in a place of Egypt that was best for them (46:32).

Yosef developed an elaborate conservation and rationing system during the years of plenty in order to preserve food for the years of famine. He himself meticulously observed his regulations during the famine. He did not increase the rations of his brothers' families, which would have been favoritism. Instead, he distributed food strictly in accordance with the number of children in each family (47:12).

Yosef also did not exploit his position

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for personal enrichment, rather did everything with honesty and justice. During the years of famine in payment for grain Yosef collected the money from all the inhabitants of Egypt and Canaan. The Torah tells us that he handed over all the wealth that he collected to the house of Paro (47:14).

May we all be worthy of having leaders like Yosef. ■



RECIPE

The verse says that Yosef sent his brothers back to Israel to bring their father to Egypt. He sent for his father 10 donkeys carrying “tuv haaretz – the best of the land” (45:23). Rashi quotes the Talmud (Meg. 16b) that this was aged wine because elderly people find contentment with it. (I.e., the fact that wine improves with age gives older people a positive feeling). Rashi also quotes a Midrash Aggadah (Gen. Rabbah 94:2), this refers to *grisim shel ful* (fava beans) [which are supposed to have a soothing effect on a troubled spirit]. These beans are a staple food in the Egyptian diet even today eaten by rich and poor alike. So this week’s recipe is for Egyptian fava beans. People with favaism, a G6PDD, deficiency should avoid fava beans.

These beans have a higher chance of being infested so be sure to check them well*



FUL MEDAMES – FAVA BEANS HAMIN

2 cups fava beans, soaked overnight in cold water, and drained

3 litres water

1 tsp salt

6-8 large eggs in shell, washed

1/3 cup chopped parsley

1/3 c. olive oil

Pepper, to taste

4–6 cloves garlic, crushed

3 lemons, quartered

Chili-pepper flakes

Cumin

Place the beans and water in a pot, bring to a boil, add salt, pepper and eggs, cover, and cook overnight over very low heat. Serve Shabbat morning in bowls sprinkled with chopped parsley. Put the dressing ingredients (olive oil, salt and pepper, crushed garlic, chili-pepper flakes, cumin, the peeled and sliced eggs and quartered lemons) each in a separate small serving bowl on the table. Pass them around then everyone can choose what they want to add as seasonings to their own bowl of ful. Eat with pita, technia and Israeli salad for a nice warm Shabbat vegetarian *hamin* breakfast. The beans are eaten gently crushed with the fork, so that they absorb the dressing.

***To check the fava beans:** Its very hard to notice the bugs just by looking on the outside. So after soaking the beans, open each bean, remove the skin and check on the inside of each bean separately.