



InnovationNation tours
venture into the heart of Israeli innovation

From Melting Pot to Fusion Cuisine Culinary and Wine trip to Israel Led by Joan Nathan

Explore Israel's vibrant culinary scene with all of its cultural richness and diversity. Meet top Israeli chefs; participate in preparing meals and workshops in private homes of Israeli chefs and domestic cooks.

Sunday October 11

Welcome to Israel

- Welcome to Israel!
- Drive to **Jaffa**, Israel's ancient port and the colorful sister city of Tel Aviv for an opening ceremony and a boutique *L'Chaim* (toast) from **Sa'ar Wine Shop's Premium Collection**.
- Check into the Royal Beach Hotel or the Carlton hotel
- Opening Dinner at **West Side**, the hotel's gourmet restaurant, accompanied by hotel's Chef *Amir Halfon* or Dinner at the acclaimed Chef **Meir Adoni's restaurant, Blue Sky**. Meet with Adoni, one of Israel's top chefs, and learn about his passions and sources of inspiration and creativity
- **Wine tasting** from the hotel's collection - with hotel's chef.

Overnight: Royal Beach hotel, Tel Aviv

Monday October 12

First Hebrew city

- **From Melting Pot to Fusion Cuisine:** Israel has undergone a long journey from its early "melting pot" days, until today. When immigrants first arrived in the newborn country, they were expected to shed off all signs of their previous cultures and traditions- and assume a new, pre-defined "Israeli" identity. Years have passed and the need for such a melting pot slowly dissipated. Today, diversity is once again celebrated. Original ethnicities and backgrounds are again displayed with pride. This process is witnessed beautifully in Israel's rich cuisine scene, offering numerous authentic restaurants and an emerging unique Israeli fusion kitchen, celebrating the fascinating mosaic that is Israel's society. Lecture by **Janna Gur** Chief Editor of **Al Hashulchan** (On the Table) magazine and author of many books about Israeli and Jewish food. Janna also has a cooking segment on Israeli TV and radio.
- Visit iconic **Rothschild Boulevard**. This was the first street in Tel Aviv, founded on sand dunes a little over 100 years ago, and is today a commercial, cultural and financial center.
- Relive the dramatic historical moment when David Ben Gurion declared the establishment of the State of Israel at **Independence Hall** on May 14, 1948. Discuss the challenges of creating a Jewish and democratic state.

- Join **Inbal Baum** of **Delicious Israel** for a tour of Tel Aviv's open-air markets. Taste authentic dishes and meet with local vendors. Learn about the rise in the *Shuk* (market) scene in Israel, as many return to it seeking fresh produce and fair prices. This trend has changed the nature of many markets in Israel which now house trendy cafes and boutique fashion studios. Taste the various foods and smell the unique spices as you explore these unique markets.
- Continue to Inbal's home to cook lunch with **Joan Nathan**.
- Depart for **Ramat Hasharon**
- Arrive at the award-winning boutique **Ben Haim Winery** for a tasting of its highly acclaimed wines. Our visit will be led by expert wine maker **Itai Ben Haim** who will introduce us to the fast growing Kosher wine scene in Israel and give us tips on how to match the perfect wine to your menu. Visit will include artisan breads and light dairy refreshments.
- Dinner at **BlackOut**, a restaurant that offers a totally unique culinary experience that will challenge your senses. You will be served various dishes in total darkness, escorted by blind waiters. When the eyes do not engage in the eating process, one's ability to taste and smell food sharpens. There is so much to be "seen" when eyes are closed...

Overnight: Royal Beach hotel, Tel Aviv

Tuesday October 13

Carmel Mountains

- Travel to **Ganei Ramat HaNadiv** to explore its beautifully groomed gardens. Walk through the garden's herb and spice trail to learn which foods they can ideally be used with.
- Coffee and cake at the **Mata'im Restaurant**. This restaurant is a commercial enterprises as well as a social justice project, incorporating youth at risk as part of the staff and offering them training in the culinary world.
- Visit **Pavo**, a young Israeli micro-brewery where exciting quality beer is created in a breathtaking setting overlooking magnificent views.
- Meet with **Chef Noam Koren** (former chef of the prestigious Muskat and Canaan Spa Restaurants) at the beautiful **Asambiya Farmhouse** in **Binyamina**. Here you'll participate in a hands-on workshop, creating your own gourmet Lunch inspired by herbs and tastes from the Carmel region.
- Walking tour of **Zichron Ya'akov**, in the footsteps of early Zionism and the mysterious life of Sarah Aaronsohn, the Jewish female spy.
- Late afternoon visit to the famous **Binyamina Winery** for a wine and chocolate workshop
- Drive to spa hotel **Bayit Bagalil**
- Free time to enjoy spa facilities
- Dinner at the hotel

Overnight: Bayit Bagalil Boutique Spa Hotel

Wednesday October 14

Bread, Cheese, Wine!

- Join acclaimed **Chef Erez Komarovsky** in **Moshav Matat**, tucked away deep in the **Upper Galilee Mountains**, for a 4 hour bread making session in his private home. Erez is best known for the revolution he started in the bread industry in Israel, introducing handmade gourmet breads in his store **Lechem Erez**- now Israel's leading chain of stores selling specialty breads, pastry and various gourmet additions.
- Lunch at **Amirei Hagalil**, a boutique hotel with outstanding views and a chef restaurant celebrating an abundance of Galilean scents and flavors, accompanied by delicious fine wine
- Walking tour through the Old City of **Zefat**, the home of Jewish mysticism. Explore the city's narrow alleyways and synagogues and discover how the mystical traditions that emerged here 500 years ago continue to impact the world today.
- Meet a *Kabbalistic Artist* in his studio to learn about the secrets of Kabbalah through the lens of his art. Take time to shop in the many colorful shops and galleries of the **Artists' Colony**.
- Descend underground to the **Meiri Dairy** workshop. Hameiri is the first dairy to be established in Israel, producing gourmet cheeses of only the purest of sheep and goat milk for 170 years!
- For dinner, we will be the guests of **Roni and Genine Bar-El** for a special *Al Fresco* dining experience on the rooftop of their Zefat home, including a desert cocktail workshop.

Overnight: Bayit Bagalil Boutique Spa Hotel

Thursday October 15

Golan Heights

- Travel to the Golan Heights
- Mount jeeps for a guided tour of the **Golan Vineyards**. Ascend "**Tel Asnia**" for an overlook of the entire region. Continue through the vineyards of **Kibbutz Ein Zivan** to the "**Wind Vineyard**" of **Kibbutz Merom Golan**. Enjoy a glass of wine, savories and herbal tea before arriving at the acclaimed **Golan Heights Winery** in **Katzrin** for a VIP tour and wine tastings.
- Travel to **Beit She'an** for a 3 course lunch in **three different homes**. Hear the moving stories of the women who open their homes, hearts and kitchens for you as you taste their **Ethiopian, Hungarian** and **Moroccan** delicacies.
- Travel to Jerusalem.
- Dinner on your own in Jerusalem
- **Tour the Ultra-Orthodox** neighborhoods of Jerusalem, including an intimate **Challah baking session** at a private home of a mother of 12.

Overnight: Mamila hotel, Jerusalem

Friday October 16

The Old City of Jerusalem

- Breakfast at the hotel
- Guided visit through the 3,000 year old remains of the **City of David**, “the original Jerusalem”, including some of the most ancient and fascinating archaeological finds in the country.
- Take part in a unique **biblical cooking session** inspired by the seven species of the land of Israel, bringing back to life the taste of the past led by **Tom Franz**, along with **Joan Nathan**. Originally from Germany, Tom is the winner of the **Israeli Master Chef** contest. Includes a light lunch.
- Usher in the Sabbath at the **Kotel (Western Wall)** and join thousands of visitors and worshipers welcoming the Sabbath with prayer, song and dance.
- Experience the Sabbath with **Chef Shmil Holland** in his Jerusalem home. Shmil is an expert on East European Jewish cuisine. This traditional Shabbat dinner will be accompanied by stories, anecdotes and the secrets behind these fabulous dishes.

Overnight: Mamila hotel, Jerusalem

Saturday October 17

Shabbat in Jerusalem

- Breakfast at the hotel
- Examine the life of the **Old City** through the ages, feel the unique atmosphere of the area, and get a glimpse of the complex weave of traditions and perspectives between the **Jewish, Muslim, Armenian and Christian Quarters**.
- Leisure time at hotel
- Join **Rabbi Bill Berk** for a text study session on: “We Are Cooking...The Jewish Tradition's Focus on Food”
- Dinner at **Eucalyptus Restaurant** which serves a modern interpretation of Biblical cuisine
- Free evening in Jerusalem

Overnight: Mamila hotel, Jerusalem

Sunday October 18

Emek Ha'ela and the Jerusalem Hills

- Take in the Tuscany-like views of **Emek Ha'ela** in the **Judean Hills** where David fought Goliath. The area has become a major grape growing region, as it was in Biblical times.
- Begin the tour at a nicely preserved off-the-beaten-path 2,100 year old Wine Press.
- Visit the **Teperberg Winery** founded in 1870 by Zeev Zaide Teperberg in the Old City of Jerusalem and was the first family winery founded in Israel. Today it is run by fifth generation, Moti Teperberg and is the fourth largest winery in Israel.
- Take part in a hands-on **pastry workshop** at **Mimi's Gourmet Bakery**.
- Experience a great intercultural experience while having lunch at a **Kurdish home**. Enjoy the homemade ethnic food and learn about the Kurdish culture over lunch.
- Travel south to an **Israel Defense Forces army base**, where you will have a once-in-a-lifetime opportunity to help cook a pampering dinner for IDF soldiers alongside the military chef. Join the soldiers for dinner.

- Travel south to the breathtaking **Bereeshit Hotel** in **Mitzpeh Ramon**, Israel's newest and most upscale spa hotel, overlooking the Ramon Crater.
- Dress warmly for an unforgettable Desert experience of a gourmet **bonfire dinner**. Learn the techniques of cooking in the wildness while star gazing at one of the world's only "Machteshim" (craters).

Overnight: Beresheet hotel, Mitzpeh Ramon.

Monday October 19

Israel's Negev

- Optional but beautiful walk along the **Ramon Crater** Cliff's edge, a unique geological wonder.
- Optional *yoga and meditation* exercise overlooking the Ramon Wilderness.
- Free time to use the hotels spa and facilities.
- Travel along the **Negev Wine Trail**, including various wine, cheese and Olive Oil tastings at "*Lone Farms*" run by individual families
- Meet Agronomist **Uri Alon** at his **Salad Trail** farm for a tasty tour of his fields, where acres of vegetables grow in the sand! Learn about the challenges and triumphs in his quest to make the desert bloom and of Israeli inventions used in desert areas around the globe, allowing farmers to grow vegetables in extreme conditions. The tour of the Salad Trail includes in-depth explanations and tastings of this unique produce.
- Depart the Negev and travel North
- Farewell dinner at the **Gourmet "Space" Restaurant** at **Moshav Emunim**
- Drive to **Ben Gurion International Airport**- *Lehitra'ot!* (farewell!) We hope to see you in Israel again soon!

1. Listed activities and speakers are subject to confirmation.
2. Program will be staffed by a Keshet Israel Tour Educator
3. All breakfasts plus underlined meals are included in the package price.
4. This itinerary is proprietary to Keshet and is intended for the promotion of and to inform those considering joining this Keshet trip. It is not to be transmitted to any other party without prior authorization from Keshet



Keshet The Center for Educational Tourism in Israel

PO Box 8540 Jerusalem 91084 Israel
 Phone: 972-2-671-3518 | Fax: 972-2-671-3624
 keshet@keshetisrael.co.il | www.keshetisrael.co.il