

Why do we eat seeds on Purim? What is an *etrog*? How do you make light, fluffy matzoh balls? Find out in the *Jewish Holidays Cookbook!*

Young chefs take the lead in preparing traditional recipes for 11 Jewish holidays from Rosh Hashanah to Shavuot.

More than 40 recipes are presented with step-by-step instructions, color photography, sidebars, tip boxes, and quotes, bringing culture and cuisine together.

Serving suggestions and kosher variations make each dish accessible to cooks of all ages and skill levels. So grab your family and get into the kitchen!



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 SEE ALL THERE IS TO KNOW

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foreword

The Jewish holidays teach us that there are many ways and many places to celebrate Jewish tradition. As a rabbi I meet many people who think that the synagogue is the center of Jewish life, and it is indeed a very important place for the Jewish community to gather. However, as a mother and a daughter, I know that the home—and table—is the centerpiece where families can find, create, and pass down tradition.

Cooking with people we care about allows us a way to share memories and create new ones. Most people can remember the smell of their favorite food from childhood, or a kind word that was passed along with a great taste. Both the word and the taste enhance each other.

My mother taught me many important lessons in the kitchen. She taught me that Friday night is a sacred time for family, and always added a little more love to her Shabbat recipes. And she taught me that food is an important way to remember the people we love when she showed me how her mother made the foods that she loved while growing up.

My memories of our Jewish kitchen are filled with the hilarious laughter and beautiful music of my mother, my sisters, and all the wonderful people who came into our lives. The food, while it tasted terrific on the table, somehow tasted like magic when we were all together in the kitchen preparing it. We created our “sister assembly lines” to make Purim hamantaschen, Shabbat challah, and matzoh balls. Whether I was rolling, cutting, kneading, filling, or pinching, my sisters and I were side by side celebrating what it means to be Jewish.

We should all grab a pot, a pan, some ingredients, and this idea: We can teach valuable Jewish lessons in our kitchens and at our dining room tables. We can teach someone that cooking is about using our resources wisely, being generous, and taking only what we need. We can teach the mitzvah of hospitality by graciously opening our hearts and homes to old friends and family, and extend that mitzvah to new friends who might have no other holiday table at which to celebrate.

When we put care and love into the food we create for the Jewish holidays, we, too, can become a part of the amazing legacy of the Jewish tradition.

Janet Bass



how to use this book

Welcome to *Jewish Holidays Cookbook*! Inside you'll not only learn to cook traditional Jewish foods, but you'll learn about why those foods are important to Jewish culture, and why people eat them for certain holidays. There is a lot of information coming your way, so here's a look at what the pages ahead mean.

PESACH

Pesach brings families together to the seder table in celebration of their history and traditions. It is a time to remember the struggles of the Israelites, and to eat and enjoy matzoh, haroset, meringues, and other treats from the Old World.

Pesach, or Passover, celebrates the trials and triumphs of the Israelite people in Egypt. Pharaoh kept the Israelites as slaves, and treated them cruelly for many years. When he finally decided to let the Israelites follow Moses out of Egypt, the Israelites left in a hurry because they feared that Pharaoh would change his mind. He did change his mind, and sent his army after them. So the Israelites fled into the desert.



Seder plate

Because they left Egypt so quickly, the Israelites did not have time to let their bread dough rise before baking it. So instead of having leavened bread, they had flat matzoh. To remember the escape of Israelite ancestors, many Jews do not eat leavened foods during Pesach. Some families completely remove anything that contains flour or leavening agents (called "chametz") from their homes during Pesach.

"The Torah teaches that the first seder was held the night before the Israelites left Egypt. They ate Passover lamb and talked about the miracles that were happening all around them."
-Rabbi Ozur Bass



Meringue cookies are perfect for Pesach.

During the first two nights of Pesach, a seder is held, at which the Haggadah is read aloud. *Haggadah* means "the telling," and it tells the story of the Israelites' flight from Egypt. Everything on the seder table is used to help tell the story, especially the items placed on the special seder plate. The symbolic foods on the seder plate are: a roasted shank bone, a roasted egg, horseradish, romaine lettuce (or parsley), celery, and haroset. After the Haggadah is read, families celebrate with a delicious, festive meal. Many of the dishes traditionally served harken back to ancient times, and are based on the foods available to the Israelites as they continued their journey through the desert.

the recipes

These food tips give you a little more info on the recipe itself.

basic any-which-way kugel

Kugel is a baked egg-and-noodle dish that can be sweet or savory. Everyone has his or her favorite ingredients. With this kugels to suit everyone's tastes!



*Kugel is one of the most popular and well-loved Jewish foods. When it has dried fruit in it, it is called *Yosselshn*, which means "from Jerusalem." -Rabbi Ozur Bass

This recipe is dairy-free. For a kosher meal, serve only with other dairy or pareve foods.

All diets means "to the tooth," which means to cook the pasta until firm.

get cooking...

1. Preheat the oven to 350°F (175°C). Measure fat.
2. Bring a 4-cup portion of water to a boil. Add the noodles and cook until they are al dente, then drain.
3. In a large bowl, stir together butter, cream cheese, sour cream, apricot nectar and milk, stirring to combine. Gently stir in riceflour.
4. If you're adding this mix, do not overcook the noodles.
5. Transfer noodle mixture to baking pan.
6. In a small bowl, combine cranberry sauce, butter, sugar, brown sugar, and mandarin oranges. Sprinkle topping over noodle mixture.
7. Bake for about 50 minutes or until kugel is bubbly and golden.
8. Let cool for 10 minutes.

ingredients...

- 1 8-oz (227-g) package of short egg noodles
- 1/4 cup butter, softened
- 1/4 cup (57 ml) apricot nectar
- 1 egg, lightly beaten
- 1/4 cup sugar
- 1/4 cup (57 ml) heavy cream
- 1/4 cup (57 ml) mandarin orange juice
- 1/4 cup (57 ml) apricot nectar
- 1/4 cup (57 ml) brown sugar
- 1/4 cup (57 ml) mandarin orange juice
- 1/4 cup (57 ml) riceflour
- 1/4 cup (57 ml) cranberry sauce
- 1/4 cup (57 ml) butter, softened
- 1/4 cup (57 ml) brown sugar
- 1/4 cup (57 ml) mandarin orange juice
- 1/4 cup (57 ml) riceflour

Make customized mini kugels!

Use the same measurements for the regular recipe, changing ingredients for kugels for special diets. For example, use almond flour for gluten-free kugels.

Lightly cream and mix in the butter or cranberry sauce with the rest of the ingredients.

Preheat oven to 350°F. Then add 1/4 cup (57 ml) of the mixture to a 1/2-cup (125 ml) measuring cup. Bake for about 10 minutes or until kugel is bubbly and golden.

Rabbi Ozur Bass tells us about her cooking experiences throughout the years.

This color bar will tell you in which season each holiday takes place. (This one's fall)

This tells you how many people each recipe serves.

Some recipes have variations that you can try.

Here's a list of the foods you'll need to make the recipe.

This tells you which holiday you're cooking for.

Learn a bit about the recipe and the holiday.

These are the instructions that tell you how to make the recipe.

Step-by-step photos will help you along.

raspberry ponchik

Polish ponchik are fried doughnuts stuffed with jelly. Eastern European Jews brought these with them as they moved to Israel. This quick and easy recipe allows anyone to celebrate Hanukkah with homemade jelly doughnuts.



get cooking...

1. Separate yolks and butter from the mixture in about a 1/2-cup (125 ml) measuring cup.
2. In a medium bowl, stir together the egg whites, sugar, and vanilla. Beat the whites together to form a stiff peak. Fold the whites into the rest of the mixture.
3. Measure 1/2-cup (125 ml) of the mixture and pour it into a 1/2-cup (125 ml) measuring cup. Seal the cup with a lid.
4. When all is ready, take an adult with a shallow saucer to pour the oil. Cook for about 2 minutes on each side until golden brown.
5. Remove from oil with a slotted spoon and drain on paper towels. Sprinkle with powdered sugar. Serve the ponchik to your family. (Ponchik will be hot!)

ingredients...

- 1 1/2 cups (375 ml) of the mixture separated yolks
- 1/4 cup (57 ml) butter, softened
- 1/4 cup (57 ml) granulated sugar
- 1/4 cup (57 ml) vanilla extract
- 1/4 cup (57 ml) egg whites
- 1/4 cup (57 ml) powdered sugar
- 2 teaspoons cinnamon

Don't overheat the ponchik.

Heat oil to 350°F (175°C) and use a thermometer to check the temperature. The oil should be about 1/2 inch deep.

Ponchik are the eastern European version of Israeli soganiyot.

"A great trick to remove some of the oil from the cooked ponchik is to put the cinnamon and sugar in a paper bag. When the ponchik are done, drop them in the bag and gently shake. The ponchik will get coated in cinnamon sugar, and the bag will absorb some of the oil."
-Rabbi Ozur Bass

Final pictures show you how the recipe should look when it's complete.

the chapters

Each major holiday has its own chapter in the book. Each chapter starts with an introduction that tells you a bit about that holiday, its history and traditions, and how food plays a role.

cooking tools

When you go to school you need notebooks and pencils and folders. When you cook, you need similar tools of the trade. Chances are you've got everything you need right in your kitchen. See below for a list of kitchen tools and appliances that will come in handy when preparing your recipes.

Baking sheet

Also called a cookie sheet. This is a flat baking pan with no raised edges. Baking sheets should be used only for cookies and breads that will not spread very much when they bake.

Colander

Used to drain water from ingredients such as pasta or egg noodles. Colanders are also perfect for rinsing off fresh fruits and vegetables.



Cookie cutters

These forms are used to cut dough, sandwiches, or any soft food into fun shapes. Cookie cutters come in thousands of sizes and styles.



Cutting board

A surface upon which all ingredients should be cut. Some cutting boards are made of wood, others of plastic. It's a good idea to have separate cutting boards for raw meats, raw fish, and fresh fruits and vegetables.



Deep-frying thermometer

Used to measure the temperature of oil for frying.

Electric mixer

Used to mix just about anything. Electric mixers can be standing (such as this one), or handheld, and have different attachments for mixing different types of ingredients.



Frying pan

Also called a skillet. This is a large, flat pan on which foods cook evenly because they can be spread out into one layer.

Grater

This is used to shred ingredients such as cheese, potatoes, onions, and carrots.



Jelly roll pan

A flat baking pan with raised edges so that batter will stay in the pan. Often used to make thin, flat cakes.

Measuring cups

Used to measure out the exact amount of each ingredient.



Meat thermometer

Used to measure the internal temperature of meats such as beef, chicken, and lamb.

Microplane

This is a very fine grater, used to scrape the zest off of oranges, lemons, and limes.

Oven mitts

These protect your hands from hot pots and pans. Be sure they're clean and dry when you use them.



Parchment paper

This paper is often used to line baking sheets or cake pans to prevent food from sticking to the pan. It is also used to create packets in which food is steamed (called "en papillote").



Rolling pin

Used to roll out dough for cookies and pies. Can also be used to crush crackers, cookies, or cornflakes into crumbs.

Saucepan

A deep pot used to cook liquids and stews, and to boil pasta, noodles, rice, and couscous.

Skewers

Used to make kebabs. Skewers are often made of bamboo or metal. Bamboo skewers work best if they are soaked in cold water for about an hour before you use them (this prevents them from catching fire while on a grill).



Spatula

There are two types of spatulas: rubber spatulas help scrape food and batter from bowls. Flat spatulas are used to scoop food up off a pan or cooking surface.



Springform pan

A metal baking pan whose sides are removable. They can be expanded by opening the metal latch and then lifted away while delicate cakes (such as cheesecake) remain on the metal base.



Tongs

Used to grab large ingredients while they're cooking. You can use tongs to turn food in a pan.

Whisk

Used to whip food to a light, airy consistency.



Wooden spoons

Used to stir just about anything. Wooden spoons are great because they don't get hot like metal spoons do.



kitchen safety

Working in the kitchen is an enjoyable experience, especially if you follow some important guidelines: Be sure to closely review your recipe before you start. Make sure you have the proper tools. And be safe! Clear off your work space, take your time, be careful, and always ask an adult for help when you need it. Here are some more guidelines to follow as you whip your recipes into shape:

- **Permission, please**

Always ask an adult's permission before you begin to cook. Know—and follow—the rules of your kitchen, and if you need help, ask for it.

- **Avoid accidents**

To avoid kitchen mishaps, get ready for cooking before you begin. Roll up long sleeves. Tie back long hair. Know how to use a kitchen fire extinguisher. Clean up spills as soon as they occur so no one slips and falls. For dangerous accidents like broken glass, ask an adult for help.



Don't lick your fingers while you cook.

Wash your hands after handling raw eggs.

- **Hot pots**

Be careful of hot pots and pans. Be sure to have plenty of clean, dry pot holders and oven mitts to protect your hands. Don't substitute a dish towel for a pot holder.



- **Wash up and keep clean**

Always wash your hands before handling food. Once your hands are clean, avoid touching your hair and face. Any time you sneeze, use the bathroom, or touch raw meats, go ahead and wash your hands again.

- **Handling food wisely**

Be sure to use clean utensils and cutting boards. Wash fruit and vegetables carefully to remove dirt and sand. Always wash your hands immediately after handling raw meat, chicken, fish, and eggs. If any juices from raw meat spill, wipe them up right away. It's a good idea to use different cutting boards for raw meats, raw fish, and fruits and veggies.

- **Knife know-how**

Always ask an adult for help when using sharp knives. Use the smallest knife you need to do the job. Be sure to keep your fingers away from sharp blades. Never leave a knife hanging off the edge of the counter. And never put a knife in a place where someone can't see it, like in a sink filled with soapy water.

keeping kosher

The word *kosher* means “fit or proper for use.” Kosher cooking involves foods—and the utensils used to cook the foods—that are prepared a certain way, and deemed fit and proper for eating. The laws that govern this are called the laws of kashrut.

The laws of kashrut come from two main sources: the Torah and rabbinic law. The Torah gives many laws about which animals Jews can eat, and which they cannot. Some of these laws state that Jews can eat only land mammals that chew their cud and have true, split hooves (like cows), or sea animals that have both fins and scales (like most fish). Animals forbidden by the Torah include pigs, snakes and reptiles, some birds, and sea animals that have hard shells (like lobsters and crabs).

Rabbinic law is the second source of kosher rules, and often expands on laws introduced in the Torah. Where the Torah says that a goat may not be cooked in its mother's milk, rabbinic law states that no meat product of any kind may be cooked, prepared, or eaten with any dairy product. Rabbinic law also teaches that for an animal to be kosher it must be slaughtered and prepared in a particular way.

Besides being meat or dairy, kosher foods can also be pareve (pronounced *PARV*). Pareve foods have neither meat nor dairy in them, and therefore can be eaten with both. Fruits, vegetables, eggs, fish, and grains are all pareve.

The laws of kashrut may seem complicated, but it is not that difficult to keep a kosher kitchen. Most people will separate utensils, dishes, and cooking

areas in which to prepare meat and dairy foods. Mass-produced foods (like cereals and snacks that you buy at the store) are marked with special symbols to indicate that they are kosher.

Neither the Torah nor rabbinic law explain *why* kosher rules were given, although throughout history many people have tried to come up with explanations.

Most people follow the laws of kashrut because they believe that keeping these rules is an important part of being Jewish, and because they believe this is what God would like them to do. Even so, the decision to keep kosher is a very personal one, often handed down through families from generation to generation.

No matter whether it's kosher or not, food plays an important role in Jewish

culture. The recipes in this cookbook are based on many traditional foods cooked throughout the world, some with a modern twist. There are many more recipes still out there to be explored! Please note that none of the recipes here are specifically kosher, but they are labeled “meat,” “dairy,” or “pareve.” Simple variations are offered so that you can maintain a kosher meal.





Food is a very important part of our lives. We need it to survive, of course, but we also use it to express our cultural identity. What we eat at home is a statement about where we are raised, what foods are available, and what flavors our parents hand down to us. And every year we have many opportunities to celebrate our culture and our history through food, especially during our holidays!

What we decide to eat depends on many factors—what foods are in season, what foods are familiar to us, and what holiday we are celebrating. Beginning with recipes for Shabbat such as challah, roasted chicken, and matzoh balls, this book explores Jewish holidays and festivals through delicious recipes.

Different festivals and holidays have special foods associated with them. The Jewish year begins at Rosh Hashanah, and recipes to welcome a sweet new year include sweet-and-sour gefilte fish, soda pop brisket, and honey cake. At Yom Kippur, after a meaningful fast, try recipes for kugel and smoked salmon frittata at your family's break-the-fast party.

Because Hanukkah is a time to remember the miracle of oil, its traditional foods are fried, like crispy potato latkes and *sufganiyot*. After Hanukkah, celebrate Tu B'Shevat—the festival of trees—by cooking with fruits and nuts. Fig spread and Tu B'Shevat granola are fun to eat in the shade of a beautiful old tree.

Purim can be made merry with hamantaschen and other recipes. The Achashverosh crown sandwich is easy (and tasty) to eat when hurrying to a Purim carnival.

Pesach, or Passover, is a time when

cooks must be innovative as they avoid using leavening ingredients such as flour. Recipes like an Israeli meat pie called *mina* are easy to make. And flourless meringues are a great dessert at a seder.

Middle Eastern flavors influence Yom Ha'Atzmaut recipes like Israeli salad, falafel, and hummus, which are festive treats for celebrating independence.

Lag B'Omer is for picnics, bonfires, and recipes for lamb shish kebab, watermelon salad, and pomegranate lemonade. Shavuot is a holiday that celebrates the bounty of the spring harvest and receiving the Torah. Rich dairy foods like blintzes and cheesecake make Shavuot delicious to observe.

At the end you'll find pages on which

you can take notes about the recipes. Record any variations or special touches that you've made to your dishes.

No matter if you're a beginning chef or already a pro in the kitchen, cooking new recipes is a wonderful way to celebrate the holidays. And if your dishes don't turn out perfectly, don't worry. Experimenting and trying again are all part of the cooking adventure. So invite your family and friends—Jewish and non-Jewish—into the kitchen to experience with you the delicious and diverse Jewish year!

Jill Bloomfield



How many ways can you cook with matzoh?

SHABBAT

How wonderfully special it is to be Jewish! Each week has its own joyful celebration. Every Friday at sundown Shabbat begins. Special candles are lit and a prayer is said. Parents bless their children and each other.

Shabbat is a holy day that celebrates God's day of rest after creating the world. On Shabbat, we, too, have the chance to sit back and celebrate all that we have created during the week. It is a special time to share with family and friends, attend services, and relax at home. Shabbat ends on Saturday evening after sundown.

Food is an important part of celebrating Shabbat. Some people say that eating three full meals on Shabbat is a mitzvah. Some people define mitzvahs (or mitzvot) as commandments,



Kiddush cup

meaning that they are something that the Jewish people have to do because God told them to. Other people define mitzvot as traditions that have been kept in the Jewish community for many years. Still others define mitzvot as good deeds, because they believe that God wants them to make the world a better place. However you define mitzvot, they help people understand how we should act toward ourselves, one another, and God. Shabbat is a weekly reminder of the importance of mitzvot.

“The Jewish faith is one not only of belief, but also of action. We try to act a certain way in this world because of our belief in what it means to be Jewish. Mitzvot help us understand that.”

-Rabbi Ozur Bass

Some people make Shabbat a time to focus on family, their friends, and their relationship with God. Because of this they do not drive, watch television, or do homework on Shabbat. Instead, Shabbat is a time to play outside, go to the synagogue to sing and pray, hang out with people you enjoy, or read books just for pleasure.

For some Jews, certain types of work are not allowed on Shabbat, so food must be cooked in advance. Some foods are even left to cook

overnight and then eaten the next day. These recipes can become part of your own family traditions.



The motzi is said over the challah at Shabbat dinner.

challah

Challah is traditionally served at the beginning of Shabbat dinner. A prayer is said over the freshly baked bread before dinner begins. Here's a recipe for your very own special Shabbat challah. This recipe makes two loaves.

get cooking...

1 Pour water into bottom of large mixing bowl. Add yeast, and allow to sit for 1 minute.

2 Add honey, oil, eggs, sugar, and salt to yeast mixture. Stir to combine.

3 Scoop spoonfuls of flour into the wet mixture, combining well each time. As you continue adding flour, the mixture will thicken. You can use your hands to mix in the flour.

4 After all of the flour is mixed in, knead the dough in the bowl until it is smooth. Add up to ½ cup of additional flour if your dough is sticky. Allow dough to rise for 1 hour in a warm place. The dough should double in size.

5 Turn the dough out onto a floured surface like a cutting board. Deflate risen dough by punching it. Divide dough into 2 equal pieces and knead each piece for 3 minutes. If dough is sticky, add a little bit of flour as you knead.

6 Grease 2 large baking sheets with margarine, and set them aside. Preheat the oven to 375°F (190°C).

7 Divide each loaf into 3 equal pieces. Roll each piece into a long rope about 1½ inches (4 cm) in diameter. These will be the 3 strands of your braid. Bring the ends of the strands together and begin braiding. After it is fully braided, tuck the beginning and end of your braid under the loaf. Repeat for the other loaf, and place each on a prepared baking sheet. Cover each loaf with a slightly damp towel and allow the loaves to rise once more, for 45 minutes.



Keep a bowl of flour handy.



Your challah is ready!

ingredients...

- 2½ cups warm water
- 1 tablespoon active dry yeast
- ½ cup honey
- 6 tablespoons vegetable oil
- 2 eggs
- 1 tablespoon sugar
- 1 tablespoon salt
- 8 cups all-purpose flour
- 1 egg, beaten
- 2 tablespoons sesame seeds

8 After the loaves have risen, use a pastry brush to spread beaten egg over each one. Sprinkle the tops of the loaves with sesame seeds.

9 Bake on a low rack for about 35 to 45 minutes. The fully baked bread should be a deep golden color and should sound hollow when tapped.

serves
24



Try sprinkling your challah with poppy seeds.

This recipe is pareve. For a kosher meal, you can serve this with either dairy or meat foods.

The plural of challah is "challot."

roasted chicken with vegetables

serves
6

Celebrate with a classic Shabbat dinner of roasted chicken and hearty vegetables. Be sure to check that your chicken is fully cooked before serving.

ingredients...

1 whole chicken, about 4 lbs (1.8 kg)	1 cup onion, chopped
1 tablespoon olive oil	2 cups carrot, cut into 2-inch (5-cm) chunks
1 teaspoon salt	1 cup celery, cut into 1-inch (2.5-cm) chunks
1 teaspoon pepper	1 cup chicken broth
4 cups potato, cut into 2-inch (5-cm) chunks	1 teaspoon garlic powder

get cooking...

- 1 Preheat oven to 350°F (180°C). Rinse chicken and pat dry.
- 2 Rub chicken with olive oil, then sprinkle with salt and pepper. Put in a large roasting pan.
- 3 Place potatoes under the chicken and arrange other vegetables around the chicken.
- 4 Add chicken broth to roasting pan, making sure that all vegetables are moistened.
- 5 Sprinkle vegetables with garlic powder.
- 6 Cover the chicken and roasting pan tightly with aluminum foil.
- 7 Roast chicken for 90 minutes, basting occasionally. Then remove foil and roast for 20 minutes at 450°F (230°C) to crisp the skin. The chicken is done when its juices are clear.



Mom or dad can carve the chicken.

This recipe is a meat recipe. For a kosher meal, serve only with meat or pareve foods.

"Growing up, my sisters and I could count on the same delicious Shabbat dinner every week. To this day, every time I smell roasting chicken, I think of sharing Shabbat dinner with my family." -Rabbi Ozur Bass



On a meat thermometer, the breast of a whole, fully cooked chicken should register 175°F (80°C).

“The best part about chicken soup for Shabbat is dunking the challah in it!” —Rabbi Ozur Bass

chicken noodle soup

serves
6

Soup is delicious at Shabbat dinner. This recipe is quick to prepare because it uses already-cooked chicken. You can buy cooked chickens at the store or use leftovers.

Always taste your soup as you cook so you can add salt or pepper as needed.



If you like your soup thicker, add more noodles.

get cooking...

- 1 Melt butter or margarine in a large saucepan over medium heat. Add onion and cook for 1 minute, then add celery and carrots. Cook vegetables until slightly translucent, about 4 more minutes.
- 2 Add cooked chicken, and stir in with vegetables for 2 minutes, so flavors mix together.
- 3 Add all broth and oregano, basil, bay leaves, and garlic powder.
- 4 Allow soup to simmer for 20 minutes at medium heat. Ten minutes prior to serving, adjust heat to medium-high and bring soup to a boil. Add uncooked noodles and cook for 10 minutes or according to package instructions.

ingredients...

- 1 tablespoon butter or margarine
- ½ cup chopped yellow onion
- ½ cup chopped celery
- 1 cup carrot, cut 1-inch (2.5-cm) thick
- 8 oz (225 g) cooked chicken meat, roughly pulled
- 3 14½-oz (430-ml) cans chicken broth
- 2 14½-oz (430-ml) cans vegetable broth
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 2 bay leaves
- ¼ teaspoon garlic powder
- 6 oz (170 g) egg noodles, uncooked

Have a soup potluck party. Your friends can bring soups, salad, or bread, and you can serve them your chicken noodle soup.

This recipe is meat. For a kosher meal, use margarine, vegetable oil, or olive oil.

matzoh balls

serves
6

Matzoh balls are a delicious treat. The key to making fluffy, light matzoh balls is to pack them loosely. You want them to float when they cook. Matzoh balls almost double in size when they cook, so be sure not to make yours too big.

get cooking...

1 Separate 2 eggs and put the egg whites in a medium-sized mixing bowl. Set the yolks aside because you will add them later. Whisk the egg whites until they are light and fluffy.

2 Crack the last egg and combine with the yolks you set aside. Using a fork, beat together. Gently fold the yolks into your fluffy egg whites.

3 Add matzoh meal, vegetable oil, 2 tablespoons of chicken broth, water, salt, white pepper, and garlic powder, again folding it carefully into your mixture.

4 Place bowl in refrigerator for 1 hour, until the mixture is chilled and firm to the touch.

5 Place two quarts chicken broth in a large pot. Bring to a boil over medium-high heat.

6 Remove matzoh mixture from the refrigerator. Using your hands, scoop out a small bit of mixture and gently roll it in your hands to form a ball, about 1 inch (2.5 cm) in diameter. (Rinse your hands with cold water if the dough is sticking to your fingers.)

7 Using a slotted spoon, place matzoh balls into the chicken stock 1 at a time. Reduce heat so mixture is at a low simmer. Cover pot and allow matzoh balls to cook gently for about 45 minutes until they are cooked through.

8 Serve your matzoh balls in the broth they cooked in, or as a substitute for the noodles in chicken noodle soup.

Knaidlach is the Yiddish word for "matzoh ball."



Roll your matzoh balls gently.

ingredients...

- 3 eggs
- 1 cup matzoh meal
- 4 tablespoons vegetable oil
- 2 quarts plus 2 tablespoons chicken broth
- ½ cup cold water
- 1 teaspoon salt
- ½ teaspoon white pepper
- ½ teaspoon garlic powder

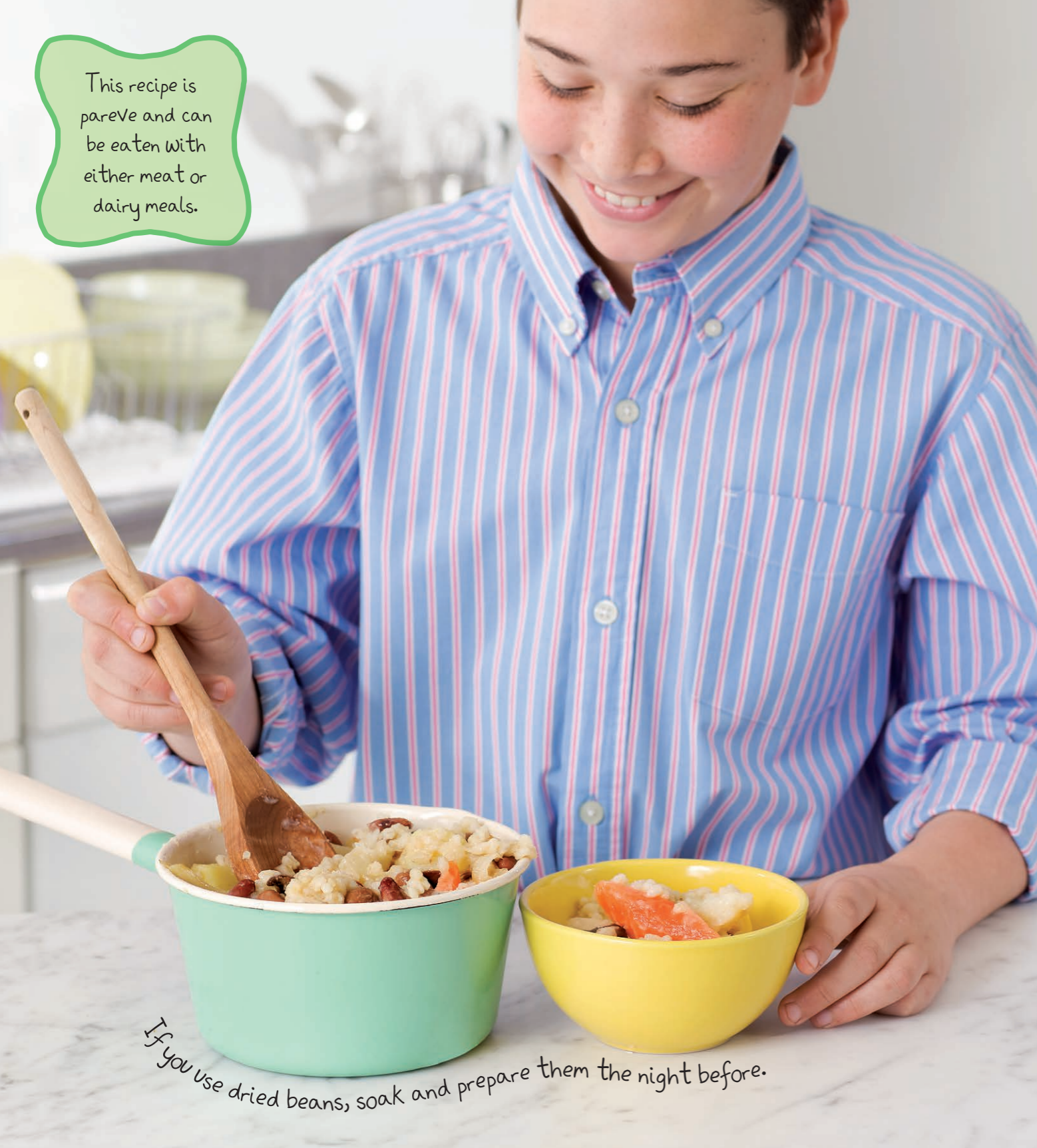
This recipe is meat. For a kosher meal, serve only with other meat or pareve foods.

"Most Jewish cooks have their own secrets as to how to make the best matzoh balls. One secret to light and fluffy balls is to substitute plain seltzer for the water." -Rabbi Ozur Bass



This recipe can be made vegetarian; just substitute vegetable broth for chicken broth.

This recipe is pareve and can be eaten with either meat or dairy meals.



If you use dried beans, soak and prepare them the night before.

Vegetable cholent

serves
4-6

Cholent is a great lunch for Shabbat because traditionally it cooks overnight, and is ready for the Saturday midday meal. Most cultures have similar long-cooking stew or bean dishes, such as French cassoulet or American baked beans. Cholent almost always features beans, barley, and hearty vegetables.

get cooking...

- 1 Heat vegetable oil in a large saucepan over medium-high heat. Add onion and cook until tender.
- 2 Add garlic, stirring often so it does not burn. Add mushrooms and continue to stir for 2 to 3 minutes or until mushrooms shrink down a bit. Reduce heat to medium.
- 3 Add beans, stirring gently. Add barley, carrots, and potatoes. Add salt and pepper, then vinegar, hot water, and broth. Be sure all vegetables are covered with liquid.
- 4 Turn heat to low and cover tightly. Traditionally, cholent is allowed to cook overnight. However, if left over medium heat, the cholent will be done in about 60 minutes.

ingredients...

- 1/3 cup vegetable oil
- 1 medium onion, cut into small chunks
- 2 cloves garlic, finely minced
- 1 cup baby portobella mushrooms, sliced
- 1 15-oz (425-g) can dark red kidney beans, rinsed
- 1 15-oz (425-g) can pinto beans, rinsed
- 1/2 cup whole barley, uncooked
- 4 carrots, cut into small chunks
- 5 medium potatoes, peeled and quartered
- 1/2 teaspoon salt, plus more if desired
- 1 teaspoon ground black pepper
- 1/3 cup red wine vinegar
- 1 cup very hot water
- 2 cups vegetable broth

“The word *cholent* is from the French meaning ‘warm and slow cooking.’ Because the pot is sealed and left to finish cooking overnight, it was one of the foods that was invented so Jewish people could follow the laws of Shabbat. Some villages had big ovens in the middle of the town where every family would bring their pots on Friday afternoon and leave them there until Saturday lunch.”

—Rabbi Ozur Bass

chickpea and couscous salad

serves
8

This refreshing and colorful salad is perfect for *Seudah Shlishit* (pronounced *seh-oo-DAH shlee-SHEET*), a Shabbat meal eaten in the afternoon on Saturday. Eating three meals on Shabbat is considered a mitzvah, and *Seudah Shlishit* is the third meal.

ingredients...

1 cup vegetable broth	¼ cup fresh parsley, minced
1 cup uncooked instant couscous	¼ cup fresh basil, minced
3 tablespoons vegetable oil	1 15-oz (425-g) can chickpeas
2 tablespoons white vinegar	4 plum tomatoes, diced
2 tablespoons lemon juice	1 medium cucumber, diced
1 teaspoon garlic powder	

get cooking...

- 1 In a small saucepan, bring vegetable broth to a boil. While on the heat, stir in couscous. Immediately cover pot, turn off stove, and remove saucepan from heat so liquid is absorbed into couscous. When all liquid is absorbed, fluff up couscous using a fork. Be careful because the saucepan is hot. Set couscous aside and allow it to cool.
- 2 Combine oil, vinegar, lemon juice, and garlic powder in a mixing bowl. Gently fold in the parsley and basil.
- 3 Add chickpeas, tomatoes, and cucumber to the cooled couscous. Mix in oil and vinegar mixture.
- 4 Cover with plastic wrap and refrigerate. Serve cold.

Chickpeas can be found in traditional recipes around the world. They're also known as garbanzo beans and ceci beans.

"We will often invite over our neighbors and have a potluck meal of leftover Shabbat dinner and Saturday lunch for our *Seudah Shlishit*." —Rabbi Ozur Bass

If you do not have vegetable broth, you can use water to make the couscous instead.

This recipe is pareve and can be served with dairy or meat meals.



Why do we eat seeds on Purim? What is an *etrog*? How do you make light, fluffy matzoh balls? Find out in the *Jewish Holidays Cookbook!*

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