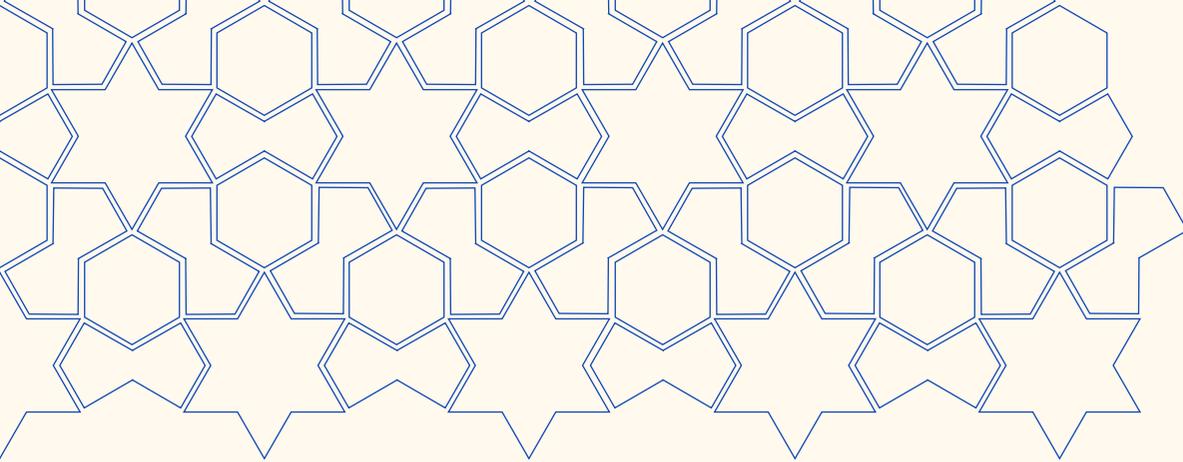




# Tables of Joy

Tables of Joy: Shabbat

Shabbat



Shabbat is the Jewish day of rest, and the seventh day of the week. It is a day of celebration that begins on Friday at sunset and ends on the following evening after nightfall.

In the Torah, it says that G-d created the world in six days and rested on the seventh. On that day, G-d created **menuchah**, rest, without which sustained creativity would be impossible.

## Shabbat is the Jewish day of rest and the seventh day of the week

## וביום השביעי שבת וינפש

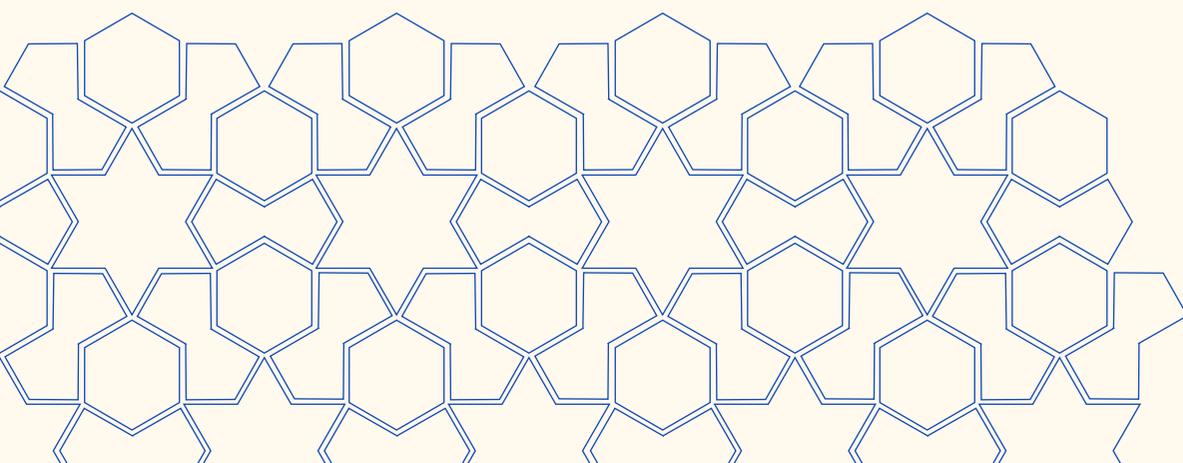
And on the seventh day, G-d rested.

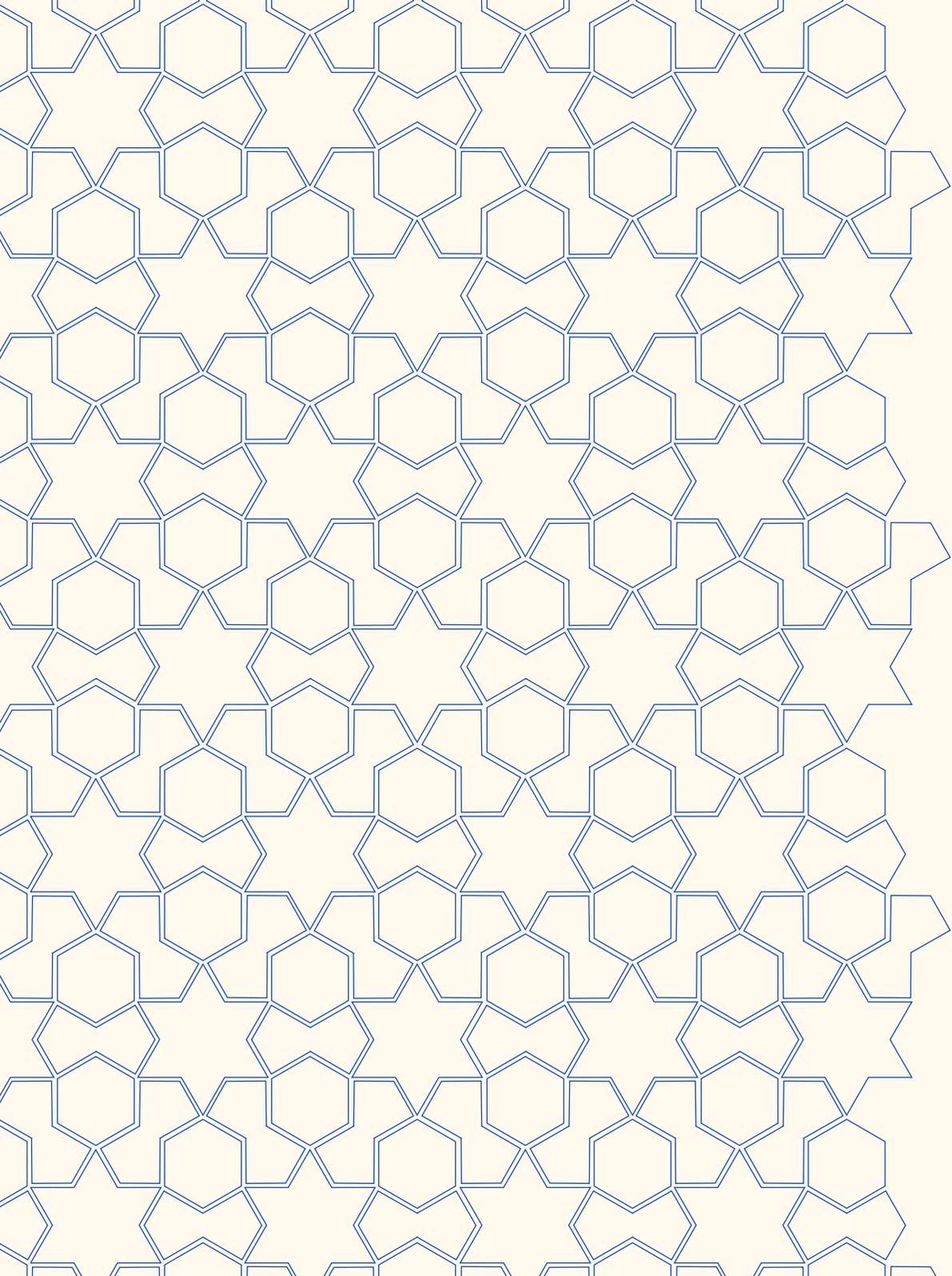
Celebrating Shabbat differs from person to person, and there are many activities we might not do in order to truly have a day of rest. Some common activities that we may not do on Shabbat:

- Driving
- Turning on or off lights or operating electrical appliances
- Cooking

No one can become a perfect Shabbat observer overnight, but here are some great first steps to create a peaceful, meaningful Shabbat atmosphere:

- Light Shabbat candles on Friday night
- Attend a Shabbat meal at a friend's house or your local synagogue
- Turn off the phone and TV for the 25 hours of Shabbat
- Attend Shabbat services on either Friday night or Shabbat morning
- Through increasing your Shabbat observance, you'll create a space to connect with G-d, family and friends. Try it, you'll like it!





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I wanted to begin this cookbook with a recipe for challah because I believe it is one of, if not the, most iconic Jewish foods.

The tradition of challah is a very spiritual one; for observant Jews, it is a way to directly connect with the spiritual energy of God. In fact, baking challah is considered an important blessing in the Jewish home.

Today, the word challah is used to describe the beautiful loaf of braided bread that appears on Shabbat tables all over the world. In ancient times, challah referred to a small bit of dough that was set aside for the Temple priests as an offering to God.

Challah is made in various sizes and shapes, all of which have a meaning.

Braided ones, which may have three, four, or six strands, are the most common, and because they look like arms intertwined, symbolize love. Three braids symbolize truth, peace, and justice.

# Challah



## Baking Tip

If you've never made challah before, remember to be patient. Baking challah is a simple process, but it does take time and effort. You may need to try it a few times to get a "feel" for the dough. Good luck!



# Challah

- 1** In a large mixing bowl, pour warm water, add a little sugar, and stir. Pour the mixture over the yeast and let proof.
- 2** In the meantime, in an electric mixer bowl, beat sugar, honey, oil, eggs, salt, and slowly add four cups of flour and the almond milk.
- 3** When the yeast mixture has bubbled, add it to the mixer bowl, and continue mixing. Then, slowly add enough flour to make a dough ball, and let the mixer do the kneading.
- 4** Turn the mixture into an oiled bowl and turn over dough so both sides are oiled. Cover and let rise for about an hour.
- 5** Punch down dough, and knead a few times to get rid of air bubbles. Divide in half for two large loaves, or four small ones. Cover dough pieces loosely and let rest for 30 minutes, then braid your challah.
- 6** Place on a greased baking sheet. Cover and let rise for another hour. Brush loaves with the egg wash and sprinkle the sesame seeds on top.
- 7** Bake at 350°F for 35 to 40 minutes. Let rest for an hour before cutting.

**PREP TIME:** 3 hrs  
**COOK TIME:** 40 mins  
**YIELDS:** 2 large or 4 small loaves

**INGREDIENTS**  
2 packets of **active dry yeast**  
1 cup of **warm water**  
2/3 cup of **almond milk**  
1/3 cup of **sugar**  
1/2 cup of **honey**  
1/2 cup of **oil**  
3 **large eggs**  
2 tsp. of **salt**  
7 to 8 cups of **flour**  
1 **egg yolk**  
a sprinkling of **sesame seeds**



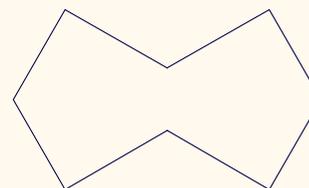
Israeli salad is a chopped salad of finely diced tomato, onion, cucumber, and bell or chili peppers. It has been described as the “most well-known national dish of Israel”, and is a standard accompaniment to most Israeli meals.

Salads following essentially the same recipe, with different names, are widespread and popular throughout the Eastern Mediterranean.

It was adopted from local versions by Jewish immigrants to the eastern Mediterranean area of West Asia in the late 19th century.

The name Israeli Salad is used mainly outside of Israel. In Israel, it is commonly referred to as **salat katzutz**, or chopped salad.

This isn't strictly a Shabbat recipe, but as it is a popular dish that is eaten with most Israeli meals, I felt that it would be beneficial to include it here.



### Story Time

This is one of my favorite dishes! Due to some stomach issues, I lived almost completely off of Israeli salad for a month during my third year of college. It was all I was able to eat other than saltines and carrots! But I still make this recipe as often as I can to this day.

# Israeli Salad

# Israeli Salad

1. Dice the tomatoes, cucumbers, and peppers.
2. Slice the onions.
3. Combine the olive oil, lemon juice, garlic salt, and pepper in a separate bowl.
4. Add everything together in one bowl.
5. Optional: Let sit for a couple hours while the vegetables soak up the juices to achieve maximum flavor.

**PREP TIME:** 20 mins  
**YIELDS:** 6 servings

## INGREDIENTS

**4 tomatoes**  
**2 cucumbers**  
**1 onion**  
**2 bell peppers**  
**2 tbsp of olive oil**  
**2 tbsp of lemon juice**  
**2 tsp of garlic salt**  
**2 tsp of pepper**





## מי שאוכל דג ביום דג ניצל מדג

If you eat fish on Shabbat,  
you will be saved from Hell.

Growing up, my father lived in Israel. His family moved to Israel from Morocco and Turkey, and they have brought traditions and recipes from these countries with them. His mom would cook Shabbat dinner every Friday night, including this fish recipe as an appetizer. There's a saying in Hebrew that she'd always tell him and his siblings to get them to eat:

**If you eat fish on Shabbat, you will be saved from Hell.**

That tradition didn't necessarily follow him when he moved to the US, but when I heard about it recently, I wanted to include this recipe as an example of a Shabbat tradition that isn't regularly seen in America.



# Moroccan Fish

1. Peel and slice the carrot and garlic. Slice the green and red peppers in long strips. Chop the cilantro.
2. Mix vegetable oil and paprika in a wide and shallow cooking pan for 5 minutes on medium to high temperature.
3. Add the water and bring to a boil. Be careful when combining.
4. Add the chickpeas, sliced carrot, strips of green and red peppers, stir to combine – cover and cook for 15 minutes.
5. Add salt, garlic, and cilantro – cover and cook for additional 15 minutes. Add more water if needed.
6. Slice fish fillets into cubes, and spread in a single layer on top of the sauce – cover and cook for an additional 15 minutes.
7. Occasionally spread the sauce with a large spoon on top of the fish to keep the dish moist while cooking.

**PREP TIME:** 20 mins  
**COOK TIME:** 50 mins  
**YIELDS:** 8 servings

## INGREDIENTS

2 lbs. of **salmon fillet**  
4 tbsp. of **vegetable oil**  
2 tbsp. of **paprika**  
1 head of **garlic**  
1 **red pepper**  
1 **carrot**  
1 can of **soft/boiled chickpea**  
2 **green peppers**  
1 package of **cilantro**  
1 tsp. of **salt (to taste)**  
2 cups of **water**

Jews living in Eastern Europe rarely had the money to buy better cuts of meat. They learned to make do with cheaper kosher cuts, like brisket, often overlooked for its toughness. Cooking the brisket low and slow breaks it down, resulting in a tender piece of meat.

This is definitely a more advanced dish, with the cooking time taking about 7 hours, but it is a Jewish holiday staple. Its large cut makes it an unrealistic everyday meat, so eating brisket usually means it's a special occasion.

Traditionally, Jewish briskets are braised in liquids that range from ketchup to Dr. Pepper to soy sauce, so once you've practiced this recipe a few times, feel free to be adventurous and try some new ways of preparing it!

# Brisket



## Cooking Tip

This recipe can get messy! While spicing the meat, I had to wear gloves to keep my hands from getting stained by the paprika and garlic cloves. Also, make sure the roasting pan is sturdy as the recipe uses a lot of liquid and will make carrying the pan to the oven precarious.



# Brisket

1. Heat the oven to 325°F. Lightly coat a large roasting pan with cooking spray. Season brisket with pepper, paprika, and garlic. Place fat side up in the prepared pan.
2. In a large bowl or pitcher, combine the soup and gravy mixes with vegetable juice, mixing well. Add this to the roasting pan, pouring over the meat. Cover and cook for two hours.
3. Slice the onions, dice the carrots and celery, and add with whole peeled potatoes to the roasting pan, cover, and roast one hour longer or until meat is fork tender.
4. Remove the pan from the oven, uncover, and let the meat cool completely. Slice it against the grain.
5. Serve the sliced brisket with the cooked vegetables.

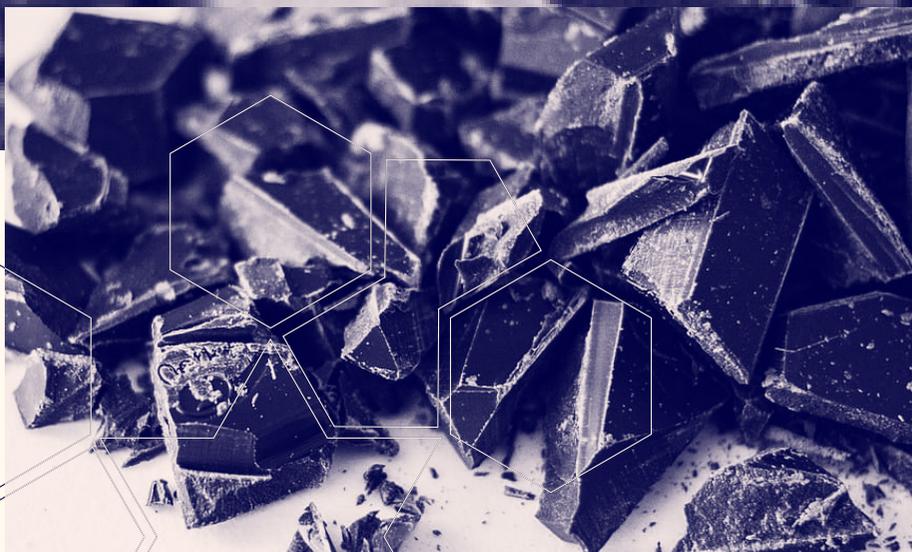
**PREP TIME:** 20 mins

**COOK TIME:** 3 hrs

**YIELDS:** 10 servings

## INGREDIENTS

- 1 (5-pound) **beef brisket**
- 1 package of **onion soup mix**
- 1 package **brown gravy mix**
- 6 medium potatoes**
- 6 large carrots**
- 6 ribs of **celery**
- 1 (46-ounce) can of **vegetable broth**
- 2 large brown onions (sliced)**
- 1 tbsp **black pepper**
- 1 tbsp **salt**
- 3 tsp **paprika**
- 4 garlic cloves (minced)**



## רוגלך

“Rugelach” is a Yiddish word that literally means “little twists.”

Like brisket, rugelach originated in the Eastern European Jewish community. There are many ways to make them and many recipes that are called “rugelach”. Rugelach also is made in many shapes and flavors but typically they are all formed to be the size of a cookie. A classic variety is the traditional crescent shape. Cooking with sour cream is a Central European tradition with its roots in the Middle East. Cakes, pastries and cookies combining sour cream with fruits, jams, nuts and spices are specialties of this part of the world. According to food historians, contemporary Jewish-American Rugelach (frequently made with cream cheese) descends from this tradition.

### Baking Tip

This recipe with its 2 hour prep time and 48 pastries may look daunting, but it’s possible to freeze some of the dough to use at a later time!

# Rugelach



# Rugelach

1. Combine all dough ingredients in a food processor. Blend together until it begins to form a ball.
2. Remove dough from food processor, then place in a bowl. Cover the bowl with plastic wrap, then refrigerate for at least one hour.
3. Remove dough from refrigerator and cut into four pieces. Place three pieces back into the refrigerator. Combine the cinnamon and sugar and set aside.
4. Lightly flour your work surface, then, using a rolling pin, roll the dough into a circle about 1/8 in. thick.
5. Brush the rolled out dough with 1/4 of the melted butter and sprinkle it with 1/4 of the cinnamon-sugar mixture and chocolate.
6. Cut the dough into 12 wedges. Roll each wedge up, starting from the thicker end, until you form a crescent shape. Repeat steps 4-6 three times.
7. Place on a parchment paper-lined baking sheet and refrigerate it for 30 minutes. Preheat the oven to 350°F.
8. Brush tops of rugelach with egg wash & sprinkle with extra cinnamon sugar.
9. Bake the rugelach for 18 to 22 mins or until golden brown. Transfer the baked pastries to a cooling rack to cool completely.

**PREP TIME:** 2 hrs  
**BAKE TIME:** 18-22 mins  
**YIELDS:** 48 pastries

## FOR THE DOUGH

1 (8-oz.) **cream cheese, cold & cubed**  
2 sticks of **unsalted butter, cold & cubed**  
2 1/2 cups of **flour**  
1/2 tsp of **salt**

## FOR THE FILLING

1 tbsp of **cinnamon**  
1/2 cup of **sugar**  
1 cup of **chocolate, cut into small pieces**  
4 tbsp of **butter, melted**  
1 **large egg, whisked**



