

Mastering the Art of

# SHABBAT GATHERING

A COLLEGE STUDENT'S GUIDE

A Collaboration

The  
**GEFILTERIA**

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**Hillel**  
International

# ABOUT THIS GUIDE:

'Mastering the Art of Shabbat Gathering: A College Student's Guide' was created for all kinds of Jewish college students to realize their Shabbat hosting dreams. Intended to be a stress-free, uber-accessible guide, The Gefilteria, Hillel International, and Shabbat Hosting Lab (a program of Hillel International), teamed up to make hosting a whole lot easier—and hopefully a lot more fun too. Inside, you'll find hosting tips, advice for all kinds of Shabbat scenarios, insanely appetizing and fun recipes, and easy-to-use Shabbat blessing resources. Whether you love to cook, or are hoping to celebrate Shabbat without switching on an oven, this guide has you covered. Our number one take-away? Shabbat is yours to celebrate and find meaning in according to your unique Shabbat-hosting style. We hope this guide helps you do just that!



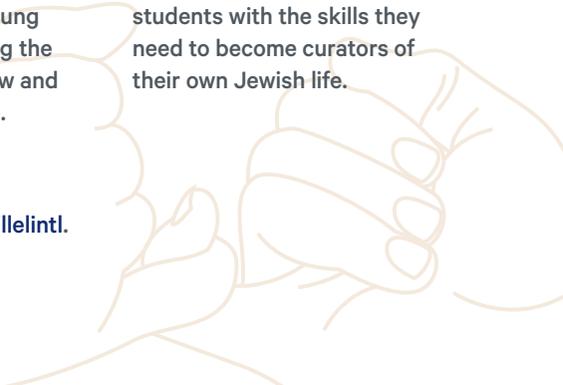
The Gefilteria launched in 2012 with a manifesto and a mission to reimagine and revitalize Jewish food traditions. Co-founders Liz Alpern and Jeffrey Yoskowitz are leaders in today's Jewish Food revival. As a duo of chefs and thought leaders, they have traveled the world researching, cooking, teaching, and empowering others to get in the kitchen to explore Jewish flavors. Together, they wrote a narrative cookbook with over 100 recipes, *The Gefilte Manifesto: New Recipes for Old World Jewish Foods*.

Find out more at:  
[www.gefilteria.com](http://www.gefilteria.com) or  
on Instagram [@gefilteria](https://www.instagram.com/gefilteria).

For 100 years, Hillel has been the world's largest and most inclusive Jewish campus organization, supporting and inspiring more than 150,000 Jewish students at 850 colleges and universities each year. Hillel is a global community and a movement, but it's also more than that: It's a promise to empower every Jewish student along their Jewish journey, positively impacting the lives of generations of young Jews and ensuring the Jewish future, now and for years to come.

Find out more at:  
[www.hillel.org](http://www.hillel.org) or  
on Instagram [@hillelintl](https://www.instagram.com/hillelintl).

A program from Hillel International which invites college students to develop confidence and knowledge surrounding Shabbat rituals, to design and execute a Shabbat skill set, and to become emboldened hosts, capable of facilitating a table experience in their own living spaces that is informed and inspired by Jewish wisdom and tradition. Shabbat Hosting Lab aims to support students with the skills they need to become curators of their own Jewish life.



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# WELCOME!

LIZ



JEFFREY



**You've probably been there: It's Friday and it has been a week.**

You've run nonstop from class, to events, to the library, kept up with the demands of school—and you're feeling that desperate need to decompress, pause, laugh with friends, and let's be honest... a good meal wouldn't hurt either.

We ([Liz and Jeffrey, hi!](#)) have been hosting meals of all kinds for years. We are food-world professionals who got started because of our love of bringing friends together for Shabbat. A decade ago, we launched [The Gefilteria](#), a Jewish food company (we make more than gefilte fish, we promise!), because of our deep appreciation for all-things-Jewish-food.

Before The Gefilteria, Liz started a challah business from her dorm room and was obsessed with trying new recipes any time she had friends over. Jeffrey previously trained as a pickler on a Jewish farm and traveled the world sharing meals with diverse Jewish communities. We love the Jewish kitchen so much that we wrote a cookbook together.

We have a lot of experience hosting Shabbat dinners, and we're pumped to be teaming up with Hillel International's Shabbat Hosting Lab to create an easy-to-use, everybody-friendly hosting guide for any Shabbat occasion—big or small, planned or spontaneous. And to be totally honest, we could've used a guide like this when we were students at Hillel...but we're glad to have stumbled through so you can learn from our journeys!

Shabbat Shalom, and see you around the table (or on the couch, or even the floor),

[Liz and Jeffrey](#)

*The*  
**GEFILTERIA**

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**Hillel**  
International

# WHAT EVEN IS SHABBAT?

Shabbat (or in some communities, Shabbos, “SHAH-bis”) may be Judaism’s most distinctive practice. Starting just before sundown on Friday and ending around nightfall on Saturday, Shabbat is more than just a day off from work. Shabbat is a day meant to free us from the bounds of everyday obligations, to make space for meaning, connection, rest, and joy. Jewish people all over the world observe Shabbat in many different ways, but some common components are:



Lighting and blessing candles to welcome in Shabbat

Blessing wine/grape juice to sanctify the specialness and separateness of Shabbat time



Blessing challah (or other really good bread) to invoke a sense of physical and spiritual abundance

Gathering with friends and loved ones

Eating tasty food

Finding moments of gratitude

Taking part in mindful activities like learning, reading, singing, napping, meditating, and other forms of self-care, community connection, and joy

Hillel students come from a wide spectrum of Shabbat observances and knowledge levels. This guide is meant to support you in exploring your own Shabbat practice regardless of what you’ve done (or haven’t done) in the past!





# HOT TIPS FOR Hosting Success

## Creating a Thoughtful Guest List



In the years leading up to the pandemic, I hosted a meal every Friday. I invited both old and new friends that I wanted to learn more about so it wasn't the same group every Shabbat. I took time to think through who I was inviting each week and extended individual invitations (usually by text message) a week before, leaving a few spots open for last minute invites. When we all sat around the table, I would feel a powerful sense of belonging by joining in community for these sacred gatherings.

**TL;DR** TOO LONG;  
DIDN'T READ

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**Curate your guest list** for a mix of the right vibes and a balance between people you know well and people you'd like to get to know more

**Reach out personally** to potential guests

Ask people to **commit in advance**

# Timing is Everything

## Planning Ahead (What Liz Does)



Liz starts a week in advance by deciding whether she is cooking, ordering, hosting a potluck, or a combination. Then, she texts or emails invitations and tries to confirm RSVPs a few days ahead to prepare the right amount of food. If you're asking others to cook or bring food, planning ahead also gives your guests time to prepare.

Once you've decided the basics of food and invitations, make a shopping list (don't forget the candles, challah, and grape juice!). It also helps to make a list of all the tasks you'll do the day before the meal (cooking, shopping...) and the day of (cleaning, more cooking...). Follow Liz's example to be set up for success.

## Last Minute (What I Do)

If you procrastinate like me, you'll draft a guest list in your notes app within a week of the meal. Then, you'll furiously text folks a few days prior, or the day prior...or the morning of (apologizing for the late notice).

If you've planned a little last-minute, it's harder to ask for support beyond friends picking up drinks, bread, or dessert. It works for me because I thrive under pressure and like to cook it all myself. If you have a potluck in mind, want your friends to help out, or just want less stress, follow Liz's lead!



## TL;DR

Decide **what kind of meal** you're hosting

**Send invites** a week in advance (if you can!)

**Confirm RSVPs** three days in advance, and let guests know what you are asking them to bring

Alternatively, **ignore the previous three suggestions and rush last minute** like Jeffrey



# Cultivating Hospitality



Recently, I developed an allergy to hazelnuts (fare thee well, Nutella!). But, when I'm invited to my friend Devra's, she remembers that detail and reminds me that there are no problem-ingredients in her dishes. That small gesture not only puts me at ease, it makes me feel cared for. That's the power of hospitality.

When inviting or sending out a reminder to guests, try to anticipate what might be helpful for them to know and what might be helpful for you to know.

For example, is anyone vegan or gluten-free? Kosher? Is your space hard to find and will folks need detailed directions? What about ritual practices? Is this anyone's first Shabbat? Will everyone be familiar with the rituals or will they need guidance?

Anticipating your guests' needs and responding to them in advance is helpful for everyone!



TL;DR

**Ask your guests** about their needs in advance (dietary, ritual, etc.)

**Let them know** you've got them covered!

**Think about your own experiences** being invited somewhere, and try to preemptively answer questions about food, timing, guest list, transportation, ritual practices, and vibe.

# Hosting with Less Stress



After I graduated from college, I hosted a ton of meals in my Brooklyn apartment. Ironically, I almost never ate and always felt super depleted afterwards. Hosting + former Liz = stress. A lot of it. After discussing my stress with a few other host-friends, their advice transformed my hosting practices forever.

## What I learned:

**Ask for help.** I wanted to do everything myself. When I realized that it was okay, even necessary, to ask for help, things got a lot easier and way more fun. As it turned out, people actually liked to help, and it made them more invested in the whole event. Helping out also made a less-awkward atmosphere for guests to introduce themselves and feel comfortable, particularly if they arrived early.

**Simplify.** I learned that just because lots of people were showing up didn't mean I needed to cook millions of dishes. Two or three items were more than enough, and I could always attempt that chickpea coconut stew recipe next time. (P.S. It's a solid recipe that I still make. Check it out pg. 30)



## TL;DR

If you're feeling stressed by hosting, odds are you can **adjust your practice** and get the support that you need to actually enjoy it!

**Ask your guests to help** (it helps them feel less awkward and more invested!)

**Simplify:** Two or three dishes are enough.





## Your Unique Shabbat Style

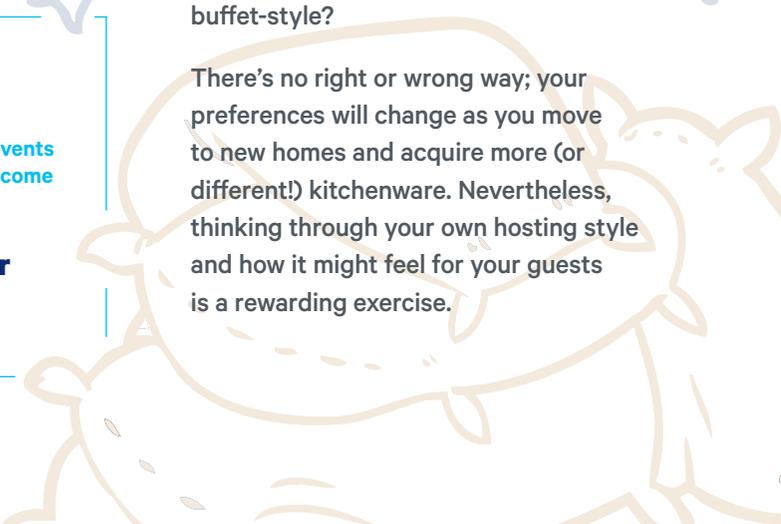


I've been to Shabbat dinners with fine china and at least three forks, and I've snuggled-up with pillows on the floor eating out of

takeout containers. I loved them both! The variations are endless, determined partially by what you have (enough table space and chairs, for example), but also by your personal style.

If you're not sure of your style, think about meals where you've felt comfortable: Did the host introduce everyone before sitting down or saying any blessings? At a big gathering, were guests encouraged to wear name tags? Were the lights dimmed? Was there music? Were beautiful dishes of food served on platters? Or was it informal and buffet-style?

There's no right or wrong way; your preferences will change as you move to new homes and acquire more (or different!) kitchenware. Nevertheless, thinking through your own hosting style and how it might feel for your guests is a rewarding exercise.



### TL;DR

Everyone has a **unique** hosting style

**Try to replicate** events where you felt truly welcome and comfortable

Let your hosting style **change with your growing tastes** and resources

# Shabbat Anywhere



One Friday night in college, I found myself out at a restaurant with my Hillel Shabbat crew, Mia and Sam,

and I mentioned what a shame it was that we wouldn't be able to say the blessings. "Maybe we still can!" said Mia and ordered bread and a glass of wine. In the middle of Garden Grille, we all said kiddush (blessing over wine) and Motzi (blessing over bread).

That Garden Grille Shabbat was a revelation for me; it stripped Shabbat down to its essence. I didn't need a silver kiddush cup to bless the wine or even challah to say Motzi. A pita or a baguette represent the same magic of transforming wheat from the earth into bread.

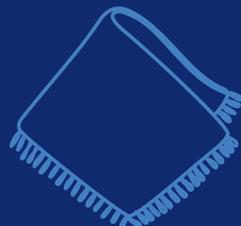
Shabbat is ours to create; we can do it anywhere and any way we want.



TL;DR

You can make Shabbat happen **anywhere**

There are **so many different ways** to honor the light of Shabbat, the joy of the wine, and the sustenance of the bread—baguettes from Garden Grille included



# All Kinds of Ways to Ritual



My Shabbat table is often a mix of friends who aren't Jewish and Jewish friends with varying levels of observance. When it comes to the Shabbat blessings, I give my guests a simple heads up about what we'll do before breaking bread. I lead the prayers pretty quickly, but with affection for tradition. I find that my guests with limited knowledge of Jewish ritual feel included, and those with more experience are glad the prayers are part of the event. It's a win/win.

Liz, on the other hand, doesn't like to lead rituals. She lets her guests know that every household does the blessings a little differently and offers some context about why we do what we do. She then asks her guests with more experience to lead each prayer however they feel called to do so. She also provides a printout of the blessings, and [we've created one for you at the back of this guide](#).

Other approaches we've seen include handing out the prayers in English, Hebrew, or transliteration so that guests can read them together. Even if they don't know all the words or can't sing along, everyone tends to love the spirit.

## TL;DR

Shabbat rituals at your table should reflect what feels **comfortable and authentic** to you

You can **invite others to lead** a part of the ritual, or it's also okay to lead all of the blessings yourself

It can be meaningful to **hand out the words to the blessings** so folks can join in even if they aren't familiar with the prayers

Here's a simple checklist of all the "hardware" you might want for your Shabbat gathering:



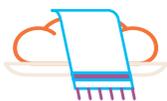
**Candles/candlesticks/matches:** In many homes, it's customary to light two candles on Friday night, but you can also give one candle to each guest and invite them to light their own. Candles can be long tapers, small votives (tea lights), or anything in between! Don't forget matches or a lighter.



**Wine or grape juice**



**A kiddush cup:** This can be a "formal" kiddush cup designed specifically for Shabbat blessings, or just a nice glass or cup. It should feel special to you!



**Challah/challah cover:** A challah cover is used to...cover the challah. You can use a clean towel or a highly decorated "official" challah cover. Jewish literature often likens Shabbat to a bride, and just as the veil of a bride is lifted under the chuppah (wedding canopy), the challah is uncovered prior to the recitation of the blessing. Other teachings suggest we cover the challah so that it doesn't feel slighted by the wine being blessed first.



**A hand-washing cup/a hand towel:** The vessel can be a two-handed vessel designed for this ritual or a pitcher from your kitchen.



**Printed out blessings** for you and your guests to use at the table. Check out the back of this guide!



**Table decorations** such as flowers, battery-powered fairy lights, photos, printed menus, a tablecloth, special family heirlooms you'd like to share with your guests, name cards, anything else that makes your table feel special!

You choose the “set list” of traditional Shabbat table rituals and practices. Do abbreviated versions, creative takes, keep things traditional, or mix it up. Lead all the rituals on your own, or you can ask friends to help.

- 1. Candle-lighting** (Friday night): Shabbat starts by lighting two candles a few minutes before sunset on Fridays. One candle represents the commandment of “observing” Shabbat (mitzvot/conscious acts of kindness, resting, refraining from work), and the other is for “remembering” Shabbat (in words, thoughts, and actions).
- 2. Shalom Aleichem** (shah-lom ah-lay-khem) (Friday night): Written by the Kabbalists (Jewish mystics) in Tzefat in the late 16th-early 17th centuries, Shalom Aleichem is sung on Friday evenings to welcome in Shabbat and the special angels imagined to accompany us throughout Shabbat.
- 3. Kiddush** (kee-doosh) (Friday and Saturday): Kiddush, which translates to “sanctification” or “making holy,” is the blessing over the wine or grape juice. Grapes are one of the seven “holy foods” of ancient Israel, and blessing them brings us more fully into the holy time of Shabbat.
- 4. Netilat Yadayim** (nih-tee-lat yah-dah-yeem) (before any meal with bread): Washings hands on Shabbat physically brings us further into Shabbat time and prepares us to eat mindfully. After reciting the blessing, it’s traditional not to speak until we bless the bread.
- 5. Motzi** (moh-tsee) (Friday and Saturday): After uncovering the challah, we recite Motzi. All three festive meals during Shabbat begin with the blessing over challah, or any special bread. In fact, Jews around the world make Motzi over many kinds of bread!
- 6. Enjoying your meal, thoughtful conversation, and/or table games**
- 7. Birkat Hamazon** (beer-kat ha-mah-zohn) (after any meal with bread): The blessing after a meal can be sung traditionally (see [pg 42](#)) or can be a moment to share gratitude aloud or quietly.
- 8. Enjoying each others’ company** as long as you like!

## PART II:

# A GUIDE FOR (ALMOST) EVERY SCENARIO

- |  |    |
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| “I want to meet new people!”   | 13 |
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# “I want to meet new people!”

If you're looking to invigorate your social life, the following strategies will help:



## One Big Pot Meal Shabbat

“One pot meals” are generally easy to make in advance and reheat well before serving so you can stay focused on socializing with your guests rather than heating and serving food. Remember to let your guests know what to expect (see hot tip #3: ‘Cultivating Hospitality’), and how (or if) they can complement the meal with drinks or dessert.

### OUR RECIPE RECS

- Hearty Chili** (pg 29)
- Veggie Lasagna** (pg 32)
- Lentil Soup** (pg 22)
- Challah** (pg 21)

## Vegan/Gluten-Free Shabbat

It can be extra meaningful to connect with folks who have something specific in common with you. That's why hosting an event for a curated group of people, rather than inviting everyone, can be a great way to make new friends. Hosting a vegan or gluten-free Shabbat can be a great opportunity to bring like-minded eaters together and try some new recipes.

### OUR RECIPE RECS

- Sheet Pan Tofu & Veggies** (pg 34)
- Chickpea Coconut Stew** (pg 30)
- Basic Grains** (pg 25)
- Roasted Veggies** (pg 24)

## Open Mic Shabbat

Whether you have a specific talent or you love to emcee, Shabbat dinner can include more than just food! The open mic can take place between courses, or it can begin once dinner is served and everyone is relaxed. In this scenario, order take-out and focus on the atmosphere and helping your talented guests set up.

### OUR RECIPE REC

Order pizza or tacos or something else simple and crowd pleasing

# “I’d like to show off my cooking!”

Shabbat is a weekly opportunity to feed people and drink up the oohs, ahhs, and mm-mmms that will inevitably come from the table.

## The Showcase Shabbat:

Pick a special recipe and give your guests a heads up that you’re really excited to share it. Take the time to learn a bit about the dish (its history, ingredients) so you can share more at the table while everyone is noshing. If you’re cooking within a specific culture’s culinary tradition, or you’d like to ask folks to bring side dishes, make sure they get a sense of the genre you’re exploring so they can bring items that match.

## A Storyteller’s Shabbat:

Whether it’s Grandma’s applesauce cake or an Irish soda bread that a friend bakes on St. Patrick’s Day, every dish has a story to tell. Sharing with others about the foods that shape our identities is a great opportunity for connection and conversation. When hosting a potluck, invite guests to bring a dish that tells something about their personal story. If you want to make all of the food, create a menu that comes from you—whether it’s a collection of family recipes or items you’ve tasted when traveling.

## OUR RECIPE RECS

Challah (pg 21)

Roasted Chicken with Veggies (pg 35)

Shakshuka (pg 28)

Three Ingredient Rugelach (pg 38), Classic Chocolate Chip Cookies (pg 36), No-Bake Truffles (pg 37)

## OUR RECIPE RECS

**Dig into a cookbook** about a place or specific community and cook a few dishes that provide insight into the land and traditions you’ve learned about.

Find a family member’s **old recipe box** (Jeffrey found his grandma’s) or give your loved ones a call and make dishes with a personal connection. Feel free to share stories with your guests as you enjoy.

Have **each guest bring a dish** that shaped their life.

# “What if my Fridays are too hectic?”

Keep in mind that Shabbat lasts 25 hours! Inviting folks for Saturday lunch or brunch is a great way to celebrate with a bit more ease.

## Easy Breezy Shabbat Brunch

This is a super easy meal to make while guests are hanging around, and everyone can bring something to contribute.

### OUR RECIPE RECS

Pick up some eggs, bread, and pancake mix and you're basically set. Other folks can bring a jar of jam, a bottle of hot sauce, or even maple syrup. You'll have a meal on the table in no time! Scramble some eggs (substitute Just Egg if folks are vegan). Sugary cereal for dessert, perhaps?

**Shakshuka** (pg 28)

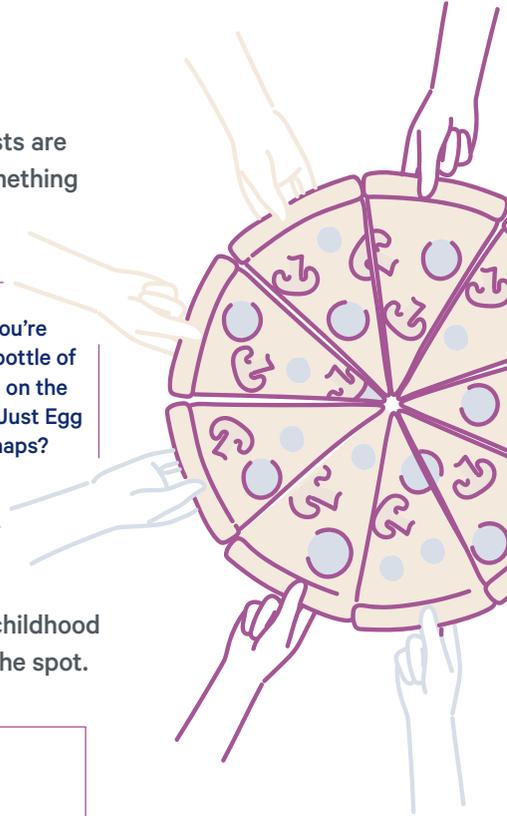
## Comfort Food Shabbat

Why not host on a Saturday afternoon with childhood favorite foods? They tend to universally hit the spot.

### OUR RECIPE RECS

Dress up your mac & cheese! Grab a couple of boxes, and stir in some extra cheese, sauteed mushrooms, or spinach to make it a meal.

Make your ramen noodles extra special. Add in some kimchi, hunks of pre-cooked tofu, and some freshly chopped scallions.



# “I have no kitchen! I have no time to cook! (I actually can’t cook!)”

It’s perfectly okay to host a Shabbat meal without doing any cooking. Whether you live somewhere without a kitchen, would rather focus your energy on making a playlist, or maybe you’re just too darn busy, there are a million ways to host a delicious and meaningful meal without using your oven or even following a recipe.

## Build-a-Board Shabbat

Whether it’s a viral butter board topped with fruits and crackers or a mezze board of dips, cheeses, pickles and olives, boards generally don’t require any cooking and they’re served at room temperature.



## OUR RECIPE RECS

### Build your board with some of these items:

**Cheese:** Choose two to three textures (a soft cheese like brie, a firmer cheese like cheddar, and a spreadable cheese like chevre).

**Dips:** Go wild here—it’s the “meat” of the meal. And think outside the hummus! Folks love spinach artichoke dip, roasted pepper spread, edamame dip, etc.

**Crackers:** It’s always nice to have a few different cracker options on a board! Pro-tip: Choose at least one gluten-free cracker.

### Olives and/or

**Pickles:** The sour flavors cut through the creaminess of the dips and cheeses to enhance their flavors. Make sure you have a tiny bowl for discarded pits. Try saltwater pickles from the refrigerator aisle for crunchy refreshment.

**Nuts:** An assortment can be really nice, though be aware of nut allergies. Since almonds have fewer allergens than most other nuts, it’s a safe bet to include them.

**Fruit:** A combo of fresh fruit (apple slices, cherries, grapes, seasonal berries) and dried fruit (apricots, golden raisins, mango, figs) adds a flavor and texture balance to cheeses and nuts.

**Veggies:** Carrots, celery, radish, jicama, and endive make for refreshing and satisfying editions—especially with dips.

**Challah:** For dipping and blessing, of course! If you prefer to slice your challah (instead of tearing), be sure to have a cutting board and knife handy.

## Trader Joe's Shabbat (or your favorite local spot)

If you're lucky enough to live near a Trader Joe's and are looking to curate your board (see previous recipe, 'Build-a-Board'), the freezer section at TJ's is renowned for pre-made goods that are easy to heat-up, and the refrigerator aisle is filled with affordable cheeses, dips, and spreads. If you've got another local spot with great products, by all means!

**Note:** *This section is not sponsored by Trader Joe's, but they are welcome to give us a call!*

### OUR RECIPE RECS

The possibilities are endless. Here are some of our favorites:

**Noshes:** Sesame honey almonds and Thai Lime and Chili Almonds are perfect to set out for hungry handfuls. The trail mix crackers are a great, sweet & savory snack-y item. And the dried fruit, especially the mango and cherries, are superlative.

**Dips:** Red Pepper Spread, Spinach & Kale Greek Yogurt Dip, Vegan Caramelized Onion Dip...you'll find gems like these in and out of the refrigerator aisle.

**Heat & Serve:** Brazilian style cheese bread (gf!), veggie samosas, and even frozen falafel are some of the easiest and most filling foods you can simply heat and serve. For wintry Hanukkah vibes, the latkes are pretty tasty. Just don't forget the applesauce (or sour cream).

**Desserts:** Babka and half moon cookies will fill your Jewish dessert heart, but the Berry Hand Pies could be a new and exciting addition. Or go for TJ's peanut butter cups (they are so addictive).

**Pop a Bottle:** Sparkling lemonade and ciders are among some of the most special beverages you can pick up at TJs. Don't forget the grape juice! Or the seltzer!



# “Let’s explore different Jewish cuisines!”

What better time than Shabbat to try out Jewish cuisines from around the world?!

## #AllKindsofJewish Shabbat

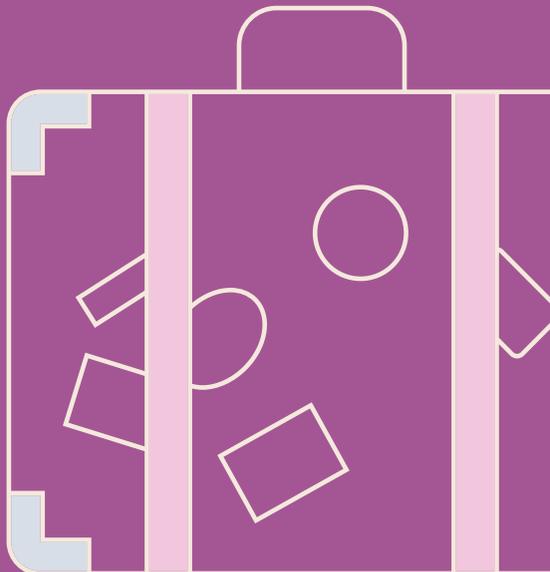
Cooking dishes that celebrate global Jewish diversity is a fantastic way to share many of these communities’ stories with dinner guests and learn more about Jewish culture. So why not enjoy a shabbat meal featuring dishes from the Indian Jewish community, which has had a presence on the sub-continent for centuries? Or perhaps dishes from the Sephardic diaspora (Jews originally from the Iberian peninsula)? These recipe recs are just the start; there are many other dishes and stories you can incorporate into an #AllKindsofJewish Shabbat dinner, so keep exploring!

### OUR RECIPE RECS

Pulao (pg 26)

Sephardic Zucchini Casserole (pg 27)

Side of Basic Grains (pg 25)



## Jewish New York Shabbat

New York is well known for a variety of foods associated with Ashkenazi (Eastern European) Jewry. We're talkin' pickles, knishes, bagels, lox, whitefish salad, pastrami, black and white cookies, cheesecake, bialys, and more. Following a huge influx of Ashkenazi Jews to the Big Apple around the turn of the century, many of these foods have become nothing short of New York icons. Luckily, lots of these foods can also be purchased at a bagel shop or a deli (or a supermarket deli counter) near you. This meal is a great opportunity to dive into some Ashkenazi food favorites without having to set foot in your kitchen.

### OUR RECIPE RECS

#### Appetizing spread:

An assortment of bagels and bialys  
Cream cheeses, regular and/or dairy-free  
Lox, lox spread, carrot lox, or more veggies  
Slices of tomato, cucumber, red onion  
Cheesecake, black and white cookies, or rugelach

#### New York Jewish deli:

A jar of kosher dill pickles  
Latkes or potato knishes, plus relevant condiments  
Deli meats (pastrami, corned beef, turkey)  
Mustard  
Rye bread  
Coleslaw and/or Potato Salad  
Matzo ball soup (if you can find some!)

## Mediterranean Shabbat

To eat Mediterranean meze-style is to serve small plates and finger foods with dips, breads, and salads. This style of eating is common throughout the Mediterranean (Greece, Israel, Italy, Morocco, Spain, Syria, Tunisia, Turkey, and beyond) and is the perfect meal to put together if you don't plan to (or like to) cook, or just want to cook a bit.

### OUR RECIPE RECS

#### Easy-to-find meze essentials:

Falafel (frozen or get a mix and fry them yourself)  
Hummus, matbucha, and/or tahini dip  
Pita  
Olives  
Dolmas (stuffed grape leaves), fresh or in cans  
Tomato and cucumber slices, salted with a squeeze of lemon



# PART III: SHABBAT RECIPES

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# Challah



In college, making challah was my weekly ritual. I loved it so much I began a challah company in my apartment! Once you start eating freshly-baked challah, you can't go back.

## Ingredients:

2 (¼-oz) packets  
active dry yeast  
(4½ tsps)

⅔ cup plus  
2 Tbsp sugar

⅓ cup  
lukewarm water

1 cup  
boiling water

¼ cup  
vegetable oil or  
grapeseed oil

1½ tsps  
kosher salt

4 large eggs,  
lightly beaten

5 to 6 cup flour,  
more as needed

Recipe adapted  
from *The Gefilte  
Manifesto: New  
Recipes for Old  
World Jewish  
Foods*, by Jeffrey  
Yoskowitz and  
Liz Alpern

## Step-by-Step:

1. In a small bowl, combine yeast, 2 Tbsps of sugar, and the lukewarm water. Stir and set aside. In a large bowl, combine ⅔ cup sugar, boiling water, oil, and salt. Stir until the sugar dissolves. Add the beaten eggs (reserve about 1 Tbsp), stir in the yeast mixture and combine.
2. Add flour 1 cup at a time. Start by stirring with a fork, then switch to kneading by hand until the dough soft and bounces back when poked. Add a little flour if it's too sticky. Transfer the dough to a clean bowl and cover with a kitchen towel or plastic wrap. Let rise in a warm place for at least 2 hours, or until it doubles in size.
3. After rising, punch dough down and lightly knead on a floured surface. Divide dough evenly and roll each piece into a long strand. Braid the strands with your favorite method. Add any extra ingredients (raisins, cinnamon, nuts, chocolate chips, etc.).
4. Place braided loaves on a parchment-lined baking sheet. Using a pastry brush or your fingers, coat each loaf with the reserved egg. Allow to rise for 30 minutes, until puffy.
5. Preheat the oven to 350°F. Bake for 30 minutes. Check by (carefully) lifting each loaf and tapping the bottom with a knuckle. If it sounds hollow and the outside is brownish, it's ready. If it sounds solid or looks pale or doughy in the braids, bake for 5 to 10 minutes more and test again. Remove from the oven and let cool before blessing and serving.

# Lentil Soup

Serves about 4  
Vegan, gluten-free



This simple, vegan, and gluten-free crowd-pleaser is easy to prepare ahead of time. In fact, soup gets better with time! Double (or triple) the recipe to feed a crowd and make it a main dish or a hearty side.

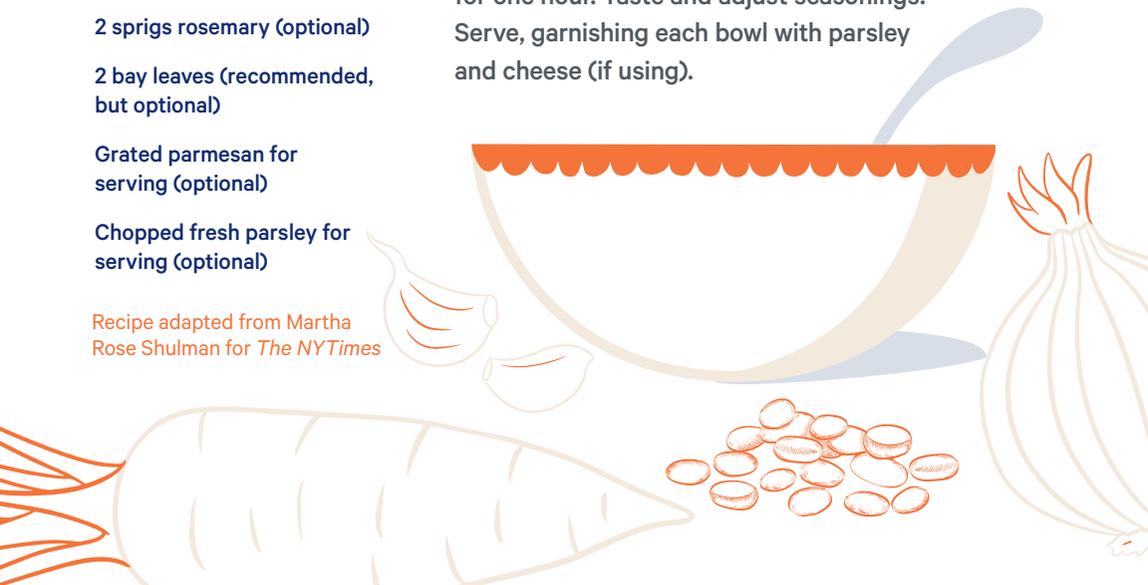
## Ingredients:

- 1 cup dried green lentils (the ones that look brown)
- 1 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 carrot, peeled and diced
- 1 stalk celery, diced
- 1 14-ounce can diced or crushed tomatoes, with juice
- 5 cups water
- Salt and pepper to taste
- 2 sprigs rosemary (optional)
- 2 bay leaves (recommended, but optional)
- Grated parmesan for serving (optional)
- Chopped fresh parsley for serving (optional)

Recipe adapted from Martha Rose Shulman for *The NYTimes*

## Step-by-Step:

1. Heat the olive oil over medium heat in a heavy soup pot and add the onion. Cook, stirring, until tender, about 5 minutes. Add the garlic, carrot, celery, and a generous pinch of salt, and continue to cook for another 5 minutes until tender.
2. Add the tomatoes, rosemary, and bay leaf (if using), and cook, stirring often, until the tomatoes have cooked down somewhat and smell fragrant, about 10 minutes. Add the lentils, water, and salt to taste. Bring to a boil.
3. Reduce the heat, cover, and simmer gently for one hour. Taste and adjust seasonings. Serve, garnishing each bowl with parsley and cheese (if using).



# Latkes

Makes about 20 latkes  
Vegetarian, dairy-free; can be made gluten-free



A go-to latke recipe is the only Hanukkah gift you really need. This is my recipe, which I make all year round. Liz and I collectively have made these latkes thousands of times, usually to share with friends and family members, and we're always replacing a potato with another vegetable to get creative. I serve mine with applesauce and you should too.

## Ingredients:

5 or 6 russet potatoes (about 2½ lbs), peeled

1 small onion

3 large eggs, lightly beaten

1 Tbsp kosher salt

¼ tsp freshly ground black pepper

3 Tbsp all-purpose flour

⅓ cup breadcrumbs or matzo meal (or substitute with gluten-free breadcrumbs or flour)

Schmaltz or oil (peanut, canola, or grapeseed) for frying

Recipe adapted from *The Gefilte Manifesto*:

*New Recipes for Old World Jewish Foods* by Jeffrey Yoskowitz and Liz Alpern

## Step-by-Step:

1. Shred the potatoes on the large holes of a box grater or in a food processor using the shredder plate.  
**Optional:** Place the grated veggies in a large bowl and add cold water to cover. Let sit for about 5 minutes.
2. Drain the veggies in a colander, collecting the liquid and white potato starch in a separate bowl. Set starch aside.
3. Place the drained vegetable shreds in a large bowl. Add the eggs, salt, pepper, flour, bread crumbs, and the reserved potato starch. Mix well, preferably using your hands.
4. In a 9-inch nonstick or cast-iron skillet, heat a layer of schmaltz or oil, about ⅛ inch deep, over medium heat. Form the latke batter into thin patties. As you form them, squeeze out and discard any excess liquid. Carefully fry the patties for 2 to 3 minutes on each side, or until golden brown and crisp.
5. Remove the latkes from the pan and place on a baking sheet lined with paper towels to drain the excess fat. Latkes are best and crispiest when served right away. If serving later, keep the latkes warm in the oven at 200°F. Serve hot, topped with applesauce and/or sour cream

# Roasted Veggies

Serves 4-6  
Gluten-free, vegan



These days, I generally toss almost all my veggies on a sheet pan and throw them into the oven. It's lazy cooking at its finest. Roast at a high heat, use enough oil and salt, and don't be scared of browning and charred bits—that's often where the most flavor is.

## Ingredients: Step-by-Step:

1 to 2 lbs of any vegetable (fan favorites include potatoes, sweet potatoes, carrots, broccoli, brussels sprouts, zucchini, butternut squash, green beans, etc.)

1-3 Tbsps olive oil

1 tsp salt

¼ tsp freshly ground black pepper

Recipe adapted from *The Kitchn*

1. Arrange a rack in the middle of the oven and heat to 425°F. Meanwhile, prep the veggies. Peel the veggies (if desired), then cut into uniform pieces so they cook evenly.
2. Transfer the veggies to a large bowl. Add the oil, salt, and pepper and toss to combine. Add more oil if the veggies still look dry or aren't evenly coated.
3. Spread the veggies out on a rimmed baking sheet or in a baking dish. Make sure they are in a single layer with a little space in between. If they are too crowded, the veggies will steam instead—use two baking sheets if needed.
4. In general, softer veggies, like cauliflower, will cook in 10 to 20 minutes, and denser, hard veggies, like butternut squash and potatoes, will take 30 minutes or longer. Large pieces will also take longer to cook than smaller pieces.
5. Place the veggies in the oven. Check and stir the veggies every 10 to 15 minutes. Continue roasting until the veggies are easily pierced with a fork or knife and they are showing crispy, charred bits at the tips and edges.
6. Transfer the veggies to a serving dish and taste. Sprinkle with more salt or pepper if needed.



# Basic Grains



A side of rice, quinoa, or couscous fills people up and makes a meal feel complete. Below is a quick cheat sheet guide to cooking some of the most popular and easily accessible grains. It's always nice to garnish a big bowl of grains with some freshly chopped herbs or toasted seeds to add color and flavor.

## How to Cook Grains:

- Remember to use a heavy saucepan with a tight-fitting lid.
- See the grain-to-water ratios in the chart below.
- Bring the water to a boil, add the grain, and return to a boil.
- Reduce the heat, cover, and simmer for the indicated time.
- Once all the water is absorbed, fluff the grain with a fork, replace the cover, remove from the heat, and let sit for about 15 minutes.

GRAIN	USES	TO COOK
 Couscous	These quick-cooking wheat berries have been ground, steamed, and dried to form tiny pellets. Use as a light bed for veggies and stews. <i>Note: Couscous is not gluten-free!</i>	1 cup couscous to 1½ cups water; simmer 5 minutes.
 Quinoa	Light, nutty flavor and higher in protein than other grains, quinoa is a great gluten-free addition to salads.	1 cup quinoa to 2 cups water; rinse several times before cooking; simmer 20 minutes.
 White Rice & Brown Rice	Rice is a wonderfully versatile grain. Use short-grain, which is sticky, for puddings and layered vegetable dishes; use long-grain for stews, curries, paellas, and salads.	1 cup rice to 2 cups water; simmer white rice for 15 to 20 minutes; simmer brown rice for 40 to 60 minutes.

Recipe adapted from [Almanac.com](http://Almanac.com)

# Pulao

Serves 4  
Gluten-free, vegan, contains nuts



This fragrant rice dish, from Jews of Western India, is traditional for Simchat Torah. There are numerous yet small Indian Jewish communities on the Indian subcontinent, some with roots in Baghdad, others exiled during the Spanish inquisition, and some who spent thousands of years in the region, tracing their ancestry to the lost tribes of Israel. This dish comes together quickly so it's a great last minute addition.

## Ingredients: Step-by-Step:

1 cup basmati rice

3 Tbsps oil

1 onion, peeled  
and thinly sliced

2 cloves garlic,  
peeled and finely  
chopped

½ tsp ground  
turmeric

½ tsp garam  
masala

1 ½ cups full fat  
coconut milk

1 cup  
vegetable broth

Water, as needed

Salt, to taste

2 Tbsps raisins

3 Tbsps cashews

1. Add the rice to a bowl and soak it in water for 10 minutes. Drain the water.
2. Meanwhile, heat the oil over medium flame in a pot (make sure the pot has a lid!) and add the onions. Fry the onions until they turn transparent, about 10 minutes.
3. Add garlic and garam masala to the pot and sauté until fragrant. Stir often to avoid burning the garlic.
4. Add the rice, stir, then add coconut milk, turmeric and broth. Cook over a low flame, covered, until the rice is cooked through, about 15 minutes. If rice is not cooked fully, add some water and continue cooking.
5. Stir in some salt to taste and serve garnish with cashews and raisins.



Recipe Adapted from  
*Bene Appetit: The  
Cuisine of Indian Jews*  
(Harper Collins 2021)  
by Esther David

# Sephardic Zucchini Casserole

Serves about 6  
Vegetarian; can be  
made gluten-free



Casseroles are common in both Ashkenazi kitchens (i.e. kugels) and Sephardic ones. For this recipe, feel free to get playful and mix up the types of cheeses or veggies with whatever you have in your pantry! Make this dish up to four days ahead and store in the refrigerator. To serve, heat in a 350°F oven, uncovered, for about 15 minutes, or until warmed throughout.

## Ingredients:

5-6 medium zucchini (about 3 lb or 5 cups grated)

2 tsps salt, plus more to taste

3 eggs, lightly beaten

¼ cup chopped fresh dill

¼ cup chopped fresh parsley

2 Tbsps matzah meal or bread crumbs (substitute gluten-free breadcrumbs as needed)

¾ cup feta cheese, crumbled

½ cup shredded cheese (parmesan, cheddar or kashkaval—available at Middle Eastern and other specialty markets)

½ tsp black pepper

3 Tbsps olive oil

Recipe adapted from Susan Barocas for *My Jewish Learning*

## Step-by-Step:

1. Preheat oven to 350°F.
2. Wash the zucchini and shred it on a grater or chop into very small pieces. Put into a strainer and sprinkle with 2 tsps salt, tossing lightly with your hands to distribute the salt.
3. Put a plate on top of the squash to weigh it down, and set the strainer over a bowl or in the sink for 15-20 minutes as the zucchini releases its excess water.
4. In a large bowl, mix together eggs, dill, parsley, matzah meal or bread crumbs, feta, shredded cheese, and pepper until well blended. Squeeze small handfuls of zucchini to drain all excess water. Then add to the egg mixture. Mix well.
5. Swirl 2 Tbsps oil all over a 7×11 or 9×9-inch baking dish, then place it in the hot oven for 3-4 minutes. Heating the pan helps create a crust on the casserole.
6. Quickly add the mixture, spread evenly and pat the top smooth. Lightly brush the top with 1 Tbsp oil. Bake uncovered for 45-50 minutes, or until the center is firm and the outside golden brown. Let cool for 10 minutes. Cut and serve warm or at room temperature.

# Shakshuka

Serves 6  
Vegetarian, gluten-free, dairy-free



This North African dish of eggs in a tomato-y stew has become an Israeli standard thanks to immigrants from Tunisia. Shakshuka works for dinner or brunch. Top it with herbs and cheese, and serve it with bread for scooping up the sauce.

## Ingredients:

- 2 Tbsps olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsps paprika
- 1 tsp cumin
- ¼ tsp chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh parsley and/or cilantro, chopped

Recipe adapted from  
*Downshiftology* with Lisa Bryan

## Step-by-Step:

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent. Add garlic and spices and cook for an additional minute.
2. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
3. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
4. Garnish with chopped parsley and/or cilantro.



# Hearty Chili

Serves about 6  
Gluten-free; can be made vegan



There are so many ways to chili. Whether you like yours spicy or mild, thick or soupy, meaty or vegetarian, chili is a great meal for a crowd. Use the simple recipe below as a base, feel free to double or triple the recipe and be sure to improvise!

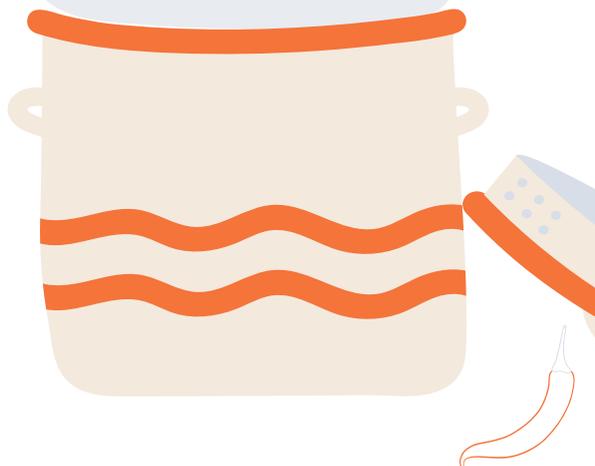
## Ingredients:

- 1 Tbsp canola oil
- ¾ cup finely chopped white onion
- ½ cup finely chopped red bell pepper
- 1 pound ground turkey or beef (optional)
- 4 cloves garlic, chopped
- 2 Tbsps chili powder
- 1 Tbsp ground cumin
- 2 tsps dried oregano
- 1 tsp ground coriander
- 2 (15 ounce) cans low-sodium black beans, rinsed (1 can if including meat)
- 1 (14 ounce) can diced tomatoes
- ¼ cup water
- Tortilla chips, and/or cheese and sour cream, for serving (optional)

Recipe adapted from *Eating Well* and *Mom on Time Out*

## Step-by-Step:

1. Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper, meat (if using) and garlic and cook until veggies are tender and meat is lightly browned, about 8 minutes. Stir in chili powder, cumin, oregano, and coriander; cook, stirring, for 30 seconds.
2. Add beans, tomatoes (with their juice), and water and simmer on low heat for 15 minutes or more, until veggies are soft and meat is fully cooked.



# Chickpea Coconut Stew

Serves about 6  
Gluten-free, vegan



This stew is creamy, spicy, and full of flavor and protein. It is also vegan, quite filling, and it will please a crowd. Provide some bread for dipping.

## Ingredients:

¼ cup olive oil, plus more for serving

4 garlic cloves, chopped

1 large yellow onion, chopped

1 (2-inch) piece ginger, finely chopped

Kosher salt and black pepper

1½ tps ground turmeric, plus more for serving

1 tsp red-pepper flakes, plus more for serving

2 (15-ounce) cans chickpeas, drained and rinsed

2 (15-ounce) cans full-fat coconut milk

2 cups vegetable stock

1 bunch Swiss chard, kale, or collard greens, stems removed, torn into bite-size pieces

1 cup mint leaves, for serving

Plain yogurt, for serving (optional)

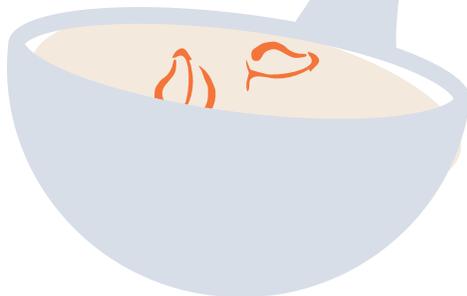
Toasted bread, for serving (optional)

Adapted from Alison Roman  
for *The NYTimes*



## Step-by-Step:

1. Heat  $\frac{1}{4}$  cup oil in a large pot over medium heat. Add garlic, onion, and ginger. Season with salt and pepper. Cook 3-5 minutes, stirring occasionally until onion is translucent and brown at the edges.
2. Add  $1\frac{1}{2}$  tps turmeric, 1 tsp red-pepper flakes, and chickpeas. Season with salt and pepper. Cook 8-10 minutes, stirring frequently, until chickpeas begin breaking down, browning, and are crisp. Set aside 1 cup for garnish.
3. Using a wooden spoon or spatula, crush remaining chickpeas to thicken the stew. Add coconut milk, stock, salt, and pepper.
4. Bring to a simmer, scrape any bits at the bottom, and cook for 30-35 minutes, stirring occasionally until thick. (Taste a chickpea or two to see if it's cooked long enough.) Continue simmering after 30-35 minutes for a thicker stew.
5. Stir in greens. Cook 3-7 more minutes until the greens soften. Season with salt and pepper.
6. Divide the stew into bowls and top with mint, reserved chickpeas, red-pepper flakes, and olive oil. Serve alongside yogurt dusted with turmeric and toasted pita.



# Veggie Lasagna

Serves 6-8

Vegetarian; can be made gluten-free



There's something about lasagna that's just so...epic. It's hearty and makes your home smell amazing. Try it with gluten-free lasagna noodles and mix up the types of veggies based on what you like.

**Bonus:** Prepare your lasagna a couple days ahead for easy re-heating.

## Ingredients:

- 2 Tbsps extra-virgin olive oil
- 3 large carrots, chopped (about 1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 5 to 6 ounces baby spinach
- 2 cups jarred marinara sauce
- 2 cups (16 ounces) low-fat cottage cheese
- 9 no-boil lasagna noodles (more or fewer depending on pan size, substitute gluten-free noodles as needed)
- 8 ounces (2 cups) grated mozzarella cheese
- ½ tsp salt, to taste
- Freshly ground black pepper, to taste

Recipe adapted from [cookieandkate.com](http://cookieandkate.com)

## Step-by-Step:

1. Preheat the oven to 425°F.
2. In a large skillet over medium heat, warm the olive oil. Once simmering, add carrots, bell pepper, zucchini, and salt. Cook, stirring every couple minutes, until veggies are golden on the edges, about 8 to 12 minutes. Add a few handfuls of spinach and stir until wilted, add spinach until it's all in the pan. Turn off the heat and set aside.
3. Stir half of the cottage cheese (1 cup) into the marinara sauce and set it aside. Stir the other half of the cottage cheese into the vegetable mixture. Add the salt and black pepper. Stir to combine.
4. Spray the bottom of the baking dish with light oil or pan spray. Spread ½ cup tomato sauce evenly over the bottom of the dish. Layer 3 lasagna noodles on top (snap off their ends or overlap to fit). Spread half the cottage cheese mixture evenly over the noodles. Top with ¾ cup tomato sauce, then sprinkle ½ cup shredded cheese on top.

5. Top with 3 more noodles, followed by the remaining cottage cheese mixture (we're skipping the tomato sauce in this layer.) Sprinkle  $\frac{1}{2}$  cup shredded cheese on top.
6. Top with 3 more noodles, then spread  $\frac{3}{4}$  cup tomato sauce over the top (you may have leftover sauce) to evenly cover the noodles. Sprinkle evenly with 1 cup shredded cheese.
7. Wrap a sheet of parchment paper or foil around the top of the lasagna (don't let it touch the top of the cheese). Bake, covered, for 18 minutes, then remove the cover, rotate the pan 180 degrees and cook for 10 to 12 more minutes, until the top is spotty brown.
8. Remove from the oven and let set and cool for 15 to 20 minutes. Sprinkle additional basil over the top, slice, and serve.



# Sheet Pan Tofu & Veggies

Serves 6  
Vegan; can be made gluten-free



Sheet pan cooking is easy—just throw everything onto the cookie sheet and let it all come together. Serve it all on some rice or couscous, and you've got yourself a surprisingly flavorful and headache-less meal. **Pro-Tip:** See “How to Roast Any Vegetable”

(pg 24) for more roasting tips!

## Ingredients:

1 ½ lbs (24 ounces)  
extra-firm organic tofu

1 small butternut squash,  
pumpkin, delicata squash,  
or sweet potato

3 carrots

1 small head of cauliflower

3 small red onions

2 Tbsps oil (olive oil,  
vegetable oil, grapeseed oil,  
any oil!)

Salt and pepper

## Sauce:

3 Tbsps soy sauce  
(substitute gluten free soy  
sauce or tamari if needed)

3 Tbsps oil

3 tsps mustard

Juice from ½ lemon

2 Tbsps maple syrup

Salt and pepper

Recipe adapted from  
[LifeMadeSweeter.com](http://LifeMadeSweeter.com)

## Step-by-Step:

1. Preheat the oven to 400°F. While the oven is preheating, prepare your veggies and tofu.
2. Peel your veggies and cut into bite-sized pieces. For cauliflower, remove any leaves and break into florets. Peel and slice onions into chunks.
3. Drain water from the tofu and gently squeeze the tofu dry. Cut into bite-sized pieces.
4. In a medium bowl, toss the squash and carrots with 2 Tbsps of oil plus salt and pepper. Spread out on a baking sheet, place the sheet in the oven, and set a timer for 15 minutes.
5. While the squash and carrots are roasting, whisk together the ingredients for the sauce. When the timer goes off, add the cauliflower, tofu, and onion to the sheet pan and drizzle all of the veggies with the sauce, using a spatula to coat everything. Let roast an additional 25 minutes or so until veggies look browned and roasted and squash is cooked through.
6. Serve with rice or another grain if you like!



# Roasted Chicken with Veggies

Serves 6  
Gluten-free, dairy-free



Growing up, roasted chicken and potatoes was the Friday night dinner in my family. So as an adult, I have a certain amount of nostalgia for it, and I appreciate how versatile it actually is.

I might use different chicken pieces one week or swap potatoes for carrots, turnips, or sweet potatoes. If you're not used to cooking meat, this can be an easy introduction to it.

## Ingredients:

About 2 lbs red potatoes, sweet potatoes, carrots, turnips, or a combination, cut into bite sized pieces

1 large onion, coarsely chopped

2 Tbsps olive oil

3 garlic cloves, minced

1 ¼ tsps salt, divided

1 Tbsp minced fresh rosemary or 1 tsp dried rosemary, crushed, divided

¾ tsp pepper, divided

1/2 tsp paprika

6 bone-in chicken thighs (about 2½ lbs) or drumsticks

Recipe adapted from  
*Taste of Home*

## Step-by-Step:

1. Preheat oven to 425°.
2. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 tsp salt, half of the rosemary, and ½ tsp pepper; toss to coat. Spread out the veggies on a baking pan or baking sheet.
3. In a small bowl, mix paprika and the remaining salt, rosemary, and pepper. Sprinkle chicken with paprika mixture and arrange over veggies. Roast until a thermometer inserted in chicken reads 170°-175° and veggies are just tender, about 35 minutes. If you don't have a thermometer, you can check if chicken is cooked by removing a piece of chicken and slicing into it. When sliced, the juices should run clear and the meat should look even colored inside and be a bit firm to the touch. A little pink around the bone is okay.
4. Serve chicken and veggies straight from the pan, with a side, grain, or salad for a complete meal.

# Classic Chocolate Chip Cookies

Makes about 36 cookies  
Vegetarian; can be made gluten-free



The aroma of chocolate chip cookies baking in the oven fills a home with a warm, inviting vibe. Perfect for Shabbat! These cookies are a classic and the dough can be made in advance, rolled into a log and frozen, so make a double batch! To bake from frozen, remove the dough from the freezer and slice into 1/2-inch pieces. Place on cookie sheet, allow to defrost for 10 minutes, then bake for 10 minutes.

## Ingredients:

2½ cups all-purpose flour (or gluten-free all-purpose flour)

1 tsp baking soda

1 tsp salt

1 cup melted butter

½ cup granulated sugar

1 cup packed brown sugar

1 tsp vanilla extract

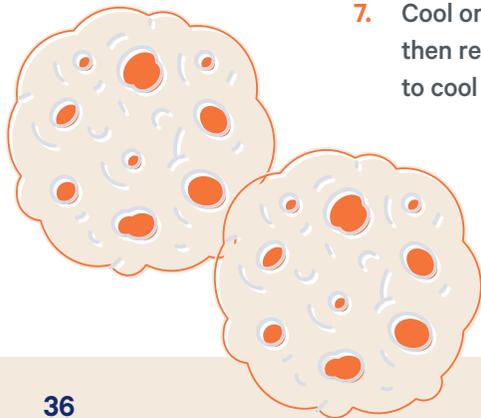
2 large eggs

2 cups semi-sweet chocolate chips

Recipe adapted from  
*Food and Wine*

## Step-by-Step:

1. Preheat the oven to 375°.
2. In a small bowl, whisk together the flour, baking soda and salt. Set aside.
3. In a large mixing bowl or stand mixer, beat the melted butter, granulated sugar, brown sugar, and vanilla extract until creamy.
4. Add the eggs, one at a time, beating well after each addition. Gradually beat in the flour mixture. Stir in the chocolate chips.
5. Drop the dough by a rounded Tbsp onto ungreased baking sheets.
6. Bake for 10 minutes, or until golden brown.
7. Cool on the baking sheets for 2 minutes, then remove the cookies to wire racks to cool completely.



# No-Bake Truffles

Makes about 15 truffles  
Vegan, gluten-free



There's nothing like a seemingly fancy dessert that's actually super easy to make! These truffles don't require an oven and they are everybody-friendly (gluten-free and vegan!).

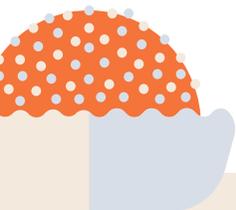
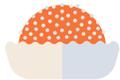
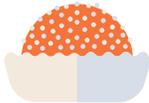
## Ingredients:

- 1 cup raw almonds (150g)
- 2 Tbsps pine nuts or walnuts
- 1 cup (finely) shredded coconut, plus more for rolling
- ½ cup unsweetened cocoa powder (42g)
- ½ cup maple syrup (120ml)
- Cocoa powder, sprinkles, or chopped nuts, for coating (your choice!)

Recipe adapted from  
*Loving it Vegan*

## Step-by-Step:

1. Place the almonds into a food processor and process until the almonds are finely chopped. Add the pine nuts or walnuts, shredded coconut, and cocoa powder and process quickly to mix it all together.
2. Then, while the processor is running, pour the maple syrup in and allow it to form into a thick sticky dough.
3. Take two bowls and add shredded coconut to one and cocoa powder to the other.
4. Roll the sticky dough into balls and dip in either the shredded coconut or the cocoa powder and place onto a parchment lined baking tray.
5. Freeze until firm and store them in the freezer or the refrigerator. If storing in the freezer, let them sit on the counter to soften just a bit before serving.



# Three Ingredient Rugelach

Makes about 2 dozen rugelach  
Vegetarian; can be dairy-free



Growing up in the New York area, rugelach was the star of kiddush lunch after Saturday services. I prefer jam-fillings over chocolate or cinnamon, but the beauty of making your own rugelach is you can make a bunch of flavors to please a crowd.

## Ingredients:

2 sheets puff pastry, thawed overnight in fridge or on counter for an hour

Chocolate hazelnut spread or other filling

1 egg, lightly beaten

Recipe adapted from  
Shannon Sarna for  
*My Jewish Learning*

## Step-by-Step:

1. Thaw your puff pastry overnight in the refrigerator, or for an hour out on the counter.
2. Take each sheet of puff pastry and spread with filling, leaving about a  $\frac{1}{4}$  inch border.
3. Cut puff pastry in half, lengthwise. Then cut 6 squares. Cut each square into two triangles.
4. Working from the longer end, roll up each rugelach and place point side down on a baking sheet lined with parchment paper. Place in freezer for 15-20 minutes, until firm.
5. Preheat oven to 375°. Meanwhile, beat one egg in a small bowl. Brush each rugelach with egg wash. Top with cinnamon sugar.
6. After rugelach have firmed up in the freezer, bake for 16-18 minutes, until golden.





# SANCTIFY THE MOMENT: SHABBAT BLESSINGS

## נְרוֹת שַׁבָּת Nerot Shabbat Blessing Over Candles

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל

Baruch ata Adonai, Eloheinu Melech ha-olam,  
asher kidshanu b'mitzvotav vitzivanu l'hadlik  
ner shel Shabbat.

Blessed are You, bringer of light, who  
sanctified us with the commandment of  
lighting Shabbat candles.



Peace to you,  
attending angels,  
messengers of the  
Most High, the  
Supreme Ruler, the  
Blessed Holy One.

Come in peace,  
angels of peace,  
messengers of the  
Most High, the  
Supreme Ruler, the  
Blessed Holy One.

Bless me with peace,  
angels of peace,  
messengers of the  
Most High, the  
Supreme Ruler, the  
Blessed Holy One.

Go in peace,  
angels of peace,  
messengers of the  
Most High, the  
Supreme Ruler, the  
Blessed Holy One.

Shalom aleichem  
mal'achei hashareit  
mal'achei elyon

Mimelech malchei  
ham'lachim, ha-kadosh  
baruch hu

Bo'achem l'shalom  
mal'achei hashalom  
mal'achei elyon

Mimelech malchei  
ham'lachim, ha-kadosh  
baruch hu

Barechuni l'shalom  
mal'achei hashalom  
mal'achei elyon

Mimelech malchei  
ham'lachim ha-kadosh  
baruch hu

Tzeitchem l'shalom  
mal'achei hashalom  
mal'achei elyon

Mimelech malchei  
ham'lachim ha-kadosh  
baruch hu

שְׁלוֹם עֲלֵיכֶם מְלָאכֵי  
הַשָּׁרֵת מְלָאכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא

בּוֹאֲכֶם לְשָׁלוֹם מְלָאכֵי  
הַשָּׁלוֹם מְלָאכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא

בְּרַכּוּנִי לְשָׁלוֹם מְלָאכֵי  
הַשָּׁלוֹם מְלָאכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא

צֵאתְכֶם לְשָׁלוֹם  
מְלָאכֵי הַשָּׁלוֹם  
מְלָאכֵי עֲלִיּוֹן

מִמְלַךְ מַלְכֵי הַמַּלְאָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא



It was evening and it was morning.  
The sixth day.

So the heavens and the earth were finished, with all their hosts. On the seventh day, God completed the work which had been undertaken, and God rested on the seventh day from all the work that had been done. Then God blessed the seventh day and made it holy, because on it God ceased from all creative work, which God had brought into being to fulfill its purpose.

The person reciting Kiddush says:  
"Savri" (with your permission...);  
Everyone else responds:  
"L'chaim!" (to life)

**Blessed are You God, Ruler of the Universe, Creator of the fruit of the vine. Everyone responds: Amen**

**Blessed are You God, Ruler of the Universe, who made us holy with the commandments and favored us, and gave us the holy Shabbat, in love and favor, to be our heritage, as a reminder of the Creation. It is the foremost day of the holy festivals marking the Exodus from Egypt. For out of all the nations You chose us and made us holy, and You gave us Your holy Shabbat, in love and favor, as our heritage. Blessed are you God, Who sanctifies Shabbat.** (Everyone responds:) Amen

Vay'hi erev vay'hi voker  
yom hashishi.

Vay'chulu hashamayim  
v'haaretz v'chol tz'vaam.  
Vay'chal Elohim bayom  
hash'vi-i m'lachto asher  
asah. Vayishbot bayom  
hash'vi-i mikol m'lachto  
asher asah. Vay'varech  
Elohim et yom hash'vi-i  
vay'kadeish oto, ki vo  
shavat mikol m'lachto  
asher bara Elohim laasot.

Savri

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
borei p'ri hagafen.

Baruch atah, Adonai  
Eloheinu, Melech  
haolam, asher kid'shanu  
b'mitzvotav v'ratzah vanu,  
v'Shabbat kodsho b'ahavah  
uv'ratzon hinchilanu,  
zikaron l'maaseih v'reishit.  
Ki hu yom t'chilah l'mikra-  
ei kodesh, zecher litziat  
Mitzrayim. Ki vanu  
vacharta, v'otanu kidashta,  
mikol haamim. V'Shabbat  
kodsh'cha b'ahavah  
uv'ratzon hinchaltanu.  
Baruch atah, Adonai,  
m'kadeish haShabbat.

וְיָהִי עֶרֶב וְיָהִי בֹקֶר  
יוֹם הַשִּׁשִּׁי:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ  
וְכָל צְבָאָם: וַיְכַל  
אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי  
מְכַל מְלַאכְתּוֹ אֲשֶׁר  
עָשָׂה: וַיְבָרֶךְ אֱלֹהִים  
אֶת יוֹם הַשְּׁבִיעִי  
וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ  
שָׁבַת מְכַל מְלַאכְתּוֹ  
אֲשֶׁר בָּרָא אֱלֹהִים  
לַעֲשׂוֹת:

סברי

בָּרוּךְ אַתָּה ה'   
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְרֵי הַגָּפֶן.

בָּרוּךְ אַתָּה ה'   
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְרָצָה בָּנוּ,  
וְשָׁבַת קִדְּשׁוֹ בְּאַהֲבָה  
וּבְרָצוֹן הַנְּחִילָנוּ,  
זְכוֹרֵן לַמַּעֲשֵׂה  
בְּרֵאשִׁית. כִּי הוּא יוֹם  
תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ  
זְכוֹר לִיציאת מִצְרָיִם.  
כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ  
קִדְּשַׁת מְכַל הַיָּמִים  
וְשָׁבַת קִדְּשָׁךְ  
בְּאַהֲבָה וּבְרָצוֹן  
הַנְּחַלְתָּנוּ. בָּרוּךְ אַתָּה  
ה' מְקַדֵּשׁ הַשְּׁבִעִת

There are various customs regarding how the water should be poured, but a common practice is to pour twice on the right hand followed by twice on the left (this is reversed for those who are left-handed). A Hasidic custom is to pour three times on each hand.

After pouring the water over your hands, repeat the following blessing to the right in Hebrew or in English:

**Blessed are You, sustainer of life, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.**

**Baruch ata Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvotav vitzivanu al n'tilat yadayim.**

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם



## הַמוֹצֵיא | Ha Motzi Blessing Over Challah



**Blessed are You, sustainer of life, who has brought forth bread from the earth.**

**Baruch ata Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha'aretz.**

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ



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