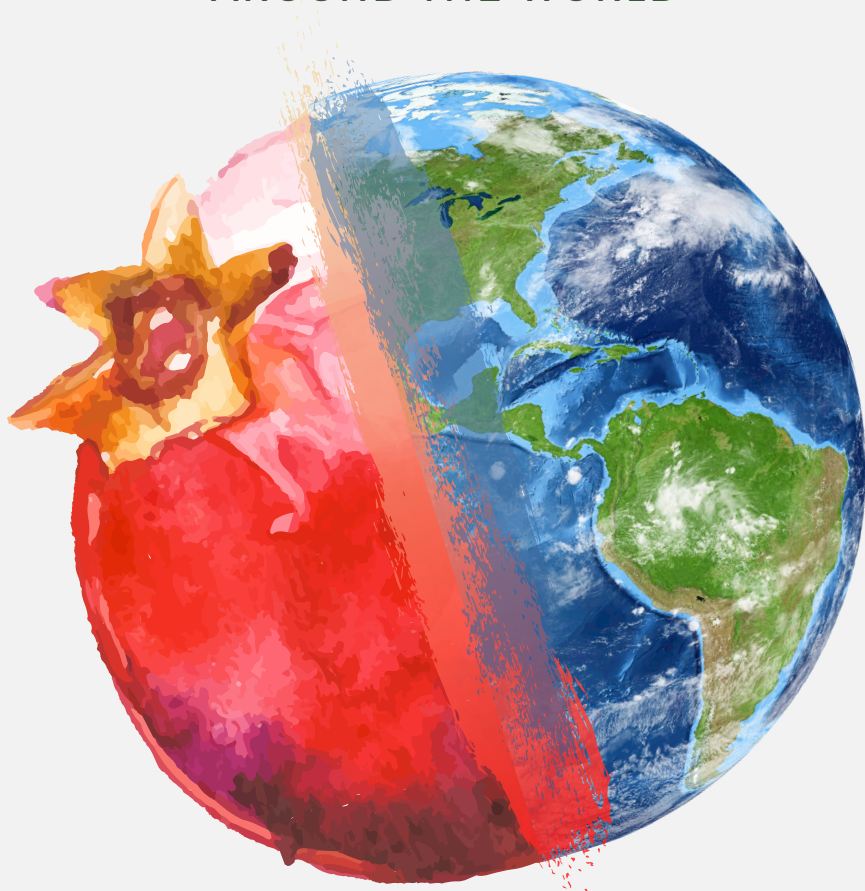


ROSH HASHANAH

FOODWAYS AND TRADITIONS
AROUND THE WORLD



compiled by
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for



QESHER

DISCOVER, LEARN, CONNECT

Dates

White or light color beans

Leeks

Beets

Gourd

Pomegranate

Apple and honey

Head of a fish or ram



The Hebrew word for dates, t'marim, evokes the word tam, "to end," and the hope that our enemies will be finished.

Dates are also one of the Seven Species of Israel.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

Blessed are You, Lord our G-d, King of the universe, who creates the fruit of the tree.

After eating the date, take another one and say:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂתַּמּוּ אוֹיְבֵינוּ
וְשׁוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ

May it be Your will, Lord our G-d and the G-d of our fathers, that there come an end to our enemies, haters and those who wish evil upon us.



Rubia, which may refer to several different types of small beans, or even fenugreek, is reminiscent of the word yirbu, "to increase." These foods symbolize the hope for a fruitful year filled with merit.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָאֲדָמָה

Blessed are You, Lord our G-d, King of the universe, who creates the fruit of the earth.

Take some white beans and say:

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂיָרְבוּ זְכוּתֵינוּ
וְתִלְבְּבוּ

May it be Your will, Lord our G-d and the G-d of our fathers, that our merits shall increase and that You hearten us.



The word for leek is related to the word kareyt, meaning to cut. This symbol is linked to the prayer that those who wish to hurt us will instead be cut off.

Take a leek and say:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂיִכָּרְתוּ אוֹיְבֵינוּ
וְשֹׁנְאֵינוּ וְכָל מְבַקְשֵׁי רָעֵתֵנוּ

May it be Your will, Lord our G-d and the G-d of our fathers, that our enemies, haters, and those who wish evil upon us shall be cut down.



The Hebrew word for beets, selek, is similar to the word for "remove." They're eaten to express the hope that our enemies will depart. In Aramaic, the language of the Gemara, silka referred to a leafy green vegetable akin to spinach. Some maintain that this leafy green is the original symbolic food for Rosh Hashanah and that beets are a more recent development.

Take a beet and say:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂיִסְתַּלְקוּ אוֹיְבֵינוּ
וְשׁוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ

May it be Your will, Lord our G-d and the G-d of our fathers, that our enemies, haters and those who wish evil upon us shall depart.



The Hebrew word for gourd is related to the Hebrew homonyms pronounced k'ra. One word means "to rip;" the other, "to announce." We ask that the Lord rip up any evil decree against us and that our merits be announced before Him.

Take a gourd and say:

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתִּקְרַע רוּעַ גִּזְרֵי
דִּינֵנוּ, וְיִקְרְאוּ לְפָנֶיךָ זְכוּתֵינוּ

May it be Your will, Lord our G-d and the G-d of our fathers, that the evil of our verdicts be ripped, and that our merits be announced before you.



613 seeds for 613 mitzvot! The many seeds also represent the wish for a fertile New Year. This is also one of the Seven Species of Israel.

Take the pomegranate and say:

יְהִי רְצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁנֵהֲיָה מְלָאִים
מִצּוֹת כְּרִמּוֹן

May it be Your will, Lord our G-d and the G-d of our fathers, that we be filled with mitzvot like a pomegranate [is filled with seeds].



"The apple, however, makes a preemptive move by appearing before the leaves. The Jewish people are compared to an apple because we are willing to live out our Jewish lives even if this seems to leave us unprotected." -- Rabbi Shimon Apisdorf

Dip an apple in honey – some have the custom of using an apple cooked with sugar – and say:

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתַּחֲדִּשׁ עֲלֵינוּ
שָׁנָה טוֹבָה וּמְתוּקָה כְּדָבֶשׁ

May it be Your will, Lord our G-d and the G-d of our fathers, that You renew for us a year good and sweet like honey.



The head of a kosher animal (often lamb or fish):
"And God will make you as the head, and not as the tail, and you will be only at the top, and you will not be at the bottom" (Deuteronomy 28:13).

יְהי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׁנֵהֲיָה לְרֹאשׁ וְלֹא לְזָנָב

May it be Your will, Lord our G-d and the G-d of our fathers, that we be a head and not a tail.

(The following is added only over the head of a ram:

וְתִזְכֹּר לָנוּ עֶקְדָתוֹ וְאֵילּוֹ שֶׁל יִצְחָק אָבִינוּ בֶּן אֲבִרָהֶם אָבִינוּ
עֲלֵיהֶם הַשְׁלוֹם

...And You shall remember for us the binding and the ram of our forefather Isaac, the son of our forefather Abraham, peace be onto them.)



Ingredients

- Fish bones and skin set aside from the fish
- 1/4 cup seltzer
- 1/4 cup plus 2 Tablespoons sugar
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 2 hard boiled eggs, chopped
- 2 white onions, coarsely chopped
- 5 1/2 lbs fish, filleted and skinned
- 1 parsnip whole or chopped
- 1 stalk of celery, whole or chopped
- Salt and white pepper to taste
- 1/4 cup plus 2 Tablespoons sugar
- 2 whole carrots

<https://www.myjewishlearning.com/recipe/gefilte-fish/>



Instructions

1. Place the fish in a bowl and salt it all over. Leave standing overnight in the refrigerator. This will help to remove as much liquid as possible.
2. The next day, make the stock by placing fish bones and skin in a saucepan. Cover with water, plus 2-3 inches. Add the rest of the fish stock ingredients and bring to a boil. Simmer for 1-3 hours-the longer the better.
3. (Alternatively, you can place all the fish bones in a cheesecloth, wrap it up, and add it to the vegetables and water. Later, instead of straining the stock, you can just discard the cheesecloth with its contents.)
4. Combine and mince all gefilte fish ingredients. Mix thoroughly with your hands, or with a mix-master.



Ingredients

- 1-2 sweet potatoes (medium), peeled and cut into chunks
- 2 white medium potatoes (red or white skin. If you only have a russet, use 1 large), peeled and cut into chunks
- 2 medium carrots, cut into 1/2-inch chunks
- ½ can of chickpeas
- Hand full pitted dried plums (prunes), halved
- Hand full of white raisins or dried cranberries (or both!)
- Hand full dried apricots, halved
- 1-2 small box(es) vegetable broth (liquid)
– add water if not enough liquid in the pot to cover potatoes.
- 1/4 cup honey or packed brown sugar
- 2 sticks of cinnamon
- 1/4 cup Earth Butter

Courtesy of Michelle McKenzie



Instructions

1. Pre-heat oven to 350°F (175°C)
2. Boil broth (and water). Add the potatoes, carrots, chickpeas, and the cinnamon sticks. Boil until par-cooked, 5-10 minutes.
3. Take off the stove and pour off the liquid and save it.
4. In a casserole dish, put the par cooked potato mix tossed in the dried fruits, and cinnamon sticks - Make it look pretty.
5. Pour evenly, half the saved liquid, add pats of Earth Butter, and sprinkle with brown sugar/honey.
6. Add freshly cracked pepper corns to taste.
7. Bake at 350 for 30 minutes (or until potatoes are fork tender, almost mash tender) Let it rest.
8. Sprinkle salt after the bake. Don't pass on it.
9. Serve in the casserole pan.



SOUTHWESTERN- STYLE BRISKET

ASHKENAZ

Ingredients

- 1 large spanish onion, thinly sliced
- 5 cloves of garlic, minced
- 3 tablespoons olive oil
- 1.5 cups peeled tomatoes, blended
- 1/2 cup Worcestershire sauce
- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1/2 cup ketchup
- 1 tablespoon chili powder
- 1 hatch chili (or other medium-spicy variety)
- Salt and pepper to taste

<https://www.oliviascuisine.com/slow-cooked-pulled-brisket/>



SOUTHWESTERN- STYLE BRISKET

ASHKENAZ

Instructions

1. In a large cast iron skillet, brown the brisket.
2. Transfer the browned brisket to your slow cooker, fat side up.
3. Back in the skillet, lower the heat to medium low and add some more olive oil if necessary. Add the onions and garlic and sauté for about 10 minutes or until the onions have caramelized. Transfer to the slow cooker.
4. In a medium sized bowl, combine the blended tomatoes, the Worcestershire sauce, the vinegar, the mustard, the brown sugar, the ketchup and the chili powder, whisking everything together until smooth. Pour the sauce into the brisket in the slow cooker. and cook for one more hour.



SOUTHWESTERN- STYLE BRISKET

ASHKENAZ

Instructions

5. Finally, add a whole chipotle pepper to the slow cooker and cover. Cook on low for 9 hours, until the brisket is fork tender.
6. Discard the chipotle pepper and take the brisket out of the slow cooker.
7. On a cutting board, take the fat out using a serrated knife. Discard the fat.
8. Shred the brisket using two forks and bring it back to the slow cooker. Cover and cook for one more hour.



Ingredients

- 1 1/3 cup all purpose flour
- 1 1/3 cup whole wheat flour
- 1 tbsp cinnamon
- 1/2 tsp ground cloves
- 1 tsp ground dried ginger
- 1 tsp baking soda
- 1tsp baking powder
- 1/2 cup coconut sugar (or brown sugar, date sugar, or white sugar)
- 1/4 cup black strap molasses
- 6 eggs
- 1 cup honey
- 1 cup oil (olive or avocado)
- 1 pureed medium zucchini (3/4 cup pureed)
- 1 cup chocolate chips or chopped nuts (optional)

<https://babybloomnutrition.com/honey-cake-made-with-zucchini/>



Ingredients

1. Preheat oven to 350°F.
2. Roughly chop zucchini, then add to a strong blender or food processor.
3. Add wet ingredients to the blender or food processor (oil, molasses, eggs, honey).
4. Adding the oil before the molasses and honey will make it easier for you- it coats the measuring cup!
5. Mix all dry ingredients in a separate bowl (flour, spices, baking soda, baking powder, sugar).
6. Add wet ingredients to dry ingredients and mix until incorporated.
7. Add chocolate chips if desired.
8. Pour into muffin cups and bake for 20-25 minutes, until inserted toothpick comes out dry.



Ingredients

- 3 cups of AP or 00 flour
- 1 cup of granulated sugar
- Large pinch of kosher salt
- $\frac{2}{3}$ cup of dry white wine
- $\frac{1}{3}$ cup olive oil
- Grated zest of one lemon
- 1 cup of flavorful honey, I combined a floral honey and artichoke honey
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ tsp. freshly ground black pepper
- $\frac{1}{2}$ tsp. freshly ground nutmeg
- $\frac{1}{4}$ tsp. ground cloves
- Grated rind of 2 oranges
- 4 cups of walnuts, lightly toasted and hand chopped
- Flour for rolling the pastry

<https://labellasorella.com/2016/03/sfratti/>



Instructions

1. Combine the white wine and olive oil in a pitcher. Place the flour, sugar, salt, and grated lemon peel into the work bowl of a food processor and pulse until mixed thoroughly. With the processor running, pour the wine and oil mixture into the processor and run until a soft dough begins to form, do not over-process. Remove the loosely formed dough to a work surface and knead for for a few minutes until the dough comes together and is smooth. Cover in plastic wrap and refrigerate for at least two hours.
2. Have two heavy duty baking sheets lined with parchment paper.



Instructions

3. Assemble the ingredients for the filling, having a medium sized saucepan on the stove. Place the honey, spices and orange rind in the saucepan over medium heat and bring to a boil, watch the pot carefully, you do not want the honey to boil over. Reduce the flame if necessary and gently boil for about 3 minutes, stirring to be sure that the spices and orange rind are well combined. The room will fill with the most wonderful aroma.
4. Add the nuts and give the pot a good stir to be sure that they are evenly coated with the perfumed honey mixture. Continue to stir for an additional 5 minutes over medium heat.
5. Remove from the stove and allow to cool for 5 to 10 minutes, giving the walnut filling a good stir every so often; you do not want it to get completely cold and solidify.



Instructions

6. In the meantime, remove the pastry from the refrigerator and divide into 6 even pieces, forming each into a ball which you will hand stretch into a small rectangle of about 2 inches by 4 inches.
7. Lightly flour the work surface and roll the dough into a 10 X 4 inch rectangle; arrange the finished rectangles on the work surface to be filled.
8. Preheat the oven to 375°.
9. Using a large spoon place a row of filling down the center of each of the pieces of rolled pastry, dividing the filling equally among the 6 pieces of pastry. Roll the pastry dough around the filling, turning the "sticks" so the seam is at the bottom.
10. Pinch together both ends of each of the logs and place 3 on each of the baking sheets.



Instructions

11. Place in the preheated oven for 20 to 25 minutes or until the pastry is light golden. Halfway during the baking process reverse the position and shelf of the trays. Remove to a rack to cool completely.
12. Once the Sfratti are completely cool, you may cut them into slices or on the diagonal. The “sticks” may also be wrapped in foil for several weeks or frozen. Slice when you are ready to serve.



ESPINACSAS A LA CATALANA

ITALY

Ingredients

- 2 bunches spinach
- 2 cloves garlic
- 3 tablespoons pine nuts
- 3 tablespoons dried currants, or raisins
- 4 tablespoons Spanish virgin olive oil, or as needed for sautéing
- 4 pieces of stale white bread, optional

<https://www.thespruceeats.com/catalan-spinach-recipe-espinacas-a-la-catalana-3083760>



ESPINACSAS A LA CATALANA

ITALY

Instructions

1. Wash the spinach thoroughly under cold running water to remove all sand and debris.
2. Trim off the stems.
3. Steam the spinach for only 2 to 3 minutes.
4. Remove from pan immediately and allow to drain thoroughly.
5. Peel and slice the garlic.
6. Pour a few tablespoons of olive oil to cover the bottom of a large frying pan.
7. Heat pan on medium and sauté garlic for 1 to 2 minutes.
8. Add the currants and pine nuts to the pan and continue to sauté for 1 minute.
9. Add the drained spinach to the pan and mix well, coating with oil.
10. Salt to taste.
11. Lightly toast the slices of bread, cut in quarters, and serve on the side of the plate.



CARCIOFI ALLA GUIDIA

ITALY

Ingredients

1. 3 lemons, divided
2. 3 pounds artichokes (about 24 baby artichokes or 6 large artichokes)
3. 1 to 2 quarts of Extra-virgin olive oil, canola oil, or vegetable oil, for frying
4. Kosher salt

<https://www.serious-eats.com/roman-jewish-fried-artichokes-carciofi-alla-guidia-recipe>



CARCIOFI ALLA GUIDIA

ITALY

Instructions

1. Fill a large bowl with water; halve and squeeze 2 lemons into it. Trim artichokes: Remove tough dark green outer leaves to expose more tender light-green leaves within, then, using a paring knife, cut off top half of each leaf and trim base and stem. Trimmed artichokes will look like a closed rosebud. Transfer the peeled artichokes to the bowl of lemon water as you work, covering them with a clean kitchen towel to keep them completely submerged.
2. In a large saucepan, heat 2 to 3 inches of oil to 280°F. Add artichokes (they should produce a steady but non-violent stream of bubbles) and cook until tender (you should be able to pierce their hearts easily with a fork), adjusting heat to maintain a steady bubble, about 10 minutes for baby artichokes and 15 minutes for larger ones. Turn larger artichokes frequently for even cooking.



CARCIOFI ALLA GUIDIA

ITALY

Instructions

3. Using a slotted spoon or spider, transfer artichokes to a paper towel-lined plate. Let stand until cool enough to handle. Using your hands, gently pull open each artichoke "bud" so that it resembles an open flower. If using large artichokes, remove and discard the hair "choke" in the center of the artichoke. Increase oil temperature to 350°F.
4. Fry artichokes until browned and crisp, 2 to 5 minutes. Using a slotted spoon or spider, transfer to a paper towel-lined plate to drain. Season immediately with salt. Transfer to plates and serve right away with wedges of remaining lemon.



Ingredients

- 1 pound ground chicken, turkey, or lamb.
- 2 cups (6.5 ounces) roasted chickpea flour (ard-e nokhochi)
- 2 medium yellow onions, grated
- 3 tablespoons vegetable oil or 1 large egg, lightly beaten
- 1 teaspoon ground cardamom
- 1 teaspoon ground turmeric
- 1/2 to 1 teaspoon ground cumin or 1/4 teaspoon ground cinnamon
- About 1 teaspoon table salt or 2 teaspoons kosher salt
- About 1/2 teaspoon ground black pepper
- 1/4 cup chopped fresh flat-leaf parsley (optional)
- About 2 tablespoons water



Ingredients

- 1-1/2 to 2 quarts chicken soup
- 1 pound (4 medium) boiling potatoes, peeled and cubed
- 1 tablespoon lemon juice or tomato paste
- 1 teaspoon ground tumeric
- Salt to taste
- 1 to 2 cups cooked chickpeas (optional)



Instructions

1. In a medium bowl, combine all the meatball ingredients, adding enough water to form a mixture that is smooth but not sticky. Refrigerate until firm, at least 3 hours. Using moistened hands, shape into smooth 1-inch balls.
2. In a large pot, bring the chicken soup to a boil. Add the potatoes, lemon juice, turmeric, and salt and simmer For 30 minutes. Add the gundi and, if using, chickpeas, cover, and simmer until the gundi are tender, about 40 minutes.



Ingredients

- 5 cups basmati rice, checked and rinsed
- 12 cups water
- 1/2 cup canola oil
- 3 tablespoons salt
- 1/4-inch canola oil poured into the bottom of the saucepan
- 2 tablespoons water
- 1/4 teaspoon turmeric or powdered saffron (optional, for a more authentic flavor)

<https://www.epicurious.com/recipes/food/views/persian-stewed-white-rice-recipe-51108800>



Instructions

1. Fill a large nonstick saucepan (at least 6 quarts) with 12 cups water; add oil and salt. Cover and bring to a brisk boil over high heat.
2. Add the rice and continue cooking over medium to high heat, stirring occasionally.
3. After 3–5 minutes, use a slotted spoon to scoop some grains from the water. Break one grain in half to make sure it is "al dente" (see above). Turn off the heat and pour rice into the colander to drain; set aside.
4. Place the empty 6-quart saucepan back onto the stovetop over medium heat. Add 1/4-inch canola oil and 2 tablespoons water. Add turmeric and/or saffron powder. Stir together.



Instructions

5. Add the drained rice and shape it into a pyramid. Cover the pot and cook for 5-7 minutes until rice begins to steam.
6. Uncover and place 2 paper towels (one on top of the other) over the rice. The ends will extend outside the pot. Replace the lid tightly.
7. Reduce heat to low and simmer, covered, for 45 minutes. Turn off the heat and tilt the lid until ready to serve.



Instructions

8. With a wide spatula, scoop the rice from the pot, making sure not to disturb the crust (tadig) that formed on the bottom of the pot. Serve the rice on a flat serving platter, mounding it into the shape of a pyramid. Turn the tadig out onto a flat serving platter by inverting the pot, as you would invert a cake pan, or cut it into pieces and serve around the rice.

9. To make saffron water, mix together 1 teaspoon crushed saffron threads and 1/4 cup hot water. Steep for a few minutes, until the water becomes yellow.

10. Mix saffron water with steamed white rice. Use this intensely yellow rice to make designs on the Chelo.



Ingredients

- 1 large onion, chopped
- 3 garlic cloves, pressed
- 1/4 cup olive oil
- 2 pounds stew meat
- 2 teaspoons salt
- 1 teaspoon pepper
- 3 cups water
- 1 (6-ounce) can tomato paste
- 2 quinces, do not peel; just slice like an apple (make sure to remove the entire core)
- 1/4 cup lime or lemon juice or the juice of 3 limes
- 3/4 cup pitted prunes
- 2 potatoes, peeled and cut into medium dice

<https://www.epicurious.com/recipes/food/views/quince-stew-em-choroshte-be-em-51109810>



Instructions

1. In a 6-quart saucepan, sauté the onion and garlic in olive oil until the onion starts to become translucent (about 1 minute). Add the meat; cover and cook until meat no longer looks red, stirring occasionally. Add salt and pepper.
2. Add water, tomato paste, lime juice, quince, prunes, and potatoes. Simmer, covered, for 1 hour, stirring occasionally until meat is tender.
3. Serve hot in a casserole dish.



Ingredients

- 1 lb. beef or lamb, on the bone; or 1 cup dried meat - (optional)
- 1 lb. dry white haricot (navy) or Cannellini beans, - soaked overnight then drained
- 3 ripe tomatoes, - grated
- 1 medium onion, - grated
- 5 cloves of garlic, - finely chopped or pressed
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon salt
- 1 tablespoon paprika
- 1 tablespoon cumin
- 2 teaspoons ginger
- 1/4 teaspoon turmeric - (optional)
- 1/4 teaspoon cayenne pepper - or fresh chili peppers, to taste (optional)
- 1/2 cup olive oil

<https://tasteofmaroc.com/moroccan-stewed-white-beans-recipe-loubia/>



Instructions (conventional oven)

1. Start by browning the meat in the olive oil over medium heat.
2. Mix all ingredients in a large (6 qt.), heavy-bottomed pot or Dutch oven. Add 2 quarts of water (about 2 liters) and bring to a rapid simmer.
3. Cover and continue simmering the beans over medium heat for about 1 1/2 hours, or until the beans are cooked to desired tenderness and the sauce is thick and no longer watery.
4. During cooking, stir occasionally and add a little water if the liquids reduce before the beans have fully cooked.
5. Taste and adjust the seasoning. Serve warm.



Instructions (pressure cooker)

1. Start by browning the meat in the olive oil over medium heat.
2. Place all ingredients in a pressure cooker and stir to combine.
3. Add 2 quarts (about 2 liters) of water and bring the liquids to a boil over high heat.
4. Cover, bring to pressure, then reduce heat to medium. Continue cooking with pressure for 40 minutes, or until the beans are tender.
5. If the beans are still fully submerged in sauce, reduce the liquids by simmering uncovered until the sauce is thick and not watery, but still quite ample.
6. Taste and adjust seasoning, if needed. Serve warm.



Ingredients

- 1 lb (500 g) Fish (halibut, sea bass, tilapia, grey mullet)
- ½ cup (0.5 cup) Onion chopped
- 1 tsp (1 tsp) Garlic minced
- 3 tbsp (50 g) flour optional
- 2 tbsp (2 tbsp) Cooking oil
- 1 tbsp (1 tbsp) Olive oil
- 1 tbsp (1 tbsp) Tomato paste
- 15 oz (450 g) Crushed tomatoes
- 1 cup (250 ml) Water
- 2 tbsp (2 tbsp) Smoked paprika
- 1 tbsp (1 tbsp) Hot paprika
- 1 tsp (1 tsp) Ginger powder
- 1 tsp (1 tsp) Cumin powder
- 1 tsp (1 tsp) Salt
- 1 tsp (1 tsp) Pepper
- ¼ cup (0.25 cup) Fresh Cilantro, Chopped

[https://veenaazmanov.com/moroccan-fish-in-spicy-tomato-](https://veenaazmanov.com/moroccan-fish-in-spicy-tomato-sauce-recipe/)



Instructions

1. Heat oil in a skillet
2. Sauté the onion and garlic until translucent
3. Add tomato paste, spices, salt, and pepper - sauté a minute
4. Then add the can of crushed tomatoes and water
5. Stir well - let cook covered for 10 minutes.
6. Gently place the fish in the tomato sauce
7. Shimmy/shake the pan so the fish sinks into the sauce
8. Cover again and cook another 10 minutes
9. Sprinkle with chopped fresh cilantro.
10. Serve with steamed rice, couscous, pita bread, challah or try crusty French baguette.



JEWELLED RICE

NORTH AFRICA (& PERSIA TOO!)

Ingredients

- 2 cups white basmati rice, rinsed
- 2 Tablespoons ghee, unsalted butter or olive oil, divided
- 2 cloves of garlic, smashed
- ¼ teaspoon ground turmeric (this is in place of saffron which you can use instead if you have it)
- 1 3-inch cinnamon stick
- 1 ½ teaspoons sea salt + a healthy pinch for the onions
- 2 Tablespoons olive oil
- 2 large onions, halved and thinly sliced
- 3 large carrots, peeled and sliced in ¼-inch rounds
- zest from 1 medium-sized orange
- 1 cup mixed dried fruit such as currants, raisins, or cherries
- 1 cup pomegranate seeds
- ½ cup roasted and salted pistachios or roasted slivered almonds, chopped
- ¼ cup chopped fresh chives or green onions, green parts only

<https://pamelasalzman.com/jeweled-rice-recipe/>



JEWELLED RICE

NORTH AFRICA (& PERSIA TOO!)

Instructions

1. Place the rice, 3 $\frac{3}{4}$ cups water, 1 Tablespoon of ghee, garlic, turmeric, the cinnamon stick and 1 $\frac{1}{2}$ teaspoons salt in a large saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer until rice is tender, about 18 minutes.
2. In a large skillet, heat 1 Tablespoon olive oil over medium-high heat. Add onions and a pinch of salt. Sauté on medium-high heat until tender and golden, about 12 minutes.



JEWELLED RICE

NORTH AFRICA (& PERSIA TOO!)

Instructions

3. Thinly slice the orange peels and add it to a medium skillet with the carrots, water to cover, a drop of oil, and a pinch of salt. Bring to a boil and cook over medium high heat until carrots are tender and water has evaporated, about 10 minutes.
4. Remove the cinnamon sticks from the rice, add the sautéed onions combine lightly with a fork. Transfer to a large serving platter. Top decoratively with the carrot and orange mixture, dried fruits, pomegranate, pistachios and chives.



Ingredients

- 1 liter whole milk (4 cups)
- ½ liter water (2 cups)
- 1½ cups sugar
- 7½ ounces of cornstarch
- ½ teaspoon freshly ground cardamon
- 4 ounces (1stick) unsalted butter or unsalted margarine
- ¼-½ cup sliced or chopped roasted, unsalted pistachios (See note below)
- ¼-½ cup sliced or chopped roasted, unsalted almonds (See note below)
- Extra butter or margarine for greasing

<https://forward.com/food/382683/a-marvelous-indian-jewish-sweet-custard-for-rosh-hashanah/>



Instructions

1. Grease 2-3 shallow pans. (You can use different size pans, including a pie dish.) Put the milk, water, sugar and cornstarch into a large pot and stir with a large stainless or wooden spoon until all ingredients are mixed well and the liquid is lump free and smooth.
2. Put the pot on the stove and turn the heat to medium low. Start cooking the halwa while constantly stirring the milk. It will take approximately 10 minutes to start warming up. Don't be tempted to turn up the heat: Hurried cooking will curdle the milk and create lumps. Stir continuously for another 10 minutes while cooking.



Instructions

3. When the milk starts thickening, add the butter in small pieces and the cardamom. Continue stirring until the milk thickens to the consistency of a smooth porridge. Total churning should be approximately 40 minutes. Pour immediately into the shallow, greased pans approximately 1-inch deep, and sprinkle with nuts.
4. Let cool completely at room temperature, then cover with plastic wrap and refrigerate for at least a few hours. Halwa is best prepared a day in advance.
5. Slice diagonally into diamonds before serving. Best when eaten within two days. Enjoy!



Ingredients

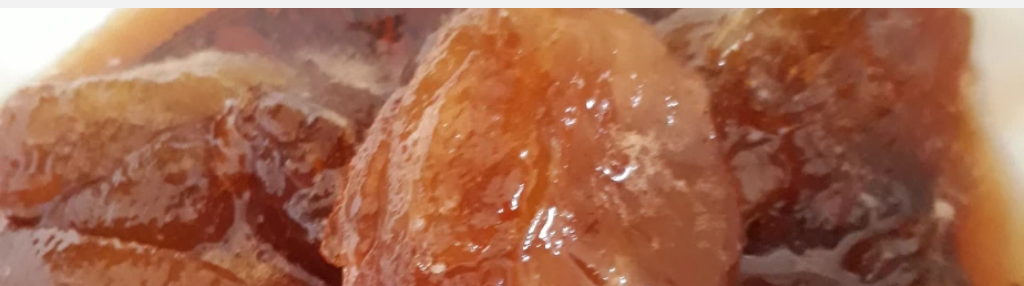
- Apple - 8 apples (800 grams), peeled and cored
- Sugar - 5 cups (1 kg)
- Lemon - 2 lemons
- Cardamom powder - ½ tsp

[https://nishamadhulika.com/en/1273-apple-murabba-
recipe.html](https://nishamadhulika.com/en/1273-apple-murabba-recipe.html)



Instructions

1. Drench the apples in water so that they don't turn black in color.
2. Take enough water in a vessel to drench the apples completely. Place this vessel over flame for heating and when the water starts simmering, place the apples in it. Cook until apples get soft. After boiling the apples for 15 minutes, check them. Apples have turned soft, turn off the flame and take them out of water.
3. Use the leftover water for making the sugar syrup. For this, take 1 cup sugar in another vessel and add 3 to 4 cups of water into it. Cook until sugar dissolves in water.



Instructions

1. Now place the apples into the sugar syrup and cook until syrup gets thick in consistency like honey. Check the syrup. For this, take 1 to 2 drops of syrup in a bowl, stick to your thumb and forefinger and stretch apart. There should be formation of 2 threads in the syrup. If there is no formation of two threads, but the thread is long enough, then the syrup is ready.
2. Turn off the flame and keep the apples soaked in sugar syrup as it so that they get the sweetness. Mix lemon juice in the syrup and mix. Also add cardamom powder as well and mix well. Keep the apples soaked in sugar syrup for 2 days and stir once in a day with a spoon. After 2 days, the scrumptious apple muraba is ready.



APAM COCHINI CAKE

INDIA

Ingredients

- 1.5 cups fine semolina or rava
- 4 tbsp maida or tapioca starch
- 1/2 tsp baking powder
- 120 gm unsalted butter, cubed
- 3/4 cup orange juice, ideally fresh
- 1/2 cup golden honey
- 3 tbsp dark rum
- 400 gm small red apples (3 apples)
- 3 eggs, whisked
- 1 tsp ground cardamom, cinnamon, or nutmeg
- 1/2 tsp vanilla extract
- 2 tbsp honey mixed with 2 tbsp butter for brushing
- 10 inch round tube pan or 8 inch round cake pan

<http://www.taradechnanda.in/tag/roast-honey-cake/>



APAM COCHINI CAKE

INDIA

Instructions

1. Combine orange juice and rim in a shallow pan. Peel, core, and halve teh apples, then cut each half into 3 even lengths. Place in the orange juice and rum. Cook on low heat for 5-7 minutes, stirring constantly.
2. Melt the butter in a non-stick skillet over a low flame. Add the semolina and stir well for about 3 minutes. Let cool completely.
3. When semolina has cooled, stir in the flour, baking powder, eggs, honey, ground spice, and vanilla.
4. Strain the apples from the orange juice, pour the remaining juice and rum into the batter and whisk well. Cover tightly and refrigerate.



APAM COCHINI CAKE

INDIA

Instructions

5. Preheat oven to 325°F (165°C) and prepare the middle rack.
6. Remove batter from fridge and stir well.
7. Use a rubber spatula to pour batter into buttered cake pan. It will be thick.
8. Spread apples around the top of the batter, spacing them evenly. Press them lightly into the batter, but not under the batter.
9. Place batter onto middle rack with an empty sheet pan taking the top rack (to prevent the top of the cake from burning). Bake 3-40 minutes until the top is golden brown.
10. Brush apples with honey butter and let sit for 20 minutes. Serve with ice cream or whipped cream (or both!)



Gefilte Fish A La Veracruzana

SOUTH AMERICA

Ingredients

- Prepared gefilte fish (recipe at the beginning of the book!)
- 2 tablespoons olive oil
- 4 garlic cloves whole
- 1 cup onion diced
- 2 garlic cloves finely minced
- 4 cups tomatoes diced
- 6-8 oz. jar capers
- 8-10 oz. can green olives, juice included
- 1/3 cup parsley
- 2 bay leaves
- 1/8 teaspoon cinnamon
- 1/4 teaspoon dried oregano
- 2 cups water
- salt and pepper to taste

<https://mexicanjewish.com/2011/09/26/gefilte-fish-a-la-veracruzana/>



Gefilte Fish A La Veracruzana

SOUTH AMERICA

Instructions

1. Place oil in a large saucepan and heat.
2. Add the 4 garlic cloves and sauté for a few minutes, removing them from the oil when they begin to turn golden. Add the diced onion and stir until translucent. add the minced garlic, mix for 2 minutes and then add the diced tomatoes. stir and then allow to simmer for 5 minutes.
3. Add the parsley, bay leaves, oregano, salt and pepper to taste, and simmer 10 more minutes.



Gefilte Fish A La Veracruzana

SOUTH AMERICA

Instructions

4. Transfer the prepared fish loaves to the pan containing the Veracruzana Sauce, keeping the carrots from the fish broth for garnish.
5. Simmer the fish in the Veracruzana Sauce for 30 minutes more, and then remove from heat. Arrange the fish patties on a platter and cover with the sauce from the pan. Garnish with the cooked carrots and fresh parsley.
6. Serve warm or hot.

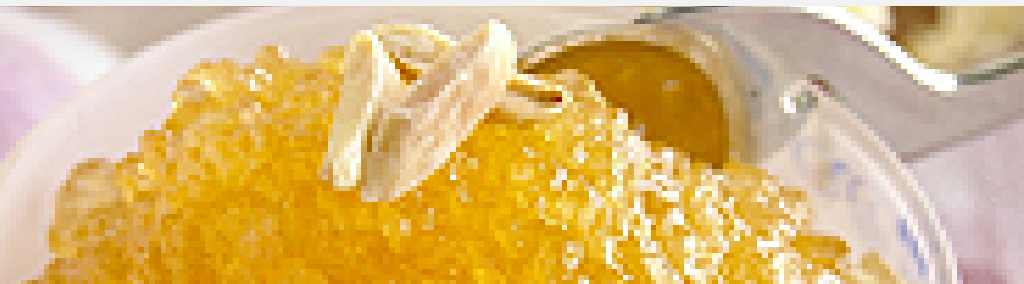


DOLCE DE MANZANA

SOUTH AMERICA

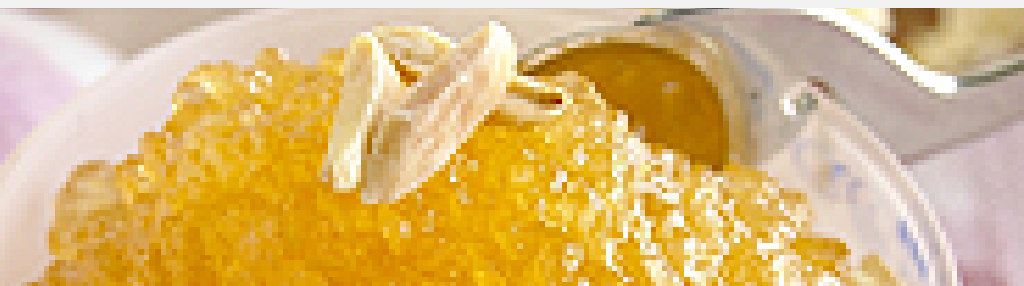
Ingredients

- 3 cups granulated sugar
- 1 ½ cups water
- 2 pounds apples, Granny Smith, Gala or Delicious
- Juice of ½ lemon
- 1 Tablespoon Rosewater or 1 teaspoon Vanilla
- ¼ cup slivered almonds



Ingredients

1. Place the sugar and water in a 3 quart saucepan and bring to a boil over medium high heat.
2. While the mixture is heating, peel the apples and grate them by hand with a coarse grater or use a coarse grating disc on your processor. Immediately add the apples to the hot sugar syrup along with the lemon juice.
3. Reduce the temperature to medium and allow to cook for 30 -45 minutes or until most of the liquid has evaporated and the mixture is quite thick. (Note: the amount of time depends on the variety of apple and its juice content.) Stir the mixture occasionally to prevent sticking.

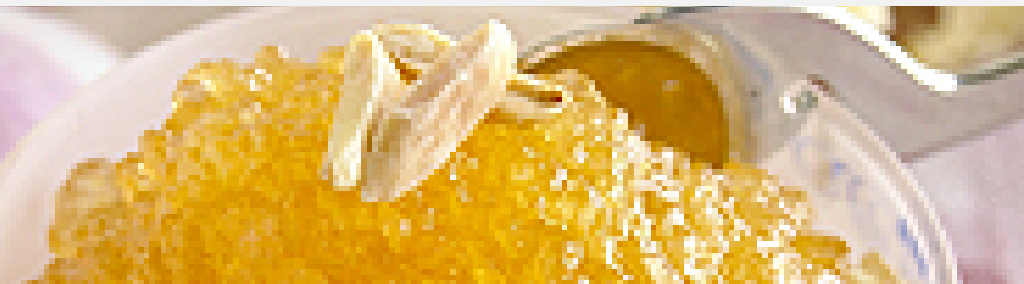


DOLCE DE MANZANA

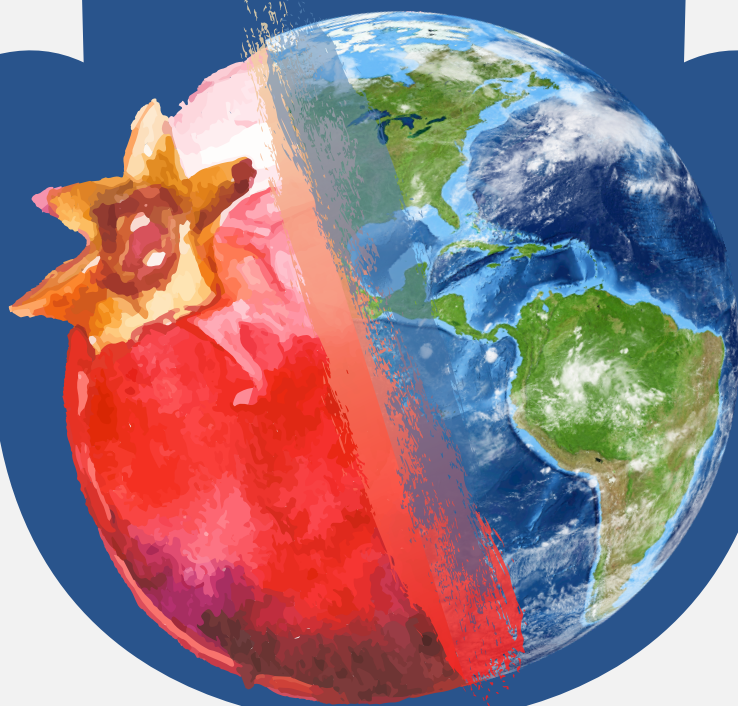
SOUTH AMERICA

Ingredients

4. While mixture is cooking, toast the almonds in a 350F oven for 4 minutes or until lightly golden. Set aside.
5. When mixture is thickened (it will get thicker when it cools) add the Rosewater or the vanilla and place in an open container until cool. The toasted almonds may be added to the mixture or sprinkled on top as a garnish. Refrigerate until serving.



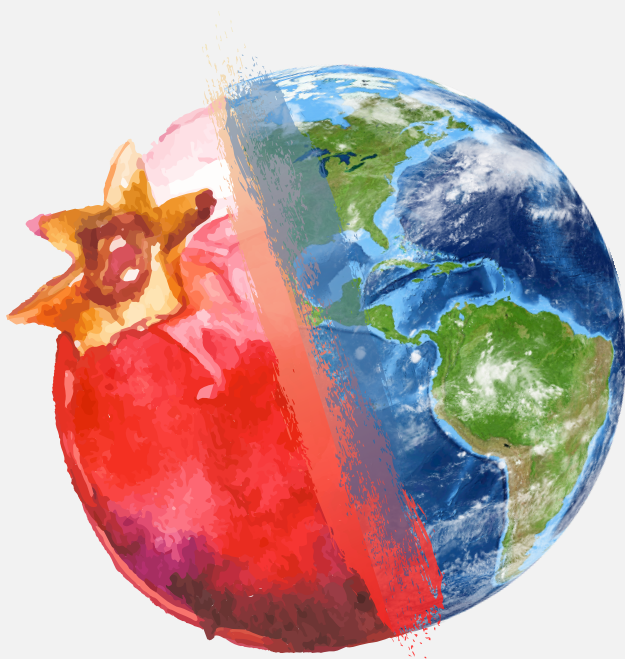
שנה
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'לשנה הבאה בירושלים הבנויה!'

ROSH HASHANAH

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