
SHABBAT RECIPES

VOL. 1 / 2023 / 5783

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PARK AVENUE SYNAGOGUE

*“More than Jews have kept Shabbat,
Shabbat has kept the Jews.”*

AHAD HA'AM

SHABBAT RECIPES

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Food is fuel and a significant part of who we are. It's culture and tradition that have been passed down for generations. As part of the Shabbat Across PAS initiative, we have created a cookbook with recipes compiled from the community. All recipes are kosher.

B'teivon & Shabbat Shalom!

APPETIZERS

RECIPE SUBMITTED BY

Kathy Winkler

WHAT DOES SHABBAT MEAN TO YOU?

“Childhood memories of family and simpler times.”

CHOPPED LIVER

INGREDIENTS

20 oz. chicken liver
4 hard boiled eggs
2 sweet onions, sautéed in schmaltz or vegetable oil
1/4 tsp dried thyme
Splash of sweet red wine

STEPS

Trim livers.
Broil until no longer pink.
Refrigerate.
Sauté sliced onions in oil until caramelized/brown. Refrigerate.
Run cooled livers, onions, eggs through Kitchen Aid food mill using coarse disc.
Add thyme, wine and salt and pepper to taste.

RECIPE SUBMITTED BY

Barbara Kappy

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat is a weekly celebration of my good fortune to be surrounded by a loving family, friends, and community. It is my spiritual, physical, and emotional restoration.”


GEFILTE FISH PIE

INGREDIENTS

1 loaf of sweet gefilte fish
1 grated onion
1 grated carrot
1/4 cup of sugar
2 tbsp matzah meal
2 eggs
2 tbsp oil salt and pepper to taste

STEPS

Mix all ingredients together.
Bake at 350 F for 1 hour and 20 minutes.



A UNIQUE 'TAKE' ON
GEFILTE FISH. SIMPLE TO
MAKE AND A BIG CROWD
PLEASER!

RECIPE SUBMITTED BY

Michael S. Rowe, MD

WHAT DOES SHABBAT MEAN TO YOU?

“Delicious food, Joy, Introspection.”

EASY AND DELECTABLE HUMMUS

INGREDIENTS

3 (15 ounce) cans garbanzo beans (chickpeas),
drained and rinsed
6 Tablespoons tahini
12 Tablespoons olive oil (Extra Virgin)
8 Tablespoon fresh lemon juice (or juice from 3
lemons)
3 cloves garlic (can be crushed or minced – from
a jar)
1 teaspoon Kosher salt
1/2 teaspoon freshly ground pepper

STEPS

Place rinsed garbanzo beans, tahini, olive oil,
lemon juice, garlic, salt and pepper into a food
processor and process until smooth, about 1
minute.

Adjust seasonings if desired (tahini-sesame
taste; olive oil-thickness; lemon juice- tartness;
garlic, salt, pepper-to taste).

Transfer to a bowl and can sprinkle top of
hummus with paprika for color and appearance.

Makes 2 1/2 Pints.

RECIPE SUBMITTED BY

Mara Bernstein

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat is when I get to spend time with friends and family that I don’t see during the week, and we have the opportunity to just be together with no distractions, over a meal. It’s my favorite part of the week!”

LENTIL SOUP

INGREDIENTS

3 tbsp olive oil
 1 large white or yellow onion
 4 cloves of garlic
 3 medium carrots
 4 celery ribs
 2 Yukon gold potatoes, peeled
 Small bunch of fresh parsley (6-8 sprigs)
 Small bunch of fresh dill (6-8 sprigs)
 8 cups of vegetable broth (either packaged or home made)
 1 cup dried green lentils, rinsed
 1 bay leaf
 2 tsp dried Italian seasoning blend
 1 tsp Lemon juice or apple cider vinegar
 salt and black pepper to taste
 Dried red pepper flakes (optional)

STEPS

1. Dice all the vegetables. The potatoes can be chopped into bigger pieces so they don’t dissolve in the soup.

2. In a medium pot, heat 1.5 tbsp of olive oil on low heat.

Add the diced onions and let them cook for a few minutes until soft.

3. Add the carrots, celery, garlic, and the dried Italian seasoning as well as a pinch of salt, to let the vegetables and herbs sautee together.

Add a small pinch of dried red pepper flakes if desired.

Add the rest of the olive oil and stir occasionally so that the garlic doesn’t burn.

4. When the vegetables are soft and fragrant from the herbs, add the potatoes, lentils, bay leaf, fresh dill and parsley, additional pinch of salt and pepper to taste, and the broth.

5. Bring the soup to a boil, then lower back to a simmer and cover the pot.

6. Cook covered on low heat for 90 minutes, stirring occasionally.

7. Once the soup is fully cooked and the flavors have developed, add additional salt and pepper if desired, and stir in a tsp of either vinegar or lemon juice.

8. Remove the dill and parsley stems from the soup once it is finished cooking.

Garnish with additional fresh dill or parsley. Pairs great with crusty bread!

SIDE DISHES

RECIPE SUBMITTED BY

Micah Blachman

WHAT DOES SHABBAT MEAN TO YOU?

“Every Friday, we make a challah as a family. Although not every week we make an apricot challah, it has been a go-to for us when we are at a loss for something more exciting. After a long week, it has always been a relaxing culinary experience for me. After all, challah doesn’t have to be the mass-produced challah flavors you find in the supermarket — plain and raisin — it can be an innovatively flavored loaf you make at home.”

APRICOT CHALLAH

INGREDIENTS

YEAST MIXTURE:

30g sugar
2/3 cup warm water
7g yeast

DOUGH:

65g olive oil
2 large eggs
1 tsp. salt
500g bread flour (can also use all-purpose)
1 tsp. vanilla extract
1/2 tsp. nutmeg

FILLING:

3/4 cup dried apricots, soaked in warm water for 30 minutes, then drained and chopped into small bits
1 tbsp brown sugar
1 tsp. vanilla extract
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. olive oil
1/8 tsp. salt

TOPPING:

1 egg, beaten with small amount of water
OR 1 tsp. maple syrup mixed with small amount of water
1 tbsp poppy seeds

STEPS

Put the sugar and warm water in the bottom of a stand mixer (or large bowl).

Sprinkle the yeast on top and let sit for 10 minutes until it gets foamy.

Add the rest of the dough ingredients.

Mix for 10 minutes on low speed in the mixer, then knead into a smooth ball.

Make the Filling: Mix the ingredients in a bowl.

Roll the dough out into a large rectangle (at least 10" x 15").

Sprinkle the filling throughout and then roll up the long way into a long log.

Stretch the log and then cut the log into 4 pieces: I don't know how to explain challah braiding, but I find a 4-strand braid the easiest.

Preheat oven to 350°.

Let dough rest for 15 to 30 minutes.

Then brush with either egg wash or maple syrup and sprinkle with poppy seeds.

Bake for 30 to 40 minutes or until brown on top and well baked on the bottom.

RECIPE SUBMITTED BY

Amy Steiner

WHAT DOES SHABBAT MEAN TO YOU?

“As a family, we look forward to our weekly Shabbat dinner. Whether it’s the four of us or we celebrate with family and friends, we always enjoy spending this time together. No Shabbat dinner is complete without delicious challah. We hope you enjoy our family’s go-to recipe!”

CHALLAH PART I

INGREDIENTS

EQUIPMENT

Mixing bowl + cover
 1 cup liquid measuring cup
 Dry measuring cups (1/4 cup, 1 cup)
 Measuring spoons (Tsp., Tbs.)
 Dough whisk
 1 gallon size zip-top or reusable bag
 2 small prep bowls

DOUGH INGREDIENTS

1 packet of instant or active dry yeast (= 2
 1/4 tsp.)
 1 cup warm water
 4 Tbs. sugar
 5-6 cups bread flour, or more
 2 L or XL eggs
 1/4 cup honey
 1/2 cup canola or vegetable oil
 2 tsp. kosher salt

STEPS

PREP

Measure 4 Tbs. of sugar into one of the small prep bowls
 Measure 1/4 cup of honey and place it near the sugar.
 Crack two eggs into the other small prep bowl and put it near the honey and sugar.
 Make the Dough!

STEP 1

- Add 1 cup of warm water to mixing bowl
- Sprinkle yeast over water
- Sprinkle approx. 1 tsp. sugar over yeast
- Wait until yeast starts to bloom — you’ll see little “fireworks” in the bowl

STEP 2

- Add remaining sugar, eggs, and honey
- Mix well with the dough whisk

CHALLAH PART II

STEP 3

- Add a scant cup of flour
- Mix well (it's okay if you see little lumps of flour)

STEP 4

- Add oil and salt
- Mix well

STEP 5

- Add more flour, a little bit at a time, mixing well after each addition.
- When too difficult to mix with the whisk, start using a bowl scraper or your hands.
- Continue to add more flour, just a little bit at a time, until the dough is not too sticky.
- Be careful to add flour sparingly. A little sticky is okay.
- Knead the dough!

STEP 6

- Form the dough into a ball.
- Drizzle a little bit of oil lightly over the ball of dough.
- Cover the bowl and let the dough rise until it doubles in size OR place the dough in a zip-top or reusable bag and put the bag in the fridge to rise overnight.
- Clean up!

INGREDIENTS

EQUIPMENT

- Sheet pan/s or cookie sheet/s
- Parchment paper
- Bench knife
- 2 small prep bowls
- Fork
- Pastry brush
- Instant-read thermometer

INGREDIENTS

- Dough from Part 1
- 1 L or XL egg (for egg wash)
- Small amount of flour for dusting counter
- Honey (optional for egg wash)
- Toppings and/or fillings (optional):
sesame seeds, poppy seeds, "everything bagel mix," chocolate chips, raisins, cinnamon sugar, finely diced apples

STEPS

PREP

- If dough has been in the refrigerator, take it out and let it come to room temperature/ complete the first rise (2 – 3 hours, depending on environment).
- Line baking sheet/s with parchment paper.
- Crack egg into prep bowl and beat it with the fork (add water and a few drops of honey, if using).
- Put a few teaspoons of flour into a small bowl that you can use to dust the countertop and dip your fingertips into when shaping the dough.

CHALLAH PART II

STEPS CONTINUED

SHAPE!

Once the dough has doubled in size....

- Lightly flour your counter.
- “Punch it down,” by forcing out the gas that has built up inside the dough. This can happen just by taking it out of the bowl or bag.
- Put the deflated dough on your lightly-floured counter.
- Use a bench knife or non-serrated knife to divide the dough into the number of loaves you’re making and then into the number of strands you will need for shaping each loaf.
- Shape the dough.
- Place the shaped loaf/loaves onto parchment-lined baking sheet/s.
- If you haven’t already, crack the egg and beat it with a fork. (You may add a make an egg wash.)
- Use a pastry brush to gently “paint” the shaped challah dough with the beaten egg/egg wash.
- Let the shaped challah rise for approx. 45 minutes (challah should look “puffy” after this second rise).
- While the challah is rising for the second time, pre-heat your oven to 350 F.

BAKE!

- For a darker, shinier crust, brush the challah dough one more time with the beaten egg.
- If using poppy seeds, sesame seeds, or “everything” mix, add them now. The wet egg coating will help them stick to the challah.
- Bake the challah in the center of your oven for approx. 40 minutes, but check for doneness starting after 30 minutes.

• When done, the challah should sound hollow when knocked and it should register 190 F on an instant read thermometer.

• Transfer the loaf/loaves to a cooling rack. Allow challah to cool until warm before cutting. (If too hot, the challah will squish down when you cut it.)

EAT and ENJOY!

Adapted from Katja Goldman’s Weekly Challah Recipe taught at Heschel



FIND THIS RECIPE VIDEO
ON PAS CONNECT.

RECIPE SUBMITTED BY

Sara Rivka Davidson*Recipe by my father, Aryeh Davidson*

WHAT DOES SHABBAT MEAN TO YOU?

“It means family and time with loved ones. Sitting down after a busy week and enjoying food and ritual together.”

CHALLAH STUFFING

INGREDIENTS

Loaf of challah — stale or fresh
 Fresh or dried thyme, to taste
 Fresh or dried parsley, to taste
 Garlic powder, to taste
 Salt, to taste
 Pepper, to taste
 1 onion
 2 carrots
 2 celery stalks
 1/4 - 1/2 cup walnuts, chopped (optional)
 1 cup, (2 sticks) butter or margarine
 1 cup Soup consume, chicken, or vegetable broth
 2-3 eggs
 Dried cranberries, to taste
 Dried apricots, to taste

STEPS

Pre-heat oven to 350 F.

CHALLAH

Tear it or cut it into smallish cubes (about bite-size).

Place in a large bowl and add soup consume or broth to dampen. Bread should be moist but not soaking wet. Set aside.

PREPARE THE VEGETABLES

Chop the carrots and celery and onion.

In a large pan, sauté the celery, onion, and carrot.

Add the parsley, thyme, garlic powder, salt, and pepper to the cooked celery, onion, and carrots.

Then add the vegetables and spices to the moistened challah bread and combine.

Beat the eggs then add to the mixture in the bowl until everything is evenly coated.

Optional — Add walnuts and dried fruit and mix well.

Get a 9 x 13 inch baking pan and put 1/2 cup (1 stick) of butter or margarine in the pan.

Place in the heated oven and keep it in there until butter or margarine is completely melted.

Remove the pan with melted butter or margarine, and pour in the bread mixture, vegetable, and egg mixture.

Take the remainder 1/2 cup (1 stick) of butter or margarine and cut it into few small place on top of the bread mixture.

Bake in the oven, uncovered for 45-60 minutes.

The top should be a nice brown and have a nice crisp to it.

RECIPE SUBMITTED BY

Lynne Schifreen

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat is a time when we can put down our work and be ourselves with friends and family. It is our gift from God.”

CRANBERRY APPLE NOODLE KUGEL

INGREDIENTS

8 ounces fresh cranberries
2 tsp cornstarch
3/4 cup water
1/2 cup sugar
1 tsp fresh lemon zest
1 1/2 lbs wide egg noodles (one and a half packages)
5 large eggs
3 large apples, peeled and thinly sliced
1/2 cup margarine or butter
3/4 cup sugar
1 tsp cinnamon plus extra

STEPS

Place cranberries, 1/2 cup sugar, water and lemon zest in a saucepan over medium heat. Wait until water begins to boil and then add cornstarch and stir.

Continue to simmer until cranberries are all soft and sauce thickens.
Add a little water if needed. Set aside to cool.
Cook noodles in large pot. Drain well and set aside.
Preheat oven to 350 F and grease a 9” x 13” pan.
Melt margarine or butter and mix with sugar, cinnamon and apples.
Separate eggs and beat egg whites until frothy and thick.
Add egg yolks to sugar-apple mixture.
Add noodles and mix well.
Gently fold egg whites to noodle mixture.
Spread half the noodle mixture into the pan.
Add a layer of the cranberry sauce.
Add the remaining noodles.
Sprinkle with a very light dusting of cinnamon on top.
Bake 50-55 minutes, or until desired crispiness on top.

RECIPE SUBMITTED BY

Randi Feld

WHAT DOES SHABBAT MEAN TO YOU?

“Everything! Taking time to care for our souls and share the day with those we love is the best.”

CRANBERRY OATMEAL BAKE

INGREDIENTS

1 cup all purpose flour
1 cup oatmeal
2/3 cup firmly packed light brown sugar
1 heaping teaspoon ground cinnamon
1/2 cup margarine, melted
1 (16 ounce) can whole berry cranberry sauce
1 (20 ounce) can crushed pineapple, drained

STEPS

Preheat oven to 350 degrees.
Combine flour, oatmeal, brown sugar, and cinnamon in a bowl.
Add melted margarine, stirring until well blended.
Pour half of the oatmeal mixture into a lightly greased 8” x 8” baking dish.
In a separate bowl, combine cranberry sauce and drained pineapple.
Mix well.
Spoon cranberry-pineapple mixture into pan on top of oatmeal base.
Top with remaining oatmeal mixture.
Bake, uncovered, for 45 minutes.

RECIPE SUBMITTED BY

Randi Feld

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat is a day to enjoy the best things in life – family, friends, food. Face-to-Face. No phones. No internet. Back to Basics. What a gift!”

MUSHROOM-BARLEY CASSEROLE

INGREDIENTS

1 cup barley
1 large onion, diced
1/2 lb. mushrooms
4-5 tablespoons margarine
2 cups chicken broth (I use powdered Osem pareve)

STEPS

Preheat oven to 350 F.
Lightly brown onion, mushrooms and barley in margarine.
Put in rectangular baking dish or casserole and add 1 cup broth.
Cover and bake 25 minutes.
Add 2nd cup of broth and bake (still covered) 25 more minutes until tender on inside, crisp at edges.
Enjoy!

RECIPE SUBMITTED BY

Nancy Hirschtritt

WHAT DOES SHABBAT MEAN TO YOU?

“A beautiful table set with my precious Judaica and surrounded by family and friends with hopefully a lively and fun conversation.”

PURPLE CABBAGE SALAD

INGREDIENTS

SALAD:

16 oz. shredded purple cabbage
 1/3 cup chopped scallions
 3 carrots julienned
 1 (11 oz) can mandarin oranges
 1-2 handfuls dried cranberries

DRESSING:

4 Tablespoons brown sugar
 1/2 teaspoon round pepper
 1/4 teaspoon salt
 4 Tablespoons red or white wine vinegar
 1 Tablespoons reserved mandarin orange juice
 1/2 cup vegetable oil

STEPS

Place the cabbage, scallions, **pine nuts**, carrots, oranges and cranberries into large zip lock bag. Set aside.

In a jar, mix the brown sugar, pepper, salt, vinegar, reserved orange juice, and oil. Shake till mixed.

Pour over the salad. refrigerate for at least one hour or make early in the day. It is even better the next day.

RECIPE SUBMITTED BY

Michael S. Rowe, MD

WHAT DOES SHABBAT MEAN TO YOU?

“A break from the weekly routine. A restful time to pray and study.”

SWEET POTATO APPLE BAKE

INGREDIENTS

2 large sweet potatoes — scrubbed and trimmed, diced into 1 inch pieces

2 large apples (Sweet such as Empire or Delicious or Honeycrisp or Tart such as Granny Smith) — cored, trimmed, diced into 1 inch pieces

(Note: potatoes and apples do not need to be peeled)

1 (20 ounce) can undrained crushed pineapple in its own Juice (100% juice)

1 (12 ounce) package of fresh cranberries (Optional)

STEPS

Place all ingredients into a baking dish and mix together.

Bake at 400 F, covered, for 1 Hour.

MAIN COURSES

RECIPE SUBMITTED BY

Nancy Kleine Kekst

SALSA APRICOT CHICKEN

INGREDIENTS

1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
6 boneless skinless chicken breast halves (4 ounces each)
3 tablespoons olive oil
1 jar (16 ounces) salsa
1 jar (12 ounces) apricot preserves
1/2 cup apricot nectar
Hot cooked rice

STEPS

Combine the first four ingredients in large ziplock bag; add chicken in batches and shake to coat.

In a large skillet, cook chicken over medium heat in olive oil until browned.

Remove chicken from pan and place in 13" x 9" baking dish. (It's helpful if you oil the pan first.)

In chicken skillet with heat off, Stir in the salsa, preserves and nectar until melted and mixed.

Pour the sauce over the chicken in the baking dish.

At this point, you can refrigerate the baking dish until you are ready to heat and serve. If refrigerated, bring pan to room temperature.

Bake at 350 F for 20 to 25 minutes.

Serve with rice.

RECIPE SUBMITTED BY

Michael S. Rowe, MD

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat is a time for rest and reflection with family and friends.”

EASY CURRIED, HONEY, MUSTARD CHICKEN

INGREDIENTS

4 Medium Boneless Skinless Chicken Breasts
1/2 cup honey
2 Tablespoons Curry Powder
1/2 cup Whole Grain Dijon Mustard

STEPS

Arrange a rack in the middle of the oven and preheat to 350 degrees.
Cut the chicken breasts into pieces of desired size (large or bite sized) and place into a baking dish.
Mix together honey, curry powder, and mustard in a large bowl.
Pour the mixture in the bowl over the chicken and mix to coat evenly.
Loosely cover the dish with aluminum foil.
Place the dish into the oven and bake about 40-50 minutes or until an instant read thermometer inserted into the thickest part of a chicken piece reads 165 degrees F.
Remove from the oven and let rest 5 minutes, covered.
Uncover and serve along rice or a starch of your choice.

RECIPE SUBMITTED BY

Rhonda Sexer-Levy

WHAT DOES SHABBAT MEAN TO YOU?

“A time to gather with friends and family and build deeper connections and shared spiritual moments.”

CHICKEN WITH ARTICHOKE AND TOMATOES

INGREDIENTS

2 pounds boneless, skinless chicken breasts, thinly sliced (cut into smallish pieces)
2 teaspoons salt
2 teaspoons dried oregano
1 teaspoon pepper
4 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, thinly sliced
1 (28 ounce) can stewed tomatoes
1 (14 ounce) can artichoke hearts or two small jars marinated artichokes rinsed
1/2 cup pitted green olives, halved
1 tablespoon capers, rinsed and drained

STEPS

Combine the salt, oregano and pepper and rub the chicken pieces with the spices.
In a large frying pan heat half the oil over medium heat and cook chicken 2 minutes per side until slightly brown. Remove and saute the next batch.
After all the chicken has been browned, add half the can of tomatoes to the pan, layer the chicken, artichokes, capers and olives on top, and add the rest of the chicken. If your skillet is not deep, put all the ingredients in a soup pot and simmer.
Simmer 30 minutes, basting after 15 minutes.
Serves 4-6.

NOTE: I always have an 8oz. can of stewed tomatoes on hand in case I want to add more liquid. I generally make white rice and spoon the mixture over the rice to serve.

RECIPE SUBMITTED BY

Jamie Spock

WHAT DOES SHABBAT MEAN TO YOU?

“This engagement chicken works! I cooked it for Shabbat dinner for my then girlfriend in March 2022 and the very next day she proposed to me! As we start to build our life together and our family we love having Shabbat dinners as a way to connect and have intentional time together. We eat dinner together most nights but we’re usually watching tv or distracted but come Friday night, we set the table nicely and relax and enjoy a delicious home cooked meal. We love having Shabbat as a means to reconnect, do things together that we don’t get to do during our busy workweeks, and rest.”

INA GARTEN'S/ JAMIE SPOCK'S ENGAGEMENT CHICKEN

INA GARTEN'S/ JAMIE SPOCK'S ENGAGEMENT CHICKEN

INGREDIENTS

(4 to 5 pound) roasting chicken
 Kosher salt and freshly ground black pepper
 2 tsp sumac
 2 lemons
 1 whole head garlic, cut in 1/2 crosswise
 1 bundle of fresh rosemary
 1 bundle of fresh thyme
 Good olive oil (I love Graza brand!)
 2 Spanish onions, peeled and thickly sliced
 1/2 cup dry white wine
 1/2 cup chicken stock, preferably homemade
 1 tablespoon all-purpose flour

STEPS

Preheat the oven to 425 F.
 Remove and discard the chicken giblets.
 Pat the outside dry.
 Liberally salt and pepper the inside of the chicken.
 Cut the lemons in quarters, place 2 quarters in the chicken along with the garlic and reserve the rest of the lemons.
 Brush the outside of the chicken with olive oil and sprinkle the chicken liberally with salt and pepper.

If desired, also season the inside and outside of the chicken with sumac.

Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.

Place the chicken in a small (11" x 14") roasting pan. (If the pan is too large, the onions will burn.)

Place the reserved lemons and the sliced onions in a large bowl and toss with 1 bundle of fresh rosemary, 1 bundle of fresh thyme, 2 tablespoons of olive oil, 1 teaspoon of salt, and 1/2 teaspoon of pepper.

Pour the mixture around the chicken in the pan. Roast the chicken for about 1 hour and 15 minutes, until the juices run clear when you cut between a leg and a thigh.

Remove the chicken to a platter, cover with aluminum foil, and allow to rest for 10 minutes while you prepare the sauce, leaving the lemons and onions in the pan.

Place the pan on top of the stove and turn the heat to medium-high.

Add the wine and stir with a wooden spoon to scrape up the brown bits.

Add the stock and sprinkle on the flour, stirring constantly for a minute, until the sauce thickens.

Add any juices that collect under the chicken.

Carve the chicken onto a platter and serve with the lemons, onions, and warm sauce.

RECIPE SUBMITTED BY

Barbara Lerch

WHAT DOES SHABBAT MEAN TO YOU?

“A time to come together and put the work week behind us. We are given permission to rest, and we look forward to that. And, of course, we love to livestream services.”

PISTACHIO CRUSTED SALMON

INGREDIENTS

1 (2-3 pound side of salmon), skin on
1 lemon, juiced
2 tbsp stone-ground mustard
1 tsp honey
1 cup shelled pistachio nuts
1/2 cup panko bread crumbs
4 tbsp vegetable oil
Salt and pepper

THIS IS ROBERT IRVINE'S RECIPE. THIS IS SO EASY, YET SO IMPRESSIVE. YOU CAN SERVE IT HOT OR AT ROOM TEMP. BEAUTIFUL DISH FOR SHABBAT, A BRUNCH, A BRIDAL SHOWER, OR SHAVUOT.

STEPS

Preheat the oven to 375 F.
Arrange the salmon skin side down on a rimmed baking sheet lined with parchment paper.
Mix the lemon juice, mustard, and honey together.
Rub on the salmon. It should just cover it. (It's going to add a lot of flavor and help the crust stick.)
Coarsely grind the pistachios in the food processor. Add the panko, the oil, and salt and pepper to taste.
Sprinkle the crumb mixture evenly over the salmon.
Bake 15-20 minutes. (It takes 18 minutes in my oven.)
The fish will need to rest outside of the oven for at least 5 minutes. It will continue to cook during that time, so remove it from the oven with this in mind.

DESSERTS

RECIPE SUBMITTED BY

Michael S. Rowe, MD

WHAT DOES SHABBAT MEAN TO YOU?

“Shabbat means rest, and reflection with family and friends.”

CINNAMON APPLE MUFFINS

INGREDIENTS

3 large eggs
3/4 cup brown sugar
3/4 cup white sugar
1 1/2 sticks (12 ounces) margarine (I used Pareve/Vegan margarine)
1 tablespoon pure vanilla extract
3 cups all purpose flour (can substitute some or all whole wheat flour)
1/2 tablespoon salt
1/2 tablespoon baking powder
1/2 tablespoon cinnamon
3 large apples (your choice), diced

STEPS

Preheat oven to 400 Degrees F.
Mix dry ingredients and then mix in wet ingredients.
Fold in apples.
Spoon into greased muffin cups (makes 12 regular size muffins).
Bake 30-45 minutes until tested comes out clean (If becomes too brown during baking, turn off oven and leave in until done).

RECIPE SUBMITTED BY

Sara Rivka Davidson*As shared with me by Noga Fox in Jerusalem*

WHAT DOES SHABBAT MEAN TO YOU?

“It’s a time for me and my partner to put down our phones, be present, enjoy lighting the candles and kiddush together while wrapping our arms around each other with love.”

ISRAELI CELEBRATION CAKE

INGREDIENTS

FOR 9" X 13" PAN:

16 oz. heavy whipping cream
 1/2 cup of milk
 2 tablespoons or half a pack of vanilla pudding mix
 16 oz cream cheese
 6-8 ounces of plain Greek yogurt
 2 teaspoons of instant coffee
 2 packets of tea biscuits – plain or chocolate. Kedem brand works well.
 2 tablespoons of cocoa powder for garnish – optional

STEPS

Combine the whipping cream, pudding mix, cream cheese, yogurt, and coffee in a bowl and mix by hand or with a mixer until evenly blended.

Set aside the milk in a bowl or cup. Dip individual tea biscuits in the milk to moisten, then place them at the bottom of the pan.

Spoon the whipped cream mixture on top of the biscuits and spread evenly.

Dip individual tea biscuits in the milk to moisten, then place them on top of the mixture to layer.

Repeat steps of layering biscuits and whipped cream mixture, until whipped cream mixture is on top.

Refrigerate for 2 hours to set.

Optional – sprinkle the cocoa powder on top and serve.

RECIPE SUBMITTED BY

Jeanette Hendin Schapiro

Mother of Carol Schapiro Kekst

PASSOVER SPONGE CAKE

INGREDIENTS

9 large eggs — 6 mins (grind)
1 1/2 cups sugar — 5 mins (grind)
1/2 lemon juice and grated rind — 5 mins (mix low)
Add
3/4 cups cake meal and 3 tbsp potato starch sifted together — 5 min (mix low)

STEPS

My mother suggested to use a 10" x 14" tube pan with removable bottom and an electric mixer.
Preheat the oven at 350 F.
Ungreased pan (grease the center only)
Bake for one hour, make sure your pan is in the middle of the oven.
Remove from the oven
Turn the pan over and let the cake "hang" until cool
You must have a tube pan that had small feet on it, so the pan rest of the feet when turn over.

RECIPE SUBMITTED BY

Lauren Levy

WHAT DOES SHABBAT MEAN TO YOU?

“A special time to be with your family.” (Max Levy)

SHULA'S SUGAR TWIST COOKIES BOWL

INGREDIENTS

BOWL 1:

4 cups flour
4 teaspoons baking powder

BOWL 2:

4 eggs
1/2 cup vegetable oil

1 cup sugar

EGG WASH:

1 egg yolk whisked with water

STEPS

Pre heat oven to 350 F.

1. Mix eggs, oil, sugar in a bowl with fork.
2. Slowly add the flour mixture to the eggs and combine until it becomes dough (may not need all 4 cups).
3. On clean counter, break a small piece of dough and roll into a snake, fold and twist.
4. Place on baking sheet and brush with egg wash and sprinkle with a little sugar.
5. Bake for 15-20 minutes until golden brown. Yields 75-100 cookies.

RECIPE SUBMITTED BY

Mrs. Kosher Anonymous of PAS

Always: Enjoying in the best of good health

CALORIE CONSCIOUS CALCIUM RICH PROTEIN NOURISHMENT

INGREDIENTS

MEASUREMENTS ARE ONLY AT YOUR OWN DISCRETION

2 or 3 cans of Albacore solid white tuna fish in water NOT oil

2 stalks organic celery diced small

1 small organic red onion diced small

One ripe avocado peeled (or less)

Approximately 2 overflowing tablespoons of soy free Vegenaïse

NOTE:

coagulation of the soften avocado

Plus organic Cholesterol free and preservative free: Mayo substitute

If necessary: 2 teaspoons fresh water

STEPS

Rinse the two or three cans of tuna fish, two times with cold water

Mix and blend together and taste in between if it isn't too fine or isn't too mushy

Remember the avocado introduces a large part color, incense, nourishment

For garnish certainly sprigs of dill

Surrounding

1/4 slices of organic red beets: creating a Pinwheel design

Slightest amount of organic brown sugar as a sprinkling as a sparkle but, only a 'smidgen'

Wonderfully served on quarter shape triangle thin pumpernickel bread

Hope I did not forget something

Only don't mind

That your desire and inertia overflows your delightful ability to bake or make any delight of food ... capable of your own discretion

That will make it perfect !

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