



High Holidays Cookbook

from our global family to yours

celebrate with tradition

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האיגוד
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High Holidays Cookbook

celebrate with tradition

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Rosh Hashana Blessings

CANDLE LIGHTING

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו
במצותיו וצונו להדליק נר של יום טוב.

Blessed are You, our God, Ruler of the world,
who sanctifies us with mitzvot and calls upon
us to kindle the lights of the Festival day.

BLESSINGS ON APPLES AND HONEY

ברוך אתה יי אלהינו מלך העולם בורא פרי העץ.

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו
ואמנותינו שתחדש עלינו שנה טובה ומתוקה.

We praise You, Eternal God, Sovereign of the
universe, Creator of the fruit of the tree.

May it be Your will, Adonai our God and God of
our ancestors, that You renew us for a good
sweet year.

HAMOTZI

ברוך אתה יי אלהינו מלך העולם
המוציא לחם מן הארץ.

Praise to You, Adonai our God, Sovereign of the
universe, who brings forth bread from the earth.

SHEHECHEYANU

ברוך אתה יי אלהינו מלך העולם,
שהחיינו וקיימנו והגיענו לזמן הזה.

Praise to You, Adonai our God, Sovereign of the
universe, for giving us life, for sustaining us,
and for enabling us to reach this season.

KIDDUSH

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן:

ברוך אתה יי אלהינו מלך העולם, אשר בחר בנו
מכל עם ורוממנו מכל לשון וקדשנו במצותיו,
ותתן לנו יי אלהינו באהבה את יום הזכרון הזה,
יום תרופה מקרא קדש וזכר ליציאת מצרים, כי בנו
בחרת ואותנו קדשת מ/עם כל העמים, ודברך אמת
וקים לעד. ברוך אתה יי מלך על כל הארץ מקדש
ישאל יום הזכרון.

Praise to You, Adonai our God, Sovereign of the
universe, Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of
the universe, who has chosen us from all the
peoples, hallowing us with mitzvot. In Your
love, Adonai our God, You have given us this
Day of Remembrance, to hear the sound of the
Shofar, to unite in worship, and to recall the
Exodus from Egypt. For You have chosen us
from/with all the peoples, consecrating us to
Your service, and Your word is truth eternal.
Praised is the Sovereign God, Sovereign of all
the world, who hallows the House of Israel and
the Day of Remembrance.



Levi's One Rise Whole Wheat Challah

Ingredients:

3 cups whole wheat flour
3 cups regular flour + 1/2 cup
3/4 cups warm water
3 tablespoons active dry yeast
1 teaspoon sugar
1 tablespoon salt
3 eggs, beaten lightly
1/3 cup oil
1/2 cup honey
1 cup cold water

Glaze: 1 egg yolk

Directions:

In a large bowl, mix whole wheat flour and regular flour. Make a well in the center of the flour.

In a small bowl, mix together the warm water, active dry yeast, and sugar. Pour into the well.

Sprinkle extra 1/2 cup of white flour to cover the dough. Sprinkle salt on top of dough and put aside.

In a small bowl, mix together eggs, oil, honey, and cold water. The yeast mixture should be cracking through the top of the flour.

Mix the egg/oil/honey/water mixture in with the flour/yeast and start mixing. You'll have to add flour. Knead on a floured surface for five minutes. The dough should be moist and elastic. Let it rise for three hours.

Pre-heat the oven to 180 degrees Celsius.

Punch it down, flat.

Divide into two large or three medium loaves. Braid (or design how you prefer).

Place the loaves on a lightly oiled baking pan or oven tray.

Glaze

Beat 1 egg for the glaze and brush on.

Bake for 30 minutes or so.

Rabbi Levi Weiman-Kelman has been preparing this challah every week since 1972. He is the founding rabbi of Congregation Kol HaNeshama in Jerusalem and is currently serving the Reform congregation in Herzeliyah Pituach, both member congregations of the Israel Movement for Reform and Progressive Judaism (IMRJ).



Israel Movement for Reform
and Progressive Judaism

התנועה הרפורמית והקדימה בישראל

The Talmud teaches us, "On Rosh Hashanah, all the inhabitants of the earth stand before God..." In his book, This is Real and You Are Completely Unprepared, Rabbi Alan Lew reminds us that at the start of the New Year that each one of us will appear before God. Rabbi Lew then poses two questions: "What will God see on that day? What will you see?"

These questions summarize precisely what is expected of us, and what we should expect of ourselves as we close the gates to the year gone by, and pass through those that will lead us into a new year of life. Rosh Hashanah is Yom HaDin, the day of judgement, when we are both judged and when we hold ourselves accountable.

Ideally, each of us has taken the time to prepare ourself properly for Rosh Hashanah by pausing, paying attention, asking questions, and affirming choices to live a meaningful life.

However, the entire period from Rosh Hashanah until Yom Kippur affords us the extra time for self-reflection and turning (*teshuvah*) in the direction of the commitments that we wish to make, so that we may fully enter into the New Year confident about how we see ourselves, are seen by others, and are seen by God.

Rabbi Philip Nadel

serves Kehillat YOZMA in Modi'in, Israel.



Spiced Autumn Soup

Ingredients:

60 gr butter
2 large onions, coarsely chopped
2 potatoes, coarsely chopped
2 carrots, coarsely chopped
1 garlic clove, crushed
1 orange, zest and juice
2 tsp mild curry powder
1.8 ltr vegetable or chicken stock
2 400 gr cans, chopped tomatoes
2 apples, peeled and chopped
Salt and pepper to taste

Directions:

In a large saucepan, melt the butter, then add onions, potatoes, carrots, garlic, and orange zest. Cook gently, stirring from time to time, for about 5 minutes.

Add curry powder and cook, stirring constantly for 1-2 minutes

Add vegetable or chicken stock, orange juice, tomatoes, apples and season with salt and pepper.

Bring to a boil, cover and simmer for 30 minutes, or until the vegetables are tender. Discard the orange zest.

Puree the soup in a food processor or blender until smooth.

Return to a clean pan, reheat, taste for seasoning, and serve hot.

Serves 8-10.

*Deborah Grabiner is the Administrator of the European Union for Progressive Judaism and a member of Alyth Synagogue in London.
The above recipe was adapted from Mary Berry's Complete Cookbook.*

On Yom Kippur when 'all Israel stands before God', many Reform communities read from Parashat Nitzavim, the portion of Torah wherein the Israelites are described in the same way as they wait to enter into the covenant. The Torah emphasises that this group really does include everyone – men, women, children, and strangers in their midst.

In Midrash Tanchuma, the Israelites in this moment are likened to a bundle of reeds. If taken one by one even a child can break them, but bound together they are strong and cannot be broken. The people of Israel, says the midrash, were not redeemed until they stood together as one group before God. Texts like this which give religious context to the power of solidarity are reminders of the vital role that connection to Jewish community plays. Surrounded by the other reeds in our global Progressive Jewish bundle, we are strengthened and sustained even in moments when local or national events might cause us to notice our individual fragility.

Deborah Blausten,

a final year rabbinical student at Leo Baeck College in London and a graduate of RSY-Netzer, works at Finchley Reform Synagogue.



Stuffed Fish (Gefilte Fish)

Ingredients:

2 kg pike perch (zander fish)
1 egg
3 carrots
4 onions
2 pieces of matzah
1 ltr milk
2 beets
Allspice and bay leaves to taste
Salt and pepper to taste

Directions:

Soak the pieces of matza in milk.

Cut the fish into pieces, remove the skin from each part (save it), separate the fish flesh from the bones (save them for the bouillon). Mince the fish flesh in a grinder.

Add the soaked matzah, onion, garlic, salt and pepper to the minced fish. Mix.

Take the skins of fish separated at the beginning, and fill them with minced fish, shaping them into round balls, or any shape you prefer.

Put into a large pan, the fish bones and scales (it is best to put them in a pan in a tied mesh bag). Fill the pan with water. Add 1 onion, 1 beetroot, 1 large carrot (cut into rings), salt, pepper, allspice, and bay leaf.

Put shaped stuffed fish on top. Cook on low boil slowly for 2 ½ - 3 hours. Strain and save the broth.

When done, immediately remove chopped vegetables from the broth.

Pack the fish, vegetables, and broth together until ready to eat.

Valeria Kanovich is from Moscow, Russia. Her recipe for gefilte fish appeared on the "Time to Lunch" television show on the First Russian National Channel.

Many children, including myself, grew up listening to the fairy tale, "A Golden Fish" by Alexander Pushkin. I remember loving this story as a kid, and asking my parents to read it over and over again. The story is about a poor fisherman, his nagging wife, and a golden fish, which was caught by the fisherman. The moral of the story, which my mam (z"l) explained to me, was about greed; and she used to remind us as kids to be grateful for what we had – even though we didn't have much.

I later came across the saying of Ben Zoma during my rabbinic studies at Leo Baeck College in London: "Who is rich?" asks Ben Zoma in Mishnah, Tractate Avot, 4.1), "The person who is satisfied with what s/he has."

Many Jewish parables affiliate fish with the Jewish people. And eating fish is among the standard practices for Rosh Hashanah meals because of its symbolism. Blessings uttered while consuming fish, express hope for the Jewish people to lead at the head and not be left behind like a tail; similarly, we pray to God that the Jewish people will be as plentiful as a multitude of fish.

When I would eat fish as a child, my mam would say, "Give a person one fish and s/he will receive food for a day. Teach a person to fish, and s/he will secure food for life." As a child, I was unable to grasp the essence of this known saying but now I can. Now, I have a fishing rod for myself and strive to grant fishing rods to others.

May the New Year bring blessings of plenty and gratitude for what we have.

Rabbi Alexander Duhkovny

is Chief Rabbi of Ukraine and Kiev Progressive Jewish congregations.



Feijoada Kosher

Ingredients:

2 kg black beans, soaked overnight

300 gr beef jerky

300 gr beef brisket

300 gr Portuguese type sausage (farinheira or alheira)

300 gr pastrami

300 smoked baby back ribs

100 gr smoked beef tongue

bay leaves

2 whole oranges cut in half

For the black bean seasoning:

300 gr chopped onion

100 gr chopped garlic

6 bay leaves

1 cup olive oil

Directions:

Place the beans in a colander and rinse under water. Wash well to rinse out any dirt clumps and pick out any tiny rocks or twigs you might see. Pour into a large soup pot or Dutch oven and cover with water to about 4 inches above the top of the beans. Set in a safe place and let sit for 8 hours or overnight.

Boil the meat in whole pieces for about 10 minutes over high heat. Remove from water.

Draining beans in a colander and rinse. Return soaked beans to the pot. Add about 10 cups water, filled to about 4 inches above the top of the beans. Set over medium-high heat and bring to a boil.

Combine meat with beans, add bay leaves, and orange halves. After 30 minutes, squeeze out juice from oranges and discard.

Skim off the foam that rises to the surface throughout the cooking process.

After the first hour, start testing if the meat is fully cooked with a fork. Not all of them will be tender at the same time so remove and reserve the ones that are already cooked.

When all meat and beans are soft, remove and cut the pieces of meat into small cubes and set aside.

In a skillet, brown onion and garlic in a cup of preheated olive oil. Add a ladle of beans with its stock.

Mix well and let cook for a few minutes, then add the remaining black beans.

Cook for 5 minutes and combine the meat with the seasoned beans. Cook for another 15 minutes over low heat or until the broth thickens.

Traditionally served with white rice, braised cabbage, cassava flour crumbs, sliced orange, fried cassava and banana tartar made with chopped bananas, red onion and vinegar, salt and olive oil.

Serves 10-15.



The challenge of facing the New Year from the perspective of renewal, motivates us not only as individuals, but also as a religious movement. In this globalized and interconnected world, it is easier to recognize ourselves as part of the same family, where pluralistic, egalitarian, democratic, and inclusive values are the rule and not the exception.

5780 will be a year of overcoming and changes. A new government in Israel will receive our demands for social justice and human rights, inherit growing anti-Semitism in Europe and the United States, and be influenced by political currents worldwide that swing to extremes.

The important thing, throughout all this, is for us to remain together and supportive of each other.

May our communities earn the blessing of God in the coming year.

Rabbi Guershon Kwasniewski

*serves SIBRA in Porto Alegre, Brazil, and is a founding member
of the Union for Reform Judaism (UJR) AmLat.*

Claudia Rezende Minerbo is from São Paulo, Brazil part of the Latin American regional organization - Union for Reform Judaism (UJR) AmLat.



Zucchini Carrot Kugel

Ingredients:

6 packed cups coarsely grated zucchini (about 3-4 medium)
3 packed cups coarsely grated carrot (about 5 medium)
3 cups minced onion
3 tablespoons butter
3 large beaten eggs
3/4 cup matzo meal
6 tablespoons flour
1 teaspoon baking powder
Salt and freshly ground black pepper
Dots of butter for the top

Directions:

Preheat oven to 190° Celsius / 375° Fahrenheit and butter a 9 x 13 inch pan.

Place zucchini in a colander over a sink or bowl, salt lightly, and let stand 15 minutes; squeeze out moisture.

Sauté onions in 3 tablespoons butter over medium heat until soft and translucent. Remove from heat.

In a large bowl, mix together the zucchini, sautéed onions and carrot.

Beat in eggs and add matzo meal; sift in flour and baking powder.

Grind in pepper generously, season to taste with salt and mix well.

Spread into pan, and place thin dots of butter here and there on the top.

Bake uncovered for 1 hour and 15 minutes.

Rabbi Martha Bergadine leads the United Jewish Congregation of Hong Kong as part of the Union for Progressive Judaism (UPJ) representing Progressive and Reform congregations in Australia, New Zealand, and Asia.

I think everyone remembers the punchline of Jackie Mason's joke about Jewish holidays, "let's eat." With the exception of Yom Kippur, every Jewish holiday has a food focus. From blintzes and sufganiot to matzah ball soup, every holiday has its food. Even Yom Kippur, a fast day, is nestled between meals.

Rosh Hashanah is no different. For most of us, this may be apples and honey, and perhaps *teiglach*. Yet these are but a fragment of a much longer Seder, still practiced by Sefardim. They eat a fish head, pomegranates, and even leeks, each with the hope that the New Year will be good, sweet, and plentiful.

Indeed, apples are only special on the first night; a new fruit is required on the second. While many of us celebrate one night, we can still remember this custom. Instead of a different fruit, why not a new holiday recipe? Thus, we too can symbolically and gastronomically celebrate our entry into the New Year.

Rabbi David A. Kunin

serves Jewish Community of Japan in Tokyo, and is Chair of the Council of Australian, New Zealand and Asian Progressive Rabbis.



Heuningkoek South African Honey Cake

Ingredients:

125 gr of butter
2/3 cup caser sugar
2 large eggs
Vanilla essence
1/3 cup milk
1 1/2 cups self-rising flour

Sauce:

1/2 cup honey
1/2 cup butter

Directions:

Beat butter and sugar to a cream.

Add eggs one at a time and beat well.

Add a small amount of vanilla essence.

Sift the flour and add alternately with the milk.

Mix to make a soft dough.

Pour into a greased pan and bake in a moderate oven 180°C for approximately 40 minutes or until a skewer comes out clean.

Turn out from pan onto a wire rack to cool.

Sauce:

Melt the honey and butter together while cake is baking.

As soon as the cake is out of the oven, prick the top of it with a fork to make many holes, and pour over the honey sauce.

The commandment to hear the *shofar*, the ram's horn, blow on Rosh Hashana is the only specific commandment mandated for the holiday in the Torah. In the prayer *Un'taneh Tokef*, we read, "the great shofar will be sounded and a still small voice will be heard." As we hear the shofar blow, we open our hearts to hear this "small voice."

In the Talmud, we learn about a person who hears the sound of the shofar as s/he walks by a synagogue. "If one should happen to pass by a synagogue... and should hear the cornet (on the New Year) ..." (Tractate Rosh Hashana 3,7). This person's heart is open and s/he is ready to "hear" but not with his/her congregation or community. To them, the synagogue presents complex formal rites and social customs.

During Rosh Hashanah, we gather at festive meals to eat delicious food prepared with love and care, symbolic of blessings for the new year. Walnuts are not on our tables because the Hebrew word for walnut - אגוז - in gematria has been found to equal the Hebrew word for sin - חטא.

My mother, Rabbi Elena Rubinshtein, once discovered that walnuts were undeservedly expelled from our tables. It seems that when originally calculating the gematria of the words walnut and sin, the last letter in the word sin, the aleph, was omitted. In fact, when recalculated, the gematria of the word walnut equals the same as the word for good (אגוז = טוב = 8).

May we be able to learn and understand how to turn 'sin' into 'good' by rethinking and asking questions. We were all created to learn, to care for and love, and to join our communities – that is the essence of the creation!

Rabbi Julia Margolis

serves Beit Luria in Johannesburg, and is chairman of South African Centre for Religious Equality and Diversity (SACRED).



Apple Dapple Cake

Ingredients:

3 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 1/4 cup oil
2 cups sugar
3 large eggs
3 medium tart apples, peeled and thinly sliced
1 teaspoon vanilla

Topping:

1 cup brown sugar
1/4 cup milk (or mocha mix, if pareve)
1/2 cup margarine
1 teaspoon vanilla

Directions:

Heat oven to 350°F.

Grease 10-inch ring-shaped or Bundt baking pan.

Sift flour with baking soda and salt.

Cream oil with sugar until light; beat in eggs one by one.

Fold in flour mixture in three batches.

Stir in apples with vanilla. [Note: Batter will be extremely thick.]

Spoon mixture into baking pan.

Bake about 1 1/4 to 1 1/2 hours.

Topping:

Five minutes before the cake is done, combine topping ingredients in a saucepan.

Melt over low heat, stirring constantly.

Boil until topping coats a spoon (about 3 minutes).

Turn cake out onto rack while still warm.

Pour topping over cake. Allow to cool.

Deborah Rood Goldman is a longtime member and immediate past president of the Garden City Jewish Center in Garden City, NY. She is a digital communications producer on the Union for Reform Judaism's marketing and communications team. The above is reprinted with permission from ReformJudaism.org

"When they offer you the fish head, you need to pass," advised Rabbi Nathan Alfred, in a whisper, as we entered a house in Luxembourg for the meal before Erev Rosh Hashanah services.

At the time, I was a student rabbi helping lead services in Esch-sur-Alzette assisting Rabbi Alfred, who now serves a Progressive congregation in Singapore. Of course Rosh Hashanah literally translates into "Head of the Year," and there is a tradition in some Ashkenazi homes of eating foods whose names allude to symbols of the holy day. For example, beets in Hebrew *selek* draw from the verb *le'Salek* meaning "to remove decisively" leading to the practice of many celebrants to ask God to remove all who oppose them as a blessing before eating beets. Similarly, carrots, or *gezer* in Hebrew, sound like Hebrew the word for edict, or *gizrah*, and in turn, as carrots are consumed, many ask that evil decrees against us be dissolved.

Which brings us to the fish head.

Deuteronomy 28:13 asks that God make us like the head (*rosh*) and not the tail, a blessing that we repeat on Rosh Hashanah. While the honoured rabbi is offered the rosh, this should be reserved for the head of the family. That night I learned that passing on an honour as a rabbi helps bestow that same honour and blessing it where it is really due – with the head of the household and those that help provide for and prepare for the festival meal. And it's also a great strategy to getting a piece of fish with fewer bones.

This year, may we lead from the top, in good health, with many blessings, and in places of honour.

Rabbi Jordan Helfman,
is an Associate Rabbi at Holy Blossom Temple in Toronto, Canada.

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The World Union strengthens Jewish life and values in Israel and Jewish communities around the world by supporting and advancing a progressive approach to Jewish tradition in seven regions, serving 1,200 congregations with 1.8 million members.


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The World Union for Progressive Judaism
wishes you and your loved ones
a sweet and peaceful New Year!

From our global family to yours.

Shana Tova!



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