

Preparing for **SHABBAT** Dinner

Rest is a radical act.

In the coming pages, you'll find recipes to nourish your body, blessings to feed your soul, and ideas to fuel your Shabbat table conversation.

But before you do, take a moment to pause. Breathe. Appreciate the moment.

In a world that tries to tell us that our value is in our productive work, be defiant.

REST.

“Pausing is not an option. Pausing is part of the plan.”

- **Rabbi Sheila Peltz Weinberg**

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is the Sabbath of the Eternal your God.”

- **Exodus 20:8-10**

“Rest, in its simplest form, becomes an act of resistance and a reclaiming of power because it asserts our most basic humanity. We are enough. The systems cannot have us.”

- **Tricia Hersey, aka “The Nap Bishop” in Rest Is Resistance: A Manifesto**

“To be truly visionary we have to root our imagination in our concrete reality while simultaneously imagining possibilities beyond that reality.”

- **bell hooks**

The recipes featured here come from Shannon Sarna Goldberg’s



**Modern Jewish Comfort Food:
100 Fresh Recipes for Classic Dishes
from Kugel to Kreplach.**



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NCJ 

National Council of Jewish Women

THE UTERUS CHALLAH YOU'VE BEEN WAITING FOR

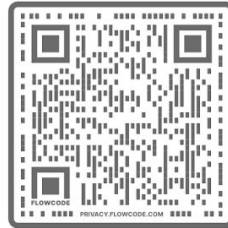
“It’s Friday afternoon, my two-month-old has finally allowed me to set her down for 20 minutes without screaming, and it’s time to get serious about making a reproductive system out of bread.

“You can start with your favorite challah recipe. Here’s a riff on the one I picked up from Henya, the Chabad rebbetzin who didn’t care that my mom is a lapsed Catholic, or maybe did, but cared in a way that led her to teach me how to make challah and Shabbat dinner fixings on a lot of Thursday evenings in college.”

- Logan Zinman Gerber

INGREDIENTS:

- 1 package of active dry yeast
- 2 tsp sugar or honey
- ½ cup warm water
- ⅓ cup sugar
- 1 cup warm water
- ⅓ cup oil (a neutral oil like vegetable or canola)
- 1 egg
- 2 tsp salt
- 5 cups flour
- 1 egg
- Mix-ins of your choice
- Toppings of your choice



SCAN HERE
for the full recipe
& braiding tutorial



Once you’ve baked your challah,
snap a photo, share and tag it with

#REPROSHABBAT @NCJW @LILITHMAGAZINE

so we can reshare your gorgeous creation!

CORN SCHNITZEL

SERVES 4 to 6

Israelis have a general love of corn: they put it in shakshuka and on top of pizza, and you can even order “corn sticks” at McDonald’s in Israel. I once saw a grandma at a playground in Tel Aviv take ears of corn from her purse and present them as snacks for her grandchildren. (It’s actually a great idea.) Corn schnitzel may sound like a strange type of schnitzel, since it is more like a patty than thinly pounded meat. However, in Israel, it is popular both as a kid-friendly meal option and as a vegetarian alternative to chicken schnitzel. Serve these corn schnitzel patties with mashed potatoes or rice, and everyone will go home happy.

INGREDIENTS:

For the corn patty mixture:

- 4½ cups (24 ounces) cooked corn (from fresh or frozen)
- 1 cup bread crumbs
- ½ cup unbleached all-purpose flour
- 2 large eggs
- 1 tablespoon coarsely chopped fresh parsley
- 1 teaspoon garlic powder
- 1 teaspoon fine sea salt
- ½ teaspoon freshly ground black pepper

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Bread crumb mixture:

- 1 cup unseasoned bread crumbs
- ½ teaspoon fine sea salt
- 1½ tablespoons sesame seeds

For frying: Vegetable oil

DIRECTIONS:

Make the corn patty mixture: Pulse the corn in a food processor fitted with the blade attachment until almost smooth but you can still see pieces of corn kernels.

Transfer the corn to a bowl and combine with the bread crumbs, flour, eggs, parsley, garlic powder, salt, and pepper.

Make the bread crumb mixture: In a separate bowl, combine the bread crumbs, salt, and sesame seeds.

Form 1-inch-thick round patties of the corn mixture, using around ¼ cup per patty. Dip them into the bread crumb mixture, making sure to press gently so the crumbs stick to the sides.

Repeat with all of the corn mixture and the bread crumb mixture.

Pour the oil to 1 to 1½ inches’ depth into a large sauté pan over medium-high heat.

Fry the corn patties until golden brown, around 3 minutes per side.

Serve warm with ketchup or other favorite dips.



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ITALIAN LENTILS & PASTA

SERVES 4 to 6

So much Jewish food has roots in the simplest peasant food, and the same can be said for Italian food. My own heritage is Jewish on my dad's side, and Italian on my mother's so lentils with pasta, or lenticche e pasta, is the kind of comfort food that speaks straight to my soul and connects to both traditions. You can make this soup either with vegetable stock or with chicken stock. It's great with lots of fresh parmesan sprinkled on top and some crusty bread for dipping.

INGREDIENTS:

- Shannon Sarna Goldberg

- 1 cup green lentils, rinsed
- 1 onion, diced
- 1 piece of celery
- 2 carrots
- 2 garlic cloves
- 1 Tbsp tomato paste
- 1 dried bay leaf
- 1/3 cup dried pasta (smaller is ideal for this such as small shells, elbows, ditalini or tubettini)
- 3 cups water
- 3 cups chicken stock (or vegetable stock)
- Salt and pepper to taste
- Grated parmesan for serving (optional)

DIRECTIONS:

Rinse the lentils, removing any broken pieces.

Heat 2 Tbsp olive oil in a small pot. Add onion and cook until translucent, 5-7 minutes. Add carrots and celery for 2 minutes. Then add the garlic and tomato paste and cook for 1-2 additional minutes.

Add water and stock and bring to a boil. Reduce heat and simmer for 25-30 minutes. Add more liquid if it is cooking too quickly.

Add pasta to the soup and cook for an additional 5 minutes. Add salt and pepper to taste.

Serve with grated parmesan if desired.

