



Apples / Honey Cookbook

www.yadezra.net

Letter from Aryeh Lurie, Founder

Dear Friends,

I'm delighted to launch this new cookbook just in time for Rosh Hashanah. It's been a challenging year all over the world, and even more so for the 'old poor' and the 'new poor' of Israel, many of whom have lost even the little they had.

Every Rosh Hashanah, we eat sweet foods to symbolize that the coming year should be sweet. "An end to last year and its curses, and welcome to the new year and its goodness" (The Talmud, BT Megillah 31b). *This cookbook therefore focuses on the positive - the sweetness of apples and honey.*

Through these recipes we hope to inspire you, and bring hope and renewal to the world, just like we do for the poor in Israel at Yad Ezra V'Shulamit all year long. Our mission is to sweeten the lives of those who don't have even the basics of food on their table. Food is life. It is the basic building block for all of us. Our grassroot programs aim to bring life to the Jewish nation, it's people, and especially her sweet, innocent children.

**WISHING YOU A BLESSED YEAR,
AND L'CHAIM TO LIFE!**

Rav Aryeh,
Founder and Director
Yad Ezra V'Shulamit

Focusing on the most vulnerable in the Jewish community, our children, Yad Ezra V'Shulamit provides food and basic-needs programs that break the cycle of poverty.

2 Children's Centers –
Serving 11,700 Meals Per Month

Program	No. of Items in 2019
Food Baskets	250,000
Hot Meals	140,000
Winter Clothing	10,000
Baby Formula	10,000
School Supplies	2,500



All the recipes in this brand new cookbook contain either apples or honey, highlighting the Jewish tradition of eating apples and honey on the Jewish New Year, Rosh Hashanah.

The hand picked recipes were chosen based on: ease of preparation, availability and quantity of ingredients, uniqueness, and nutritious value.

All the recipes have been adapted for the kosher kitchen - not mixing dairy and meat. Many recipes can also be made 'pareve' - and eaten with either meat or dairy. We have indicated the category on each recipe.

Please note that some recipes may contain nuts and vinegar and it is a custom in some Jewish communities not to eat nuts over Rosh Hashanah. The recipes that have these are not core to the recipe and therefore can easily be excluded to fit one's own customs.



"We finally were able to call Israel our home and then the pandemic hit. We were forced into isolation in a new foreign country. I heard about Yad Ezra V'Shulamit and quickly made a phone call. Within a couple of hours a food basket was hand delivered to our apartment."



Common Cooking Conversions

Volume

Teaspoon (tsp.)	Tablespoon (Tbsp.)	Fluid Ounce (oz.)	Cup	Pint	Quart	Millileter (ml)	Gallon
1	1/3	1/6				5	
3	1	1/2	1/16			15	
6	2	1	1/8			30	
12	4	2	1/4			60	
16	5	2 2/3	1/3			80	
24	8	4	1/2			120	
32	11	5 1/3	2/3			160	
36	12	6	3/4			177	
48	16	8	1	1/2	1/4	240	
	32	16	2	1	1/2	480	
	64	32	4	2	1	950	
			4 1/4			1 liter	0.26
			16	8	4	3.8	1

Temperature

Fahrenheit	Celcius
250 °F	120 °C
275 °F	135 °C
300 °F	150 °C
325 °F	165 °C
350 °F	175 °C
375 °F	190 °C
400 °F	205 °C
425 °F	220 °C
450 °F	235 °C
475 °F	245 °C
500 °F	260 °C

Weight

Ounces (oz.)	Pounds (lb)	Grams	Cups
1/2		14	1/16
1		28	1/8
2		57	1/4
3		85	1/3
4	1/4	115	1/2
	1/3	150	
8	1/2	230	1
2/3	300		
12	3/4	340	1 1/2
16	1	450	2
	1.1	500	
35	2 205	1 kg	



"The food is great at the children's center. And I can take seconds!" - Zippy

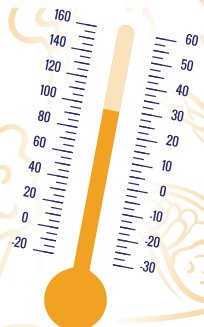


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Breakfast



"I love coming to the Children's Center every day. The lunch is delicious and my counselor is so nice to me and helps me with my homework!"

- Sara



Grandma's Healthy Open Sandwich



YAD EZRA V'SHULAMIT

DAIRY



INGREDIENTS

Bread
Farmer's Cheese
Choice of Toppings:
Honey
Jam
Silan
Fruit Slices
Granola

This very healthy breakfast is fast to prepare and can be used with whatever toppings are on hand.

PREPARATION

Cut bread into the thickness you prefer, top with a generous amount of farmer's cheese, and drizzle with toppings of your choice. It's that easy and very delicious!



Breakfast

Semolina Porridge

DAIRY OR PAREVE



This recipe only takes 10min to cook and is great served piping hot.

INGREDIENTS

1 cup milk or almond milk
1/2 cup semolina
1 apple
2 tbsp honey
Other optional toppings:
Edam cheese slices, jam.

PREPARATION

Pour milk into a small pot on medium heat. Pour in semolina, and a pinch of salt, and reduce to a low fire. Stir frequently to ensure it is not sticking to the bottom until almost thickens (about 10min).
Meanwhile cut the apple into thin slices. Serve onto plates, layering apple and drizzle with honey.



Breakfast

Honey and Cinnamon Overnight Oats



YAD EZRA V'SHULAMIT

DAIRY



The best thing about this recipe, other than the taste of course, is that it's prepared ahead of time so you can wake up and have your breakfast with no time to wait. It's a flexible recipe, you can alternate the toppings to what's available in your pantry, or can use pre-bought natural or toasted seed mixes.

INGREDIENTS

2 cups traditional rolled oats
1/2 cup almonds, roughly chopped
1 1/2 cups milk
1 1/2 cups plain Greek-style yogurt, plus extra to serve
1 tsp ground cinnamon
2 1/2 tbsp honey

Toppings:

1/4 cup sunflower seeds
(or whatever seeds you prefer)
1 tbsp coconut flakes (optional)
2 apples, cut into thin wedges
(can use any fruit like pears, plums or peaches)

PREPARATION

Place oats, almonds, milk, yogurt, cinnamon and 2 tbsp honey in a bowl. Stir to combine. Divide mixture among 4 x 1-cup-capacity glass jars. Secure with lids or cover tightly. Refrigerate overnight. These oats will keep in the fridge for up to 3 days.

Serve oats the next day topped with extra yogurt, apple wedges, passionfruit pulp, coconut flakes, seeds and extra honey.



Breakfast

Starters & Sides



The State of Poverty in Israel, 2019
1,810,500 People Living in Poverty
That's 21% of the Population
1 in 3 Children Live Under the Poverty Line



YAD EZRA V'SHULAMIT

Apple Pumpkin Soup



YAD EZRA V'SHULAMIT

PAREVE



For 8 people
Source

INGREDIENTS

2 tbsp olive oil
2 cups chopped onion
3 garlic cloves, chopped
4 cups (1/2-in.) cubed peeled fresh pumpkin or butternut squash (about 1 lb. 2 oz.)
1 large Granny Smith apple, cut into 1/2-in. cubes
1/4 tsp ground cinnamon
1/2 tsp salt, divided
3 cups unsalted vegetable stock (or homemade stock)
1/4 cup apple cider

Toppings: pumpkin seeds (pepitas), sour light cream, croutons.

PREPARATION

Heat oil in a large saucepan over medium heat and swirl to coat. Add onion, cook for 5 minutes, stirring occasionally. Add garlic and cook for another 2 minutes. Add pumpkin, apples, cinnamon, and 1/4 tsp salt.

Let cook for 5 minutes, stirring often. Add stock and bring to a boil. Reduce heat to medium-low.

Simmer for 25 minutes or until pumpkin and apples are tender.

Place half of the pumpkin mixture in a blender, allowing steam to escape. Secure the blender lid and place a clean towel over the opening to avoid splatters. Blend until smooth and repeat with remaining pumpkin mixture. Pour in apple cider, and reheat in the pot if needed. Decorate with toppings of your choice right before serving.

Starters and Sides

Cold Beet and Apple Soup



YAD EZRA V'SHULAMIT

DAIRY



For 8 people
Source

INGREDIENTS

1 tbsp vegetable oil
6 cups peeled beets
1 cup onions
3 cups Granny Smith apples
1 1/2 tsp salt
1/2 tsp fresh ground pepper
5 cups apple cider
1/2 cup sour cream
1 tsp dried mustard

PREPARATION

Heat oil in a large saucepan over medium-high heat. Add the beets and onions and cook until onions soften – about 5 minutes. Add the apples and cook for 5 more minutes. Add 1 teaspoon salt, pepper, 4 cups cider, and 4 cups water. Bring soup to a boil, then reduce to a simmer, cover, and cook until beets are tender – about 40 minutes.

Puree small batches of soup in a blender until smooth, adding remaining cider as necessary to reach desired consistency.

Bring soup to room temperature and chill until ready to serve.

Make sour-cream mixture by combining remaining ingredients (sour cream and dried mustard) in a small bowl and add a teaspoon on top of soup with each serving.

Starters and Sides

Honey Rosemary Roasted Potatoes



YAD EZRA V'SHULAMIT

PAREVE

INGREDIENTS

3 lb Yukon gold potatoes,
quartered
1/2 cup honey
1.5 tbsp rosemary,
chopped finely
1 tbsp onion powder
1 tbsp garlic powder
Olive oil to coat
Salt & black pepper to taste

PREPARATION

In a pot of water par-boil potatoes for 10 min on high heat. Take out and drain well.

In a large bowl toss potatoes with enough olive oil to coat. Season with rosemary, onion powder, garlic powder, salt, and pepper, and mix well.

Roast at 400° for approximately 25 minutes or until potatoes are caramelized and easily pierced with a paring knife.

Transfer to a large mixing bowl. Add honey, toss well, and return for 5 min to oven on high grill.



For 6 people

Variations: sage, thyme, oregano, parsley, chives, cayenne, lemon. You can also add cheese to the end and mix well: feta, goat cheese, cheddar, parmesan, romano, or gruyere (swiss cheese).

Starters and Sides

Balsamic Honey Glazed Carrots

PAREVE

This is truly the perfect healthy side dish! It's also great for holiday dinners because you can double or triple the recipe easily for a crowd.

INGREDIENTS

14 large carrots
(with their tops if possible!)
2 tbsp honey
3 tsp balsamic vinegar
A pinch or two of salt

Variations: Replace carrots with sweet potatoes (yams), skin on. Turn them over in the oven once and they will caramelize on the outside and be super soft on the inside. Add chillies for some extra kick and contrast, and replace olive oil with butter for a creamy dairy side dish.

PREPARATION

Preheat the oven to 400 degrees and line a baking tray with a sheet of unbleached parchment paper. Wash your carrots very well, making sure to scrub off any lingering mud. Cut the tops off leaving about 1 inch of green attached, and dry the carrots, placing them on the prepared baking sheet. Mix together the honey and balsamic vinegar in a small bowl and brush it on to the carrots. Drizzle any remaining honey mixture over the carrots and roll them around a bit to make sure they're all well coated. Sprinkle some salt over the carrots. Roast the carrots for 18-25 minutes or until they're roasted to the texture you prefer. Serve immediately.

Source



Starters and Sides

Basmati Rice with Apple and Ginger



YAD EZRA V'SHULAMIT

PAREVE



For 8 people
Source

INGREDIENTS

$\frac{3}{4}$ cups apple juice
 $\frac{1}{2}$ cup water
1 $\frac{1}{2}$ tsp salt
2 cups white basmati rice
or 1 $\frac{1}{2}$ cups texmati rice
1 slice fresh ginger
(thin slices)
1 piece cinnamon stick
(2 inches long)

PREPARATION

Bring juice, water and salt to a boil in a medium saucepan. Add remaining ingredients and reduce heat to low. Cover and simmer for 25-30 minutes or until liquid is absorbed. Discard ginger and cinnamon stick.

Starters and Sides

Fresh Apple Couscous with Herb Dressing



YAD EZRA V'SHULAMIT

DAIRY



INGREDIENTS

4 tbsp olive oil
1 cup Israeli couscous
1/4 tsp salt
1 large Gala or other red cooking apple
1 large Granny Smith apple
1/4 cup fresh lemon juice
2 tbsp minced or finely chopped shallot
4 oz. feta cheese
1/4 cup toasted pine nuts
1/4 cup roughly chopped fresh mint
1 tsp Chopped fresh oregano
Freshly ground pepper

Source

PREPARATION

In a medium pan over medium heat, heat 1 tbsp olive oil. Add couscous, stirring pan occasionally. Cook until golden brown, about 2 to 3 minutes. Pour in 2 cups water and salt, then bring to boil. Reduce heat to simmer and cook couscous until tender, about 6 minutes. Then drain and rinse.

In a large bowl, toss together apples and 2 tbsp lemon juice. Mix in shallot and couscous. Transfer apple mixture to a serving dish and sprinkle in feta and pine nuts.

In a food processor or blender, pulse together mint, oregano, and remaining lemon juice until herbs are finely chopped. Add remaining 3 tbsp olive oil in a slow, steady stream until blended. Season dressing with pepper. Drizzle dressing over salad and gently toss.

Starters and Sides

Salads



Our Vital Statistics
Serving 47 Cities in Israel
5000 tons of food distributed annually
180,000 people helped in 2019



YAD EZRA V'SHULAMIT

Simanim Salad with Pomegranate Balsamic Dressing



YAD EZRA V'SHULAMIT

PAREVE



Courtesy of JamieGeller.com

Source

<https://jamiiegeller.com/recipes/simanim-salad-with-pomegranate-balsamic-dressing/>

This salad incorporates many significant “simanim” symbols, foods which we symbolically eat on Rosh Hashanah, in the hopes of being blessed with a sweet and fruitful new year.

INGREDIENTS

- 1/3 cup pomegranate juice
- 3 tbsp honey
- 3 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 baby spinach, washed and dried
- 1 gala or pink lady apple, cored and thinly sliced
- 1 large carrot, peeled and made into ribbons using peeler
- 1½ cup quartered cooked beets
- ¼ cup pomegranate seeds
- Salt
- Freshly ground black pepper

DRESSING

- 1/4 cup oil
- 2 tsp vinegar
- 1 tsp minced scallion
- 2 tsp honey
- 1 tsp mustard
- 1/2 tsp salt
- 1/4 tsp garlic pinch of cayenne pepper

PREPARATION

In a small bowl, whisk together pomegranate juice, honey, olive oil, and balsamic vinegar. Set aside.

Place spinach on a large platter as the salad base. Artfully arrange apples, carrots, and beets on the spinach. Sprinkle with pomegranate seeds. Drizzle the dressing over the top, and season with salt and pepper to taste; or serve the salad undressed, and let your guests add dressing to their own plate.



Cabbage Salad with Apples and Celery



YAD EZRA V'SHULAMIT

PAREVE OR DAIRY



This cabbage, apple and celery salad is fresh and so delicious! The nuts can easily be left out.

INGREDIENTS

White or red cabbage
2 sour apples (Fuji, Gala or Granny Smith)
Handful of raisins
3 Stalks of celery
¼ cup of walnuts pecans (optional)
2 tbsp pumpkin seeds
Goat cheese 100g (optional)
¼ cup apple cider vinegar
1 tbsp olive oil
Salt & pepper to taste

PREPARATION

Slice all the vegetables and apples to your liking. We prefer the cabbage very thin, and the apples in slices.
Add all to a large bowl.
Add raisins, goat cheese, and walnuts
Dress with olive oil, apple cider vinegar, salt, and pepper.

Alternative Orange Honey Dressing:
3 tbsp olive oil
2 tbsp lemon juice
1 tbsp apple cider vinegar
zest from ½ orange (optional)
1 heaped tsp honey
salt and black pepper to taste



Apple Waldorf Salad

PAREVE OR DAIRY



INGREDIENTS

2 heads butter lettuce,
torn into pieces
1 gala apple, unpeeled and
thinly sliced
1 cup red grapes, halved lengthwise
1/2 cup crumbled blue cheese
1/2 cup sliced celery
1/2 cup chopped walnuts
1/3 cup olive oil
2 tbsp balsamic vinegar
2 tbsp mayonnaise
1/2 tsp sugar
1/2 tsp kosher salt
Freshly ground black pepper

PREPARATION

In a large bowl, combine lettuce, apple, grapes, cheese, celery, and walnuts.

In a small bowl, whisk together oil, vinegar, mayonnaise, sugar, and salt until smooth and creamy.

Drizzle salad with dressing, and toss to coat. Any remaining dressing can be stored in the refrigerator for 2 to 3 days.

Garnish with pepper just before serving.

Courtesy of JamieGeller.com

Source

<https://jamiiegeller.com/recipes/waldorf-salad-2/>



Mains



"I love my new coat from Yad Ezra V'Shulamit. I'm so happy I have a coat to wear when I walk to school - I was so cold in my cardigan!"

- Tali



YAD EZRA V'SHULAMIT

Honey Mustard Chicken with Potatoes



YAD EZRA V'SHULAMIT

MEAT



INGREDIENTS

chicken legs
2 tbsp dijon mustard
2 tbsp honey
1 tbsp soy sauce
1 tsp (+ more if you like it hot)
hot sauce
salt and pepper to taste
3 large potatoes chopped into
bite size pieces

Serves 2
By Leah Schapira
Source

PREPARATION

Preheat oven to 400 degrees.
Mix all ingredients (except the chicken) together in a baking dish.
Add chicken and toss it around until it's coated. Throw in the cubed potatoes around the chicken and add ¼ cup of water.
Bake for 45 minutes or until chicken is cooked through and skin is crispy and glaze is caramelized and delicious.

Mains

Honey Lemon Salmon



YAD EZRA V'SHULAMIT

DAIRY OR PAREVE

(butter can be substituted with olive oil)



Source

INGREDIENTS

- 6 Skin-on salmon fillet
- Whole lemon sliced
- $\frac{1}{4}$ Cup lemon juice
- $\frac{1}{2}$ bar of butter (can be substituted with olive oil)
- 3 tbsp honey
- 1 tbsp salt
- 1 tbsp black pepper

PREPARATION

Line a baking sheet with aluminum foil. Place the salmon skin-side down, then nestle the sliced lemon underneath and around it.

Stir together honey, melted butter, and lemon juice and pour about two-thirds over the salmon (save the rest for serving!).

Season the salmon well with salt and pepper, then seal up the foil pack before baking for 15 minutes. After that time is up, open up the foil pack and broil the salmon on high for roughly 5-10 minutes, or until the top reaches your desired level of golden brown.

Mains

Honey Ginger Stir Fry Meat

MEAT



By Linley Richter
Source

INGREDIENTS

16 oz boneless, skinless
chicken breasts, cut into
chunks
1.5 tbsp avocado oil
(any kind of oil will work)
1 tbsp minced garlic
8 cups broccoli florets
1/2 cup shredded carrots

Sauce

1/4 cup honey
1/4 cup low-sodium
soy sauce (or tamari)
1 tbsp grated fresh ginger
1 tsp sriracha
1 tbsp hoisin sauce (optional)
2 tbsp water
2 tsp cornstarch

PREPARATION

Heat avocado oil in a large saute pan over medium/high heat. When oil is fragrant add chicken breast to the pan and cook for 2-3 minutes.

Prepare sauce by whisking together all ingredients until most of the cornstarch has dissolved. Set aside.

Next, add the rest of your stir fry ingredients to the pan (except for carrots) and saute for a few minutes before adding sauce. Bring sauce to a boil and then reduce to low, add carrots, and let simmer for 6-8 minutes.

Remove from heat and serve over white rice, brown rice, or quinoa!

Honey Roasted Beef BBQ Ribs



YAD EZRA V'SHULAMIT

MEAT



Source

INGREDIENTS

1/4 cup sweet paprika
1 tbsp onion powder
salt and freshly ground
black pepper
2 tsp dry oregano
2 tsp garlic powder
1/2 tsp cumin
1/4 tsp cayenne pepper
6 pounds short-ribs,
flanken-cut (about 6 ribs
bone-in, cut into
5 to 6-inch strips)
1/2 cup honey

PREPARATION

Preheat the oven to 300 degrees F. In a small bowl, combine the paprika, onion powder, 4 tsp salt, oregano, garlic powder, cumin, cayenne pepper and a few grinds of black pepper. Rub the mixture all over the ribs and allow it to sit at room temperature for 1 to 2 hours at the most. Place the ribs snugly in an oven dish with the fat side of each rib facing up. Cover very tightly with aluminum foil. Cook for 2 1/2 hours, at this point the meat should be falling off the bones. Remove the ribs from the oven and raise the temperature to 425 degrees F. Using a pair of tongs, flip and move the beef around a bit. Drizzle the honey evenly over the top of each rib. Place the ribs back in the oven, this time leaving them uncovered and cook for another 10 to 15 minutes.

Mains

Grilled Chicken Skewers with Honey Satay Sauce



YAD EZRA V'SHULAMIT

MEAT

The great part about this recipe is that you can cut the chicken and prepare the marinade and sauce up to 2 days ahead. The peanuts in the sauce can easily be replaced with techina for an equally rich flavor. Makes 24 appetizer portions or 4-6 main dish servings

INGREDIENTS

For Chicken Skewers:

1 1/2 lbs. boneless, skinless chicken breast,
cut into long strips (about 1 oz. each)
24 skewers, soaked in water if wooden
2 tbsp olive oil
2 bsp reduced sodium soy sauce
2 tbsp honey
1 tsp salt
1 tsp pepper

For Honey Satay Sauce:

1/2 cup crunchy peanut butter or techina
1/3 cup water
1/2 cup honey
1/3 cup soy sauce
1/3 cup rice wine vinegar
2 cloves garlic, minced
2 tsp sesame oil
2 tsp red pepper flakes
2 tbsp red chili sauce

PREPARATION

Mix the olive oil, soy sauce, honey and salt and pepper in a medium bowl. Cut the chicken into strips and toss in the marinade. Refrigerate for at least 30 minutes or up to 2 hours. Whisk together all the ingredients for the Honey Sauce and set aside at room temperature to let the flavors meld.

Preheat the grill to medium-high and thread the chicken strips onto the skewers. Grill the chicken satay skewers for 3-4 minutes per side or until cooked through.

Remove from heat and serve warm or room temp along with Honey Sauce.



Mains

Honey Bronze Brisket



YAD EZRA V'SHULAMIT

MEAT



Source

INGREDIENTS

4 lbs. center-cut beef brisket, trimmed
Salt and pepper, to taste
4 medium onions, thinly sliced
2 cloves garlic, thinly sliced
1/2 cup honey
1/4 cup Dijon mustard
1/4 cup dry white wine
1/2 tsp dried thyme leaves, crushed

PREPARATION

Sprinkle both sides of the brisket with salt and pepper. Heat a large Dutch oven or covered pan on the stove top. Add brisket and brown on all sides. Remove to a platter. Add onions and garlic to pan; cook until golden and slightly softened, about 5 minutes. Meanwhile, in a small bowl, whisk together honey, mustard, wine and thyme. Return brisket to the pan, placing it on top of the onions. Pour juices from the brisket platter and about 3/4 of honey-wine mixture over the brisket. Add 1 cup of water to the pan. Bring to a boil. Cover and transfer to the oven. Bake at 350°F for 2-1/2 hours, basting with pan juices every 20 to 30 minutes. Uncover and pour remaining honey-wine mixture over the brisket. (Onion mixture will be a dark bronze color at this point.) Bake uncovered for another 20 minutes. Remove the brisket to a platter, cover and let sit for about 15 minutes. Season with salt and pepper. To serve, slice the brisket across the grain. Serve with onions and drizzle with pan juices.

Mains

Veal Stuffed Apples

MEAT



Recipe By Gabe Garcia
Source

INGREDIENTS

- 1/2 cup raisins
- 1 cup white wine
- 1/2 cup freekeh
(bulgar or spelt can be used instead)
- 1 and 1/2 cups water
- 1 tsp salt
- 1/2 cup diced shallots
- 1/2 cup diced celery
- 1/2 cup chopped walnuts (optional)
- 1 lb ground veal
- 1 tbsp chopped sage
- 1 tbsp chopped thyme
- 2 tsp salt
- 1 tsp black pepper
- 8 baking apples (such as Pink Lady)
- 1 tbsp dark brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

PREPARATION

Prepare the Veal Stuffing. Soak raisins in wine and refrigerate overnight. Add freekeh, water, and salt to a saucepan, and bring to a boil. Reduce to a simmer, and cook for about 15 minutes, stirring occasionally until all of the water is absorbed.

In a separate pan, sauté shallots and celery with a dash of salt and pepper. Cool to room temperature.

Toast walnuts on a sheet pan in a 400 degree oven for four minutes.

Combine ground veal, toasted walnuts, half a cup of soaked raisins, one and a half cups cooked freekeh, sautéed shallots and celery. Cut off the tops of apples and scoop out the insides, leaving a half inch wall.

Mix brown sugar, cinnamon, and nutmeg, and sprinkle the apples with the mixture.

Fill the apples with the stuffing and place the apple caps back on top, securing it with a toothpick.

Place apples in a deep pan, and fill with one inch of boiling water. Bake apples in a 375 degree oven for 30-45 minutes.

Deserts



"We look forward to the plentiful food basket each week. The food provides for our Shabbos and lasts well into the week. We wouldn't manage without it!!"

- Recipient



YAD EZRA V'SHULAMIT

Baked Apples

PAREVE



By LuCynda Hansen
Source

INGREDIENTS

4 servings
4 eaches tart green apples
 $\frac{1}{2}$ cup brown sugar
4 tbsp butter (optional)
2 tsp ground cinnamon

PREPARATION

Preheat the oven to 350 degrees F (175 degrees C).
Scoop out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tablespoons brown sugar and 1 tablespoon butter. Place in a shallow baking dish and sprinkle with cinnamon.
Bake in a preheated oven for 15 minutes, until sugar begins to caramelize and apples are tender.



Deserts

PAREVE



INGREDIENTS

1/2 cup light brown sugar
1 1/2 cups sugar
1/4 cup water
1 lb honey
2 tbsp lemon juice
A pinch of salt
1 tsp ginger
1 tsp cinnamon
3 1/2 cups unbleached flour
1 tsp baking powder
6 eggs
3 tbsp oil

PREPARATION

Place the honey, water, lemon juice and sugar in a very large, heavy pot, about 6 quarts. Heat to boiling and continue to simmer gently.

While the honey syrup is heating, mix the eggs, oil, spices and salt together. Sift the baking powder and flour and add to the liquid. Mix together until the mixture forms a sticky dough.

Dust benches with flour and roll out into 8 or 9 ropes about 3/4 inch thick. Cut into pieces about 3/4 inch long.

Drop the pieces of dough into the boiling syrup and simmer slowly for about an hour. Stir every 10 minutes and add more boiling water as needed, about 1/3 cup at a time.

The tayglach is done when it is a deep mahogany color, a rich, golden brown.

Spoon the tayglach on the cookie sheet and spread out and let cool.



Rice Pudding with Apples and Honey

DAIRY



Source

INGREDIENTS

1 cup bomba or arborio rice
¼ tsp salt
5 cups whole milk
(or non-dairy milk like
almond milk)
½ cup sugar
½ tsp orange-flower water
1 pear, sliced
1/3 cup chopped unsalted,
roasted pistachios
Apple and honey (for serving)

PREPARATION

Bring rice, salt, and 1½ cups water to a boil in a medium saucepan. Reduce heat, partially cover, and simmer until water is almost completely absorbed, 6–8 minutes. Add milk, return to a simmer, and cook, stirring occasionally, until rice is tender and milk is thickened, 30–35 minutes. Add sugar and orange-flower water and cook, stirring, until sugar is dissolved, about 1 minute longer. Let cool slightly.



Deserts

Simple Apple Compote

PAREVE



This compote is very simple and easy to make as a refreshing not-too-sweet drink after a meal. It can be served warm or cold as an alternative to tea and coffee.

INGREDIENTS

4 apples, cored and cubed
Handful of saltanas
6 prunes
3L of water

PREPARATION

Fill a 3Lt pot with water. Add cubed apples with skin on (4), handful of saltanas and 6 prunes. Bring to boil, lower to low flame and cook for at least an hour (the more the better).



Deserts

Plant-Based Honey Cake

PAREVE

This plant-based honey cake is dairy-free, refined sugar-free, oil-free, and guilt-free! It is lightly sweetened with honey and made with real, whole ingredients – a dessert you can definitely feel good about baking and eating. Unlike plain white sugar, natural sweeteners like honey or maple syrup are rich in minerals and antioxidants. Can be made vegan by replacing the honey with date syrup.



By Kenden Alfond
Source
www.Jewishfoodhero.com

INGREDIENTS

- 2 cups whole wheat flour
(or 1 cup whole wheat flour
+ 1 cup whole wheat pastry flour)
- 2 tsp baking powder
- 2 tsp baking soda
- ½ tsp sea salt
- 2 tsp pumpkin pie spice
(or cinnamon)
- 1 1/3 cup applesauce
- 1 cup non-dairy milk
- ½ cup honey or date syrup
- 1 tsp vanilla
- 1 cup of currants (optional)

PREPARATION

Preheat the oven to 350 F (180 C) degrees. In a large bowl, combine the flour, baking powder, baking soda, salt, and pumpkin pie spice. Whisk to blend. In a separate large bowl, whisk together the applesauce, non-dairy milk, honey, and vanilla. Add the dry to the wet ingredients and stir to combine. Don't overmix. Lightly oil the Bundt pan & pour the cake batter in. Bake in a 350 F (180 C) oven for 15 minutes. Reduce oven temperature to 325 F (160 C) and bake for 45 more minutes. Top should spring back to the touch when finished. Cool completely before inverting onto a plate. To garnish the cake simply dust lightly with powdered sugar or use a glaze.



Deserts

Challah



*"I love the chicken at Yad Ezra V'Shulamit.
We don't have it at home"*

- Yael



YAD EZRA V'SHULAMIT

Apple Cinnamon Challah



YAD EZRA V'SHULAMIT

PAREVE



Source

https://israelforever.org/israel/cooking/apple_cinnamon_challahs/

INGREDIENTS

2 ½ tbsp instant yeast
¾ cup sugar
2 cups boiling water
¼ cup vegetable oil
2 tsp salt
6 cups flour
3 tsp cinnamon
4 tbsp honey
1 apple, peeled & cut
into small chunks
1 egg, beaten

PREPARATION

In a large mixing bowl, combine yeast, sugar and hot water.

Let sit for 15 minutes until bubbly.

Add flour, 1 cup at a time. After 3 cups, add oil, cinnamon, and honey. Mix with hands or in a mixer until sticky dough forms. Turn dough out onto a lightly floured surface and knead for 10-12 minutes. Flatten dough out into a disk and fold in apple pieces. If using a mixer, you can add the apple pieces right in for another 2 minutes of kneading. Place dough into a well-oiled bowl and cover with a plastic wrap or damp towel.

Let rise in a warm dry area for 1 hour (dough with double in size). Punch down and let rise again for 1 hour.

Preheat the oven to 350F. Punch down dough and separate into 6 or 8 even-sized pieces – depending of in you want to do a 3 or 4 strand braid. Roll out each piece into a long cylinder shape and lay side by side. Pinch the ends of the dough together and braid. Pinch the ends together tightly and lay on a baking sheet. In a small dish beat egg and brush on top of challah after 10 minutes of additional rising. Brush on another coat after another 10 minutes and sprinkle the top with sea salt.

Bake for 30-35 minutes or until golden.

Challah



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