



EAT, DRINK AND BE MERRY
EASY COUNTRY SPECIFIC
RECIPES, WINE & MUSIC
RECOMMENDATIONS

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

ARGENTINA

RECIPES

Argentine Roast Chicken with Vegetables and Chimichurri Sauce (serves 6)

Ingredients

1/4 cup vinegar
1 tablespoon ground cumin
1 teaspoon sweet paprika
1/4 teaspoon hot pepper flakes
1 head garlic, cloves peeled and crushed
2 teaspoons chopped fresh oregano
1/2 cup vegetable or olive oil
salt to taste
fresh ground pepper to taste
1 (3-pound) roasting chicken, cut up
2 large bell peppers, diced
3 large tomatoes, sliced
5 large potatoes, peeled and each cut into 6 large chunks

Preparation

Combine vinegar, cumin, paprika, hot pepper flakes, crushed garlic and oregano in a small bowl. Whisk in oil. Season to taste with salt and pepper.

Pour sauce over chicken, rubbing skin well. Cover with plastic wrap and refrigerate overnight.

When ready to roast, preheat oven to 400 degrees. Grease a large baking pan. Add peppers, then tomatoes.

Place chicken, skin side down, on top, pouring half the marinade over. Scatter potatoes around chicken.

Roast 20 minutes, then turn chicken pieces over and continue roasting until the chicken is crispy on top, about 30 minutes more.

Adapted from Naomi Sisson

DRINKS

Argentinian wines are widely available: Alamos Malbec 2014 (under \$10, red) Familia Schroeder, Saurus Select Malbec 2014 (under \$20, red) El Porvenir de Cafayate, Laborum Single Vineyard Torrontés Oak Fermented, Argentina 2015 (under \$30, white).

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

<http://www.timesofisrael.com/jewish-argentinians-musical-mashup-makes-klezmer-with-a-latin-beat/>
Simja Dujov, 2008 album "Santificaras las Fiestas". Simja has been involved in JDC programs!

Quince Paste and Manchego Cheese Appetizer

Ingredients

Manchego cheese or sharp white cheddar
Quince Paste
Crackers

Preparation

Slice the cheese into thin squares to fit the crackers. Slice the quince paste into similar thin squares.

Top each cracker with a slice of cheese, and then a slice of the quince paste, and serve.

<http://southamericanfood.about.com/od/appetizersfirstcourses/r/quincecheese.htm>

General Sources for Additional Recipes:

Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities Around the World by Gil Marks

The World of Jewish Cooking by Gil Marks

1,000 Jewish Recipes by Faye Levy

Joan Nathan's Jewish Holiday Cookbook

My Jewish Learning.com / Nosh: <http://www.myjewishlearning.com/recipes/>

GLOBAL SHABBAT DINNER

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TURKEY

RECIPES

Tomato Salad with Turkish Tahini Dressing (serves 4-6)

Ingredients

Salad Base

1 ½ pounds tomatoes, or a mixture of red and green tomatoes, cored and sliced

Dressing

4 tablespoons sesame tahini

½ cup water

2 tablespoons freshly squeezed lemon juice

1 to 2 garlic cloves

Salt to taste

½ teaspoon cumin seeds, lightly toasted and ground

Freshly ground pepper or Aleppo pepper to taste

1 to 2 tablespoons chopped flat-leaf parsley

Preparation

Arrange the sliced tomatoes on a platter.

Mix together the tahini, water and lemon juice. Combine the garlic with 1/4 teaspoon salt in a mortar and pestle (if you have one), and mash to a paste. Stir into the tahini mixture. Add the cumin, then salt and pepper (or Aleppo pepper) to taste. Thin out with water if the dressing is too thick to pour. Drizzle over the sliced tomatoes, sprinkle on the parsley and serve.

Note: the dressing can be made a few days in advance but you'll need to thin it out with water to serve.

Source: <http://cooking.nytimes.com/recipes/1012836-tomato-salad-with-turkish-tahini-dressing>

Turkish Lamb Armico Stew (serves approx. 6)

Cooking Time: 2 to 3 hours depending on your oven and the size of the roast

Ingredients

1 to 1 ½ lbs. lamb stew meat

3 – 4 Yukon Gold Potatoes- chunked rustically

4 large carrots - chunked rustically

1 onion - diced

4-5 cloves of garlic – diced finely

1 large tomato - diced (optional)

¼ - ½ tsp. (kosher) salt

1/3 tsp. pepper

¼ tsp. cardamom

¼ tsp. cinnamon

¼ cup golden raisins or 6 large prunes (recommended)

½ to ¾ cups of water

¼ cup red wine

1/8 – ¼ cup olive oil

Preparation

Heat oil in a large range to oven sauté pan. Add the meat and sear it brown over medium to medium-high heat. Lower heat. Add onions then garlic. Leave for a few minutes then add the water and the wine along with all the other ingredients. Cover and let simmer for 10 minutes.

Transfer to a preheated 350° oven. Cook for 30 to 45 minutes until potatoes are ready. (Recommended: Turn on broiler, remove the lid, and brown the top of the stew.)

Remove from oven and serve. Garnish with fresh mint leaves.

Video tutorial: <https://www.youtube.com/watch?v=-yOtX7Nxq1c>

Source: <http://www.aviskosherkitchen.com/Avis/Armico.html>

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DRINKS

Visit wine-searcher.com to find availability.

Raki: <http://www.enn.com/2015/12/29/foodanddrink/turkey-signature-drink-raki/>

Beer: Efes

Wine: Pamukkale Senfoni 2013 Kavaklidere Yakut 2013

<http://wtop.com/food/2015/12/5-reasons-to-try-turkish-wine/>

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

<http://www.reorientmag.com/2016/07/sephardic-turkish/>

Janet-Jak Esim Ensemble

Sami Levi

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

CUBA

RECIPES

Challah Stuffed with Guava Paste and Cream Cheese

Ingredients

2 1/4 teaspoons active dry yeast
1 1/2 teaspoons plus 1/4 cup sugar, divided
3/4 cup warm water
1/4 cup vegetable oil
4 eggs, divided
1 egg yolk
1 1/2 teaspoons table salt
4 cups all-purpose flour
12 tablespoons cream cheese
12 tablespoons guava paste
Turbinado sugar (optional)

Directions

In a large bowl, gently stir together the yeast, 1 1/2 teaspoons sugar and warm water until dissolved, and let sit for 10 minutes.

Mix in vegetable oil, 2 eggs (1 at a time), 1 egg yolk and salt.

Slowly add flour, 1/2 cup at a time, until well incorporated (you may need a little more or a little less, depending on the moisture in your air). When the dough holds together, knead until smooth, about 5 minutes by hand or 2 minutes using a dough hook on a stand mixer.

Transfer dough to a greased bowl, cover with plastic wrap and let sit in a warm place for 1 hour.

Punch the dough down, reapply the plastic wrap and return to the warm location to rise for another hour.

On a floured surface, remove dough from the bowl and cut into 12 equal pieces. Using the palm of your hand, flatten each piece, fill with 1 tablespoon each of cream cheese and guava paste. Bring the edges of the dough together to cover the filling and pinch. Repeat with the remaining 11 pieces of dough.

Place the filled dough pieces seam-side down into 2 greased 9-inch cake pans (6 dough pieces in each), and arrange the pieces in a circle with one piece in the middle.

Using the remaining eggs, create an egg wash and brush the dough generously.

Let rest for 30 minutes. Then preheat oven to 375 degrees.

Brush the dough a second time with the egg wash, making sure to pay special attention to any dips and creases where the pieces of dough meet each other.

Sprinkle with turbinado sugar (optional).

Place cake pans in oven, and immediately lower the oven temperature to 350.

Bake for 20-22 minutes, or until loaves are golden brown.

Remove from oven and cool 10 minutes.

Remove loaves from the cake pans and place on wire racks to cook completely.

Source: <http://www.timesofisrael.com/a-favorite-jewish-recipe-with-a-little-taste-of-cuba/>

RECIPES

Black Beans and Rice (serves 6)

Ingredients

3 tablespoons vegetable oil
1 medium onion, diced
2 teaspoons chopped garlic
1/2 red bell pepper
diced 1 large tomato, chopped 1
(6.75 ounce) package Spanish pilaf mix
2 cups water
1 (14 ounce) can black beans, drained
salt to taste

Preparation

In a medium saucepan, heat 1 tablespoon oil over medium heat.

Add the onion, garlic, bell pepper and tomato. Sauté 5 minutes until onion is translucent.

Add the pilaf mix, water and remaining 2 tablespoons oil. Stir and bring to a boil over high heat. Reduce heat to simmer. Cover and cook for 25 minutes or until rice is tender.

Add the black beans and fluff with a fork. If desired, add salt to taste. Serve hot.

Source: http://www.somethingjewish.co.uk/articles/121_cooking_kosher_cuban.htm

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DRINKS

Rum: Havana Club Añejo 7 Años

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

Roberto Juan Rodriguez, Baila! Gitano Baila! (Latin / Klezmer combo)

Check out Buena Vista Social Club on iTunes and Spotify!

Yuca Sauteed in Lime-Garlic Dressing (serves 6)

Ingredients

1 1/4 pounds yuca or 1 pound frozen yuca
2 slices lemon
1/3 cup olive oil
2 tablespoons chopped garlic
juice of 2 large limes
lemon pepper seasoning to taste

Preparation

For fresh yuca: peel off the outer brown skin. Cut into 2 inch chunks. Place in a saucepan with lemon slices and cover with water. Bring to a boil, cover and simmer for 1 hour or until translucent and tender. Drain well. Remove strand-like strings from center of yuca and cut into bite size pieces. Set aside.

For frozen yuca: add lemon slices, cover with water and bring to a boil. Reduce to simmer, cover and cook for 30 minutes until tender. Cut into bite size pieces as for fresh. Set aside.

Heat oil in a large skillet over medium heat. Add the garlic and sauté until softened, 3-5 minutes. Add the lime juice, turn heat to high. Add the cooked yuca and stir fry 3-4 minutes until heated through.

Season to taste with lemon pepper seasoning. Serve hot.

Source: http://www.somethingjewish.co.uk/articles/121_cooking_kosher_cuban.htm.

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

ESTONIA

RECIPES

Rosolje: Estonian Potato and Beet Salad

Note: This is a great dish to make ahead of time. It will taste better when the flavors have time to meld. It can be kept in the fridge, covered, for up to 3 days. Garnish just before serving.

If you want to try a more authentic version, add 1 cup of chopped pickled herring to the mix.

Ingredients

2 pounds russet potatoes of similar size, peeled (4 medium)
1 ¾ pounds red beets of similar size, scrubbed (4 medium)
1 ½ cups of ¼-inch-diced dill pickles or bread-and-butter pickles
1 granny smith apple, peeled, cored, and finely chopped
½ cup finely minced red onion
½ cup mayonnaise
½ cup whole milk Greek yogurt
1 tablespoon hot mustard or (honey) mustard
1 tablespoon prepared horseradish
2 teaspoons salt, divided
½ teaspoon freshly ground black pepper
3 large eggs, hard-boiled, peeled and sliced, optional garnish
2 tablespoons chopped parsley leaves, optional garnish

Preparation

Preheat oven to 400°F. Scrub beets and wrap them in foil. Set them on a roasting pan and bake them for 1 hour. When cool enough to handle, (15 min or so) rub off the skins using a paper towel, or use a vegetable peeler. Cut them into ½-inch dice.

While beets are baking put potatoes in a large pot and cover with cold water by a few inches. Add a teaspoon of salt. Bring to a boil over high heat. Lower to a gentle simmer. Simmer for 20 minutes and check for doneness. Potatoes are done when tender all the way through. Test with a fork or skewer.

Drain and cool. Cut into ½-inch dice.

In a small bowl combine the dressing ingredients: mayonnaise, yogurt, mustard, horseradish, 1 teaspoon of salt, and pepper.

In a large bowl toss all the chopped ingredients with the dressing. Chill for at least an hour. Garnish with sliced eggs and parsley, if you like.

Source: <http://www.panningtheglobe.com/2016/07/03/rosolje-estonian-potato-beet-salad/>

DRINKS

Estonian drinks are not readily available in the USA. Try Vana Tallinn liquor (especially with some half-and-half or cream added) at: <http://www.theliquorbarn.com/vana-tallinn-200ml/>

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

The famous French singer Georges Brassens was apparently in love with an Estonian-Jewish woman (Joha Heiman) who served as the muse for many of his songs. So: read more here and perhaps bring her memory alive through his recordings: <http://forward.com/the-assimilator/145608/singer-georges-brassens-and-his-estonian-love/>

Fun Fact: The photographer Annie Liebovitz' mother was an Estonian Jew

RECIPES

Bubert Pudding with Raspberry Sauce (serves 4-6)

For Bubert:

Ingredients

2 cups milk
2 Tbsp semolina/cream of wheat
3 eggs, separated
2 Tbsp sugar
Vanilla extract or grated lemon zest, to taste

Preparation

Bring the milk into boil. Sprinkle in semolina, whisking vigorously to avoid lumps. Reduce the heat and simmer for 5-7 minutes, until semolina has softened and expanded and the porridge thickened a little (it'll still be very runny).

Mix egg yolks and sugar into a paste, add a ladleful of hot porridge to temper, mix, and pour the egg yolk mixture into the porridge. Simmer on a very low heat until the porridge thickens, but do not let it boil!

Season with vanilla or lemon zest.

Whisk the egg whites until semi-hard peaks form, then take the porridge off the heat, gently fold in the egg whites, until combined.

Place the saucepan back to the heat, heat gently through to cook the egg whites, and remove the pot from the heat as soon as the first bubbles appear.

Cool. Serve the light and fluffy pudding with fruit coulis on top.

For Fruit Coulis (Sauce):

Ingredients (Yields ½ to ¾ cup)

2 cups raspberries (fresh or totally defrosted frozen, can be any berry)
½ cup sugar
½ cup water
1-2 lemon wedges
("Cheater" option: thicken with a little berry jam!)

Preparation of Fruit Coulis

If desired, begin by putting the fruit in a blender briefly (not too long: don't pulverize the seeds!)

Force raspberries through a fine-mesh strainer to get rid of seeds. Taste for sweetness.

If it needs to be sweeter, boil the sugar and water until the sugar dissolves into clear liquid and add a few drops of lemon juice. Add this liquid to the raspberry sauce to taste.

Optional: thicken with a bit of jam.

Source: <http://nami-nami.blogspot.com/2008/02/estonian-desserts-bubert-or-light-and.html>

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GLOBAL SHABBAT DINNER

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GEORGIA

RECIPES

Salyanka: Beef and Pepper Stew (serves 6-8)

If you prefer chicken: <http://cooking.nytimes.com/recipes/11849-georgian-chicken-in-pomegranate-and-tamarind-sauce>

Ingredients

2 pounds beef stew meat, cubed
2 large red bell peppers (about 1 pound), cut in 1-inch squares
7 ounces high quality canned plum tomatoes (about 3 fresh plum tomatoes, peeled, crushed with your hands)
2 tablespoons tomato paste
2 large onions, diced
5 cloves garlic, minced
Salt and freshly ground pepper to taste
Hot paprika to taste
½ bunch parsley, chopped
Serving suggestion: serve over white rice, cooked according to package directions.

Preparation

Put 3 cups of meat in a heavy pot and cover with water. Bring to a boil and skim the foam off the top.

Lower the heat and simmer, uncovered, for 1 hour and 15 minutes or until almost tender, adding more water as necessary. You might have to periodically skim more foam off the top.

Add the red peppers and the tomatoes, stir, and cook uncovered for another 20 minutes.

Stir in the tomato paste, onions, and garlic, cover, and cook for another 40 minutes to 1 hour, until the beef is very tender and almost falling apart.

Season with salt, pepper, and paprika to taste and stir in half the parsley.

Serve over rice, sprinkled with the remaining parsley.

Adapted from Joan Nathan recipe, <http://www.ifcj.org/news/fellowship-blog/lets-make-salyanka-a.html>

Cooking video available at: <http://www.tabletmag.com/jewish-life-and-religion/168142/salyanka-georgian-stew>

DRINKS

Teliani Valley Tsinadali or Tsolikouri (whites) Schuchmann Mtsvane (white) Orgo Tsaperavi (red)
Visit <http://www.georgianwinehouse.com> to search for retailers by city. Pheasant's Tears wines are also recommended and available at selected wine shops. You can also check [wine-searcher.com](http://www.wine-searcher.com).

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

A short video of Georgian Jewish music: <https://www.youtube.com/watch?v=aAZsMHhIjQQ>

RECIPES

Eggplant Rolls with Garlic-Walnut Paste & Pomegranate (serves about 6 as an appetizer or side dish)

Ingredients:

6-8 medium-sized long eggplants (if not available, use 2 large globe eggplants)
2 cups walnut pieces
4 garlic cloves (reduce if desired)
1/2 cup water
2 tablespoons red wine vinegar
2 teaspoons ground fenugreek
2 teaspoons ground coriander
1 teaspoon of marigold (optional)
Pinch of ground turmeric
1/2 cup each packed cilantro and parsley leaves (optional)
Dash of red chili powder to taste
Seeds of 1 pomegranate
Salt and pepper to taste
Olive oil

Preparation

Wash the eggplants, cut off the ends and slice into thin strips with skin still on. If you're using large globe eggplants, cut each in half lengthwise, then again. Each slice should be about 1/4 inch thick (too thick and they won't roast properly). Sprinkle with salt and let sit for at least half an hour to draw out the moisture from the eggplants. (Note: don't skip this step!)

Preheat oven to 400 degrees. Rinse the eggplants, brush with oil and place on a baking sheet. Roast about 15-20 minutes, flip, coat with more oil if necessary and continue roasting until the strips are nicely browned, slightly crispy on the outside, warm and soft on the inside, but not burnt. Be careful: the skins can burn easily and the eggplant can dry out. This step can also be done on a grill.

Meanwhile, grind the walnuts in a food processor. You want a coarse grind, but not mush. Then add remaining ingredients except pomegranate seeds and purée. Add more water if necessary. You want a thick but spreadable paste that holds together.

Let the eggplant strips cool. Then spread a hearty tablespoon of walnut mixture onto each strip and roll snugly so each strip holds together with the paste inside. Place on a platter and sprinkle with pomegranate seeds.

Source: <http://ramblingspoon.com/blog/?p=5394>

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INDIA

RECIPES

Cochini Hamin (serves 4-6)

Note: if you have a slow cooker, you can adjust this recipe by cooking it on low for 16-20 hours. Use approximately the same amount of liquid.

Ingredients

1 tablespoon vegetable oil
1 onion, sliced thinly
2 cups Basmati rice, rinsed
1 tablespoon turmeric
4 cloves
4 green cardamom pods (if your grocery store doesn't have these, try an Indian market)
1 stick cinnamon
1 tablespoon fresh ginger, peeled and grated (or finely chopped)
3 garlic cloves, peeled and chopped
1 cup tomato, chopped
½ cup dried apricots, sliced
1 pound carrots, cut into quarters
1.5 pound chicken, cut up, skin on (you can ask the butcher to cut it for you, or buy cut pieces)
2 cups water
Salt and pepper for flavor
Basmati rice, prepared according to package instructions for the number of servings you desire

Preparation

Heat the oil in a heavy pot. Add onion and sauté until it just begins to turn golden brown.

Add rice, dried spices, and tomatoes, and sauté for a few minutes.

Add ginger and garlic. Sauté for 1 minute, and add the chicken and carrots. Mix to combine and add 1 cup of water along with the apricots. Bring to a boil, reduce heat and simmer until the liquid is all absorbed. Stir from time to time. Add remaining water, season to taste with salt and pepper. [If using a slow cooker, transfer the food now and cook on low 16-20 hours.]

Transfer the food to the oven at 375 degrees and cook for 1 hour.

Serve the chicken and carrots on top of a bed of rice.

Source: <http://www.jpost.com/Food-Index/The-Jewish-palate-Discovering-the-Jews-of-Cochin-India>

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RECIPES

Aloo Makalla (serves 6-8)

Ingredients

3 lbs of small potatoes, peeled and pricked with a fork
2 teaspoons of salt
½ teaspoon of ground turmeric
About 1 quart of oil for frying

Preparation

Place enough water to cover the potatoes in a large pot. Add the salt and turmeric and bring to a boil. Add the potatoes, return to a boil, and parboil for 5 minutes. Drain and let cool.

Place the potatoes in a wok or large pot and add enough oil to cover. Bring to a boil over medium-high heat. Reduce the heat to low and simmer, shaking the pan occasionally, until the potatoes are crusty and lightly golden, about one hour. (At this point, the potatoes can be removed from the heat and allowed to sit, in the oil, for up to three hours.)

Increase the heat to medium-high and fry until the crust is very hard and golden brown, about 5 minutes. Drain on paper towels. Serve warm.

Source: The World of Jewish Cooking by Gil Marks

Dessert: Rolled Ratalu with Nuts

A specialty of the Bene Israel community

Ingredients

1lb of sweet potatoes
A little salt
2 tablespoons of mashed dates
¼ cup each of almonds, pistachios, and cashews

Preparation

Boil sweet potatoes with a little salt.

When tender, peel and mash potatoes and add the mashed dates.

Mix and create small balls.

Roll in crushed nuts and serve.

Source: courtesy of Rosy Solomon Moses of Mumbai, India, <http://www.jdc.org/jdc-field-blog/2010/jdc-passover-recipes-for-your.html>

DRINKS

Mango Lassi (serves 2)

Note: if you wish to make this recipe dairy free, substitute ¾ cup of plain yogurt for the coconut milk.

Ingredients

2 cups chopped mango frozen
1/4 cup banana slices frozen
1/2 cup coconut milk
2 tablespoons sugar adjust to taste depends how sweet is mango
2 teaspoons lime juice
1 teaspoon fresh ginger, peeled and finely shredded
1 cup crushed ice
4-5 mint leaves, for garnishing

Preparation

To make mango smoothie put all the ingredients, mangoes, coconut cream, sugar, lime juice, ginger, mint leaves, and crushed ice in blender, blend on high speed to make smooth and fluffy. Add some water to make desired consistency. Serve chilled garnish with mint.

Source: <http://www.manjulaskitchen.com/mango-smoothie/>

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MUSIC

"Hodu: Jewish Rhythms from Baghdad to India" available on iTunes

Podcast on Indian Jewish women's music: http://www.loc.gov/today/cyberlc/feature_wdesc.php?rec=4825

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

ISRAEL

RECIPES

Eggplant with Buttermilk Sauce (serves 4)

Ingredients

2 large and long eggplants
1/3 cup olive oil
1 1/2 teaspoon of fresh thyme leaves (if possible, use lemon thyme leaves)
Sea salt and black pepper
1 pomegranate (or a pack of fresh pomegranate seeds)
1 teaspoon of za'atar spice
For the Sauce:
1/2 cup Greek yogurt
9 tbsp buttermilk (if need be you can use more yogurt instead)
1 1/2 tsp olive oil, plus a drizzle to finish
1 small garlic clove, crushed
Pinch of salt

Preparation

Preheat the oven to 400° F. Cut the eggplants in half lengthways, cutting straight through the green stalk. Use a small sharp knife to make three or four “X” incisions in a column down the middle of the cut side of each eggplant half, without cutting through to the skin. [Reference video: <https://www.youtube.com/watch?v=iqjAYZox-bs>]

Place the eggplant halves, cut-side up, on a baking sheet lined with parchment paper (or foil). Brush them with olive oil—keep on brushing until all of the oil has been absorbed by the flesh. Sprinkle with the thyme leaves and some salt and pepper.

Roast for 35 to 40 minutes, at which point the flesh should be soft, flavorful and nicely browned.

Remove from the oven and allow to cool down completely.

To make the sauce:

Whisk together all of the ingredients. Taste for seasoning, then keep cold until needed.

To serve, spoon plenty of buttermilk sauce over the eggplant halves without covering the stalks. Sprinkle za'atar and plenty of pomegranate seeds (or pomegranate syrup) on top and garnish with thyme. Finish with a drizzle of olive oil.

Source: Yotam Ottolenghi, Plenty.

DRINKS

Visit [wine-searcher.com](http://www.wine-searcher.com) or <http://www.haaretz.com/jewish/food/1.660446> to help find options. Below are some examples of more obscure options:

- Yatir Viognier, kosher white
- Bravdo Coupage, kosher red
- Cotes de Galilee Village, Jacques Capsouto Vignobles, Cuvee Eva Blanc, kosher white

Also: just for fun--the Food Network has created a wine called “Entwine” that is widely available at grocery stores, wine shops, and online.

MUSIC

Search Spotify for an Israeli music playlist that meets the tone of your evening!

RECIPES

Israeli Salad (serves 2-4)

Ingredients

3 tomatoes
3 Persian cucumbers (smaller and more flavorful compared to American cucumbers)
1/2 red bell pepper
1/4 red onion
2 tbsp chopped parsley
1 lemon (2 tbsp lemon juice)
2 tbsp olive oil
Salt
Pepper
Optional: Feta

Preparation

Chop all ingredients into small cubes (about 1/2–1 centimeter squared) and combine in a salad bowl.

Add juice of lemon, olive oil and salt and pepper to taste.

Roasted Vegetable Salad Over Israeli Couscous (serves 2)

Ingredients

5 Ounces Baby Carrots (about 15 carrots), cut lengthwise into thirds (if thick) or halves (if thinner)
4 Fresh Black Figs, halved lengthwise
3 Tablespoons of Walnuts (chopped)
1 Bunch Basil (picked off the stems)
1 Bunch Chives, minced
1 Clove Garlic, peeled and minced
1 Shallot (about 2 teaspoons), peeled and minced
1 Tablespoon Sherry Vinegar
1 Zucchini, halved lengthwise and cut into large pieces on an angle
¼ Pound Baby Radishes, quartered (or “Breakfast Radishes”)
¾ Cup Israeli Couscous
1 Tablespoon Dijon Mustard
Olive Oil

Preparation

Place the minced shallot in a bowl with the vinegar.

Put the couscous in a pot of boiling water. Cook 5 to 6 minutes, or until tender. Drain, rinse under cold water, then drain again. Set aside.

Heat a large, dry pan on medium-high. Add the walnuts and toast, stirring frequently, 1 to 3 minutes, or until browned and fragrant. Transfer to a small bowl. Wipe out the pan. To make the vinaigrette, combine the Dijon mustard and shallot-vinegar mixture. Season with salt and pepper and slowly whisk in 2 tablespoons of olive oil.

In the pan, heat 2 teaspoons of olive oil on medium-high. Add the figs, cut side down first, and cook 30 seconds to 1 minute per side, or until browned. Transfer the seared figs to a plate and set aside. Wipe out the pan.

In the pan, heat 2 teaspoons of olive oil on medium until hot. Add the carrots and cook, stirring occasionally, 4-6 minutes, or until slightly softened. Add a little more olive oil, the radishes and zucchini season with salt and pepper. Cook 5 minutes, or until slightly softened. Stir in the garlic, toasted walnuts and basil (roughly chopping the leaves just before adding). Cook, stirring frequently, 1-2 minutes. Remove from heat.

Stir the chives into the cooked Israeli couscous. Add enough vinaigrette to coat the couscous (you may have extra vinaigrette). Stir to combine and season with salt and pepper to taste. Divide the couscous between 2 plates and top each with the vegetables. Garnish with the seared figs.

Adapted from: <https://www.blueapron.com/recipes/roasted-vegetable-salad-over-herbed-israeli-couscous-with-sherry-vinaigrette>

General Sources for Additional Recipes:

Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities Around the World by Gil Marks

The World of Jewish Cooking by Gil Marks

1,000 Jewish Recipes by Faye Levy

Joan Nathan's Jewish Holiday Cookbook

My Jewish Learning.com / Nosh: <http://www.myjewishlearning.com/recipes/>

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

MOROCCO

RECIPES

“Salata Latsheen”: Moroccan Orange Salad (serves 6-8)

Ingredients

For the Salad:

5 medium (3 cups navel oranges or tangerines, peeled and segmented)

2 medium red onions, thinly sliced (1½ cups)

1 head romaine or butter lettuce or 1 bunch spinach, torn into bite-size pieces

About 5 cups greens

For the Dressing:

¼ cup olive oil

¼ cup vegetable oil

¼ cup fresh orange juice

2 tablespoons fresh lemon juice or red wine vinegar

2 to 3 tablespoons honey or sugar or ½ teaspoon Dijon mustard

1 teaspoon grated orange zest

1 teaspoon salt

1 tablespoon fresh or ½ teaspoon dried rosemary, basil, cilantro, mint, or thyme or ½ to 1 teaspoon ground cumin

Optional: ¼ cup chopped fresh mint or cilantro

Preparation

Divide the lettuce between serving plates or place on large platter. Toss together the oranges and onions and place on greens.

Combine all the dressing ingredients and drizzle over the salad.

Variations

Add 2 peeled and sliced avocados, 2 cups sliced cooked beets, 1½ cups chopped pitted dates, 1 sliced large bulb fennel, 1 pound julienned peeled jicama, or 20 to 24 pitted and sliced black olives.

Source: <http://forward.com/food/134726/a-world-of-dishes-for-tu-bshvat/>

DRINKS

Wines:

Ouloud Thaleb wines, available in the USA at selected wine shops and online: <http://www.nomadicdistribution.com/#louled-thaleb/c194g>

Fig Liquor: Mahia, Nahmias et Fils (produced in the USA by a Moroccan Jewish family). <http://baronnahmias.com/about-us/>

Also: just for fun--the Food Network has created a wine called “Entwine” that is widely available at grocery stores, wine shops, and online.

MUSIC

<https://soundcloud.com/jewishmorocco/tracks>

Kol Oud Tof (Gazelle; incl. Moroccan Jewish women’s music)

RECIPES

Vegetable Stew over Couscous (serves 6-8)

Ingredients

6 cups vegetable stock or water (can use chicken stock)

6 carrots, cut into chunks

3 onions, quartered

2 turnips, peeled and quartered

About 1 teaspoon table salt or 2 teaspoons kosher salt

2 (3-inch) sticks cinnamon or 1 teaspoon ground cinnamon

1/2 teaspoon saffron threads or ground turmeric

Dash of ground black pepper

1/2 head green cabbage, cored and shredded (or finely chopped see Vegetable Variations, below)

1 butternut squash or 2 large sweet potatoes, peeled and cut into 2-inch pieces

3 zucchini, cut into chunks

2 cups cooked chickpeas (smash some of them if you want a thicker sauce)

1/2 cup chopped fresh cilantro or parsley

Vegetable Variations: Substitute or add in green peas, chopped tomatoes, celery, artichoke hearts, bell peppers, and/or leeks

Sweeter Stew Variation: Add 2 to 3 tablespoons honey or sugar and/or 1/2 cup raisins. If desired, add 1/2 teaspoon ground ginger, 1/2 teaspoon freshly ground nutmeg, and 1/4 teaspoon ground cloves.

2 2/3 cups of instant couscous

Olive oil

Preparation

For the Stew

In a large pot, bring the stock to a boil. Add the carrots, onions, and turnips, then stir in the salt and spices. Return to a boil, cover, reduce the heat to low, and simmer for 30 minutes.

Add the cabbage, squash, zucchini, and chickpeas and cook until the vegetables are tender, about 20 minutes. Stir in the cilantro.

For the Couscous

Put the couscous in a large bowl. Pour enough liquid on to cover the couscous and have 1/4 inch of liquid on it beyond that. Cover it with a plate or plastic wrap, and let sit for about 10 minutes, then fluff with a fork. It should be soft, and if it isn't, add a little more boiling water, mix it in, and then re-cover for a few more minutes. The Couscous shouldn't be mushy, or very wet, the granules should be tender to the bite and should separate from each other when forked.

Assembling the Dish

Heap the couscous on a serving platter, make a well in the center, and fill with the vegetables. Arrange any remaining vegetables around the sides. Drizzle some of the cooking liquid over the couscous to moisten it.

Serve the rest of the cooking liquid on the side to pass around the table.

Adapted from: <http://www.cooksinfo.com/couscous> and Olive Trees and Honey: A Treasury of Vegetarian Recipes from Jewish Communities Around the World by Gil Marks.

For a more complex steamed couscous recipe, see "Basic Steamed Couscous" in Marks' cookbook.

General Sources for Additional Recipes:

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GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

POLAND

RECIPES

Polish Beet Borsht (serves 6)

Ingredients

2 lbs beets, with leafy tops
1 large onion
7 cups of water
6 small boiling potatoes
Salt to taste
1-2 tablespoons of brown or white sugar
2-3 tablespoons of strained fresh lemon juice
2 teaspoons of chopped fresh dill (optional)
Sour cream (optional)

Preparation

Scrub beets completely clean with a stiff brush. Cut off leafy tops and reserve red stems for borscht. (Save green leaves for other dishes, if you wish.) Rinse stems well and slice them. Leave beets whole. Put water in a medium pot.

Put whole beets and onion into the pot that has the liquid. Bring to a boil. Add beet stems. Cover and simmer over low heat about 1 hour or until beets are tender.

Put potatoes in another pot, cover with water, and add a pinch of salt. Bring to a simmer. 4. Cover and simmer 30 minutes or until tender. Drain most of the water. Cover to keep warm.

When beets are tender, remove from soup and slip off their skins under cool running water. Grate beets coarsely in food processor or with a grater. Return to soup. Add salt and sugar. Cook two minutes, stirring, over low heat. Remove from heat and stir in lemon juice and dill, if using. Adjust seasoning. Soup should be sweet and sour.

Serve cold or hot, with warm potatoes. Spoon a dollop of sour cream, if using, into each bowl.
Source: Adapted from 1,000 Jewish Recipes by Faye Levy.

Meat option: in a large pot, add 1lb of beef (cut into small cubes), 1 teaspoon of salt, and 10 cups of cold water. Bring it to a boil over medium high heat, skimming off the scum for clearer stock. Then reduce heat to medium and simmer for about 45 minutes. Continue the recipe at step 2. The meat can cook as long as you want--it will just get better the longer you cook it! You may wish to add some carrot and celery, as well.

Adapted from: <http://www.sweetandsavorybyshinee.com/classic-beef-borscht/>

General Sources for Additional Recipes:

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The World of Jewish Cooking by Gil Marks
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RECIPES

Polish Carrot Salad with Apples and Horseradish (2-3 servings)

Ingredients

1 tablespoon cider vinegar or other mild vinegar
1 teaspoon bottled white horseradish or finely grated fresh horseradish
2-3 teaspoons of sugar
Salt, to taste
2 medium apples
3 large carrots, coarsely shredded (about 3.5 cups)
2-3 tablespoons of sour cream

Preparation

Mix vinegar with horseradish, 2 teaspoons of sugar, and a pinch of salt in a bowl. Peel apples and coarsely grate them. Add to the dressing. Add carrots and mix. Stir in sour cream. Adjust seasoning if needed serve cold.

Source: 1,000 Jewish Recipes by Faye Levy

Stewed Fruit (serves 4-6)

Ingredients

3 apples, peeled, cored and thinly sliced
2 cups dried plums
1 cup dried apricots
3/4 cup raisins
1/4 cup sugar (or use your favorite sweetener to taste)
1 1/2 tbsp fresh lemon juice, or more to taste
Optional: whipped cream or ice cream

Preparation

Place apples, dried plums, dried apricots and raisins in a pot and cover 4 cups water. Bring to a boil, stir in sugar till dissolved.

Reduce heat to medium low and cover. Simmer for 1 ½ hours, stirring occasionally, until the water becomes a thick syrup and the prunes begin to dissolve. Remove the lid for the last 10-15 minutes of cooking so the liquid reduces.

Remove fruit from heat and let it slowly return to room temperature. Squeeze the fresh lemon juice in, adding more to taste if desired. The lemon juice brightens up the flavor tremendously. Put the fruit in the refrigerator until it is fully chilled, at least 2 hours. Serve by ¾ cup portions in glass compote dishes.

Source: <http://toriavey.com/toris-kitchen/2014/04/marak-perot-compote/#pZKhrAqqR7Gbq4xp.99>

DRINKS

Visit wine-searcher.com to locate retailers and verify availability.

Sobieski

50 Bleu

Ultimat

Wyborowa

Vestal Polasie

Zubrowka Bison Grass

Belvedere Unfiltered / Intense / Regular

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

Though Klezmer music was at its height in the early 1900s, its presence in Jewish Polish culture is being revived. Check out these YouTube clips below to find out more:

<https://www.youtube.com/watch?v=CadrJpAPsbE>

https://www.youtube.com/watch?v=_xgUo6DRPGU

<https://www.youtube.com/watch?v=MNdAMbUyJAw>

GLOBAL SHABBAT DINNER

EAT, DRINK AND BE MERRY

RUSSIA

RECIPES

Cheese Blintz

Ingredients

For the batter

3 large eggs
1 cup all-purpose flour
1 cup milk
1/4 cup cold water
2 tablespoons vegetable oil
1 tablespoon white sugar
1/2 teaspoon salt
1/4 teaspoon vanilla extract

For the filling

1 1/2 cups ricotta cheese, strained if wet
1/2 cup cream cheese
1 lemon, zested
1 large egg
2 tablespoons confectioners' sugar
1 pinch salt
1 tablespoon butter, or as needed
1 tablespoon confectioners' sugar, or as needed for dusting

Directions

Place 3 eggs, flour, milk, water, vegetable oil, sugar, salt, and vanilla extract in a blender. Blend until completely smooth, 1 or 2 minutes, scraping down sides as needed. Let batter sit at room temperature 30 minutes.

Whisk together ricotta cheese, cream cheese, lemon zest, egg, sugar, and salt in a mixing bowl. Mix together thoroughly. Cover and refrigerate.

Heat a 10-inch, non-stick skillet over medium-high heat. Spray or brush lightly with vegetable oil. Pour in about 1/4 cup batter. Immediately swirl batter around to coat bottom of pan. Cook until surface looks dry, about 1 minute. Flip crepe over to briefly cook other side, about 30 seconds. Remove to a plate.

Repeat with the rest of batter. Stack crepes.

Preheat oven to 325 degrees F (165 degrees C). Lightly butter a baking dish.

Spoon 3 to 4 tablespoons of filling onto the crepe, about an inch from edge nearest you. Fold edge over filling and flatten slightly. Fold in both sides, then roll up crepe into a small filled rectangle, ending with the seam on the bottom, creating a blintz.

Melt butter in skillet over medium heat. Cook the blintzes until golden brown on both sides, turning gently, about 2 minutes. Transfer to buttered baking dish.

Bake in preheated oven to firm up the filling, about 12 minutes. Cool blintzes 10 minutes before serving. Dust lightly with confectioners' sugar.

Source: <http://allrecipes.com/recipe/242406/chef-johns-cheese-blintzes/print/?recipeType=Recipe&servings=5>

DRINKS

Find wine and vodka suggestions here:
<http://www.snooth.com/region/russia/>

Also: just for fun--the Food Network has created a wine called "Entwine" that is widely available at grocery stores, wine shops, and online.

MUSIC

Check out the link below to see how Klezmer music is making a revival in Russian Jewish cultural expression:
<https://www.youtube.com/watch?v=b3mCHfmlc3Q>

Here, a group of Russian performers are sharing Jewish songs with the larger Russian population:
<https://www.youtube.com/watch?v=3CY-TbSTKHA>

RECIPES

Shaslik (Beef Skewers)

Ingredients

1 Leg of lamb (Deboned)
1-2 Large yellow onions, or any sweet onion, diced.
2-3 Lemons (Just for the juice)
3-4 Tablespoons Olive oil
Fresh ground pepper
2 Teaspoons of salt (To taste)
2 Minced cloves of garlic (Optional)

Directions

Trim most of the fat from the lamb and wash and dry it.

Cube the meat into 1 ½ inch cubes

Place everything listed above in a large mixing bowl and give it a good stir.

Put everything in a gallon zip bag and put in the fridge overnight.

Pull bag out an hour before you grill.

Fire up your grill to HOT (500+ degrees).

Put the meat on skewers with a little space between each piece so it will brown on all sides. Coat the grill with cooking spray or oil soaked cloth first to prevent sticking.

Depending on the heat, cook for about 5 minutes and then rotate until browned on all sides.

When they're brown (10-12 minutes over high heat), use a knife to check if they're pink in the center. Leave them on if you want them more done but remember, they're going to cook more when you pull them off.

Get a thick metal or ceramic pot. Pull the meat off the skewers and put them right in the pot and PUT THE LID ON! If you don't, they'll dry out. Try to time this as close to your eating time as possible. You want to pull it off the grill and let it sit in the pot for 5-10 minutes as everyone sits down.

Add more salt and pepper to taste.

Serve over rice pilaf.

Adapted from: <http://www.sarahjanestudios.com/blog/2013/03/9372/>

Russian Salad

Ingredients

1lb of bologna (optional)
1 can (15 oz) of sweet peas
3 medium size potatoes
4-5 medium size carrots
5-6 eggs
1 bunch of green onions
1 bunch of fresh dill
5-6 medium size cucumbers (pickled with salt not with vinegar)
Ground black pepper
Salt (by taste)
Mayonnaise (by taste)

Directions

Boil carrots and potatoes in advance and make sure they are cooled to room temperature when you start making the salad. Prepare hard boiled eggs in advance let them to cool down to room temperature as well. Wash green onions and dill.

Skin boiled potatoes and dice them into small cubes.

Skin boiled carrots and dice them into the cubes of the same size you diced potatoes into.

Put diced carrots and potatoes into big bowl.

Open can with peas and remove liquid, add to the bowl.

Peel eggs and dice them into the same size pieces as carrots and potatoes. Add them to the bowl.

Dice bologna, add to the bowl.

Dice pickled cucumbers. It is important to take cucumbers pickled with salt not with vinegar

Chop green onions and dill, add to the bowl

Mix everything, season with ground black pepper and add salt if you feel it is needed. Add mayonnaise and mix everything again. Put salad to the bowl you want to serve it in. Your Russian Salad Olivier is ready to be served!

General Sources for Additional Recipes:

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