

15 Irresistible High Holiday Recipes



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INTRO

Rosh Hashanah is a beautiful Jewish moment to reflect on our past, take stock and prepare for our future. And what better way to make that moment special than by gathering with friends and family to eat?

For Jews, food is more than sustenance — it's a way of sharing ideas and expressing our hopes and dreams. Rosh Hashanah, in particular, offers a plethora of symbolic foods, from round challah and apples dipped in honey to slightly lesser-known but arguably more ancient culinary traditions like pomegranates, leeks and carrots. In this collection of 15 fresh Rosh Hashanah recipes, we offer modern, global takes on symbolic Rosh Hashanah foods, whether it's vegan sweet challah or stuffed cabbage, a Moroccan spin on tzimmes, a gluten-free apple cake, or a Syrian leek and potato pancake that you'll want to make again on Hanukkah. We'll explore why all of these foods impart (delicious) blessings for the Jewish new year.

Special thanks to the authors of these recipes, including Sonya Sanford, Sheri Silver, Emily Paster, Stephanie Ganz, Chaya Rapaport, Rachel Pattison and Liz Reuven. Thanks also to our staff for putting together this beautiful ebook, including Abby Seitz and Grace Yagel.

Wishing you all a sweet and delicious new year,
The Noshers & My Jewish Learning





PHOTO: SHANNON SARNA

HONEY WHOLE WHEAT CHALLAH

Shannon Sarna

YIELD: 2 MEDIUM LOAVES OR 1 LARGE LOAF

This challah recipe incorporates honey into the dough and the egg wash for a double dose of sweet flavor and sentiment for the Jewish new year. On Shabbat, some Jews sprinkle salt on their challah. But on Rosh Hashanah, the salt is set aside, the challah is made extra sweet and, to add to that sweetness, dipped in honey – all to represent our hopes for the new year. It is traditional to braid challah into a round or circular shape for Rosh Hashanah. The word shanah, meaning year, also means “to repeat.” Judaism attunes us to the cyclical nature of the years, and even our challah represents that rhythm of cycling seasons.

INGREDIENTS:

For the dough:

- 1 ¼ cups lukewarm water
- 1 ½ Tbsp dry yeast
- 1 tsp sugar
- 3 cups all-purpose unbleached flour

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- 2-2 ½ cups whole wheat flour
- 2 Tbsp ground flax seed (optional)
- ½ Tbsp salt
- ¼ cup vegetable oil
- ½ cup sugar
- ¼ cup honey
- 2 eggs

For the topping:

- 1 large egg, beaten
- Whole flax seed, pumpkin seeds, sunflower seeds, sesame seeds, poppy seeds (optional)
- 2 tsp honey
- Thick sea salt (optional)

DIRECTIONS:

1. In a small bowl, place yeast, 1 tsp sugar and lukewarm water. Allow to sit around 10 minutes, until it becomes foamy on top.
2. In a large bowl or stand mixer fitted with the whisk attachment, mix together ¾ cup whole wheat flour, ¾ cup all-purpose flour, salt and sugar. After the water-yeast mixture has become foamy, add to the flour mixture along with oil and honey. Mix thoroughly. Pro tip: use the same cup to measure the honey as you used for the oil, which will allow for easier clean-up of the sticky honey.
3. Add another ½ cup whole wheat flour, ½ cup regular flour and eggs and mix until smooth. Switch to the dough hook attachment if you are using a stand mixer.
4. Add another 1 ½- 2 cups of mixed flour, mixing thoroughly and then remove from bowl and place on a floured surface. Knead remaining ½ cup flour into dough, continuing to knead for around 10 minutes (or however long your hands will last).
5. Place dough in a greased bowl and cover with a damp towel. Allow to rise at least 4 hours, punching down at least once if possible.
6. Preheat the oven to 350°F. Braid challah into desired shape. Allow challah to rise another 90 minutes, or until you can see the size has grown and challah seems light. This step is very important to ensure a light and fluffy challah.
7. In a small bowl beat 1 large egg with 2 tsp honey for the egg wash.
8. Brush egg wash liberally over challah. Sprinkle with seeds and flaky sea salt if desired.
9. If making one large challah, bake around 26 minutes, if making two smaller challahs, bake 22-24 minutes. When making round challah, make sure the middle has cooked through, which might require an extra 1-2 minutes baking time.

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PHOTO: SONYA SANFORD

VEGAN TURMERIC MAPLE CHALLAH

Sonya Sanford

YIELD: ONE CHALLAH

Since antiquity, there have been Jews who observed vegetarian diets. Many modern vegetarian and vegan Jews cite the Garden of Eden story as a reason: In that primordial paradise, God created an abundance of plants and designated them as food for humans. As it turns out, making a plant-based challah doesn't require any special special ingredients. In fact, you can replace the eggs that typically go in challah with a simple combination of oil, water and baking powder.

INGREDIENTS:

For the dough:

- 4 cups (550 g) bread flour
- 1 cup warm water
- 2½ tsp (1 packet) active dry yeast
- 1 tsp sugar
- 3 Tbsp maple syrup

- 2 Tbsp oil
- 1 Tbsp ground turmeric
- 2 tsp kosher salt
- Egg replacer mixture (see below)

For the egg replacement:

- ¼ cup warm water
- ¼ cup oil
- 1 Tbsp baking powder

For the vegan egg wash:

- ¼ cup unsweetened plant-based milk (oat, almond or soy)
- 1 Tbsp oil
- 2 tsp maple syrup

DIRECTIONS:

1. Start by adding the yeast and sugar to warm water; the water should be around 105-115°F. Stir, and then allow the yeast to activate for 5 minutes or until it looks thick and foamy at the top.
2. In a large bowl or in the bottom of your stand mixer fitted with a dough hook attachment, combine the oil, maple syrup and salt.
3. In a separate small bowl, make the egg replacer mixture by combining the water, oil and baking powder. The baking powder will cause the mixture to fizz.
4. Once the yeast is activated, add the liquid to the bowl or stand mixer. Add the egg replacer to the mixture. Then add the flour and turmeric to the stand mixer or to the large bowl. Either by hand or with the stand mixer on low, begin to combine everything together. Once the mixture forms a ball, knead the dough by hand on a clean surface, or by increasing the speed of the mixer to medium.
5. Knead until the dough is mostly smooth and elastic, and doesn't stick to your hands, about 6-8 minutes. If you find the dough is too sticky, add flour a few tablespoons at a time until the dough doesn't excessively stick to your hands as you knead. The amount of flour that is needed can often depend on the weather, temperature, and brand of flour.
6. Lightly grease a large bowl with oil, and then place the dough in the greased bowl. Cover the bowl with a damp clean kitchen towel, and allow the dough to rise in a warm (not drafty) part of the kitchen for at least 90 minutes – 2 hours, or until the dough has doubled in size. The rate at which the dough rises will depend on the temperature of the kitchen.
7. After the dough has doubled in size, punch it down. Divide the dough into evenish-sized pieces, depending on how many strands you will braid the dough with. Form each piece of challah into a strand with tapered ends.
8. Braid the challah. Place the challah on a parchment-lined baking sheet and cover with a very lightly damp towel. Repeat the braiding process for the second half of the dough. Allow the covered braided loaves to rise for another 60-90 minutes.
9. Preheat the oven to 350°F.
10. In a small dish, combine almond milk, maple syrup and oil. Brush the challah with the wash. Bake the challah loaves for 30-40 minutes, or until the challah is a deep golden brown — exact timing will depend on the size of your challah and your oven. Once baked and still hot, brush a second time with the wash mixture. Transfer to a rack and allow to cool.



PHOTO: SONYA SANFORD

MOROCCAN HARIRA SOUP

Sonya Sanford

YIELD: 4-6 SERVINGS

Harira is a North African soup made with tomatoes, legumes and lots of spice. This hearty, nutritious dish is a staple during Ramadan and is served at Iftar, the evening meal when Muslims break their daily fast. Jews from Morocco adopted the recipe as a traditional break-fast dish after Yom Kippur, and it has become popular in Israel and across the Diaspora. While there are ample ingredients, this soup is simple to make and it can be prepared on a stovetop, in an Instant Pot or in a slow cooker. Harira is often served with hard-boiled eggs, bread, dates and dried fruit. It is most often a starter but is filling enough to be a meal in and of itself.

INGREDIENTS:

- 3 Tbsp oil
- 3 medium carrots, peeled and diced small
- 2 stalks celery, diced small
- 1 large yellow or white onion, diced small
- 3-4 cloves garlic, minced
- 1 Tbsp harissa paste, or 2 tsp harissa spice blend (or to taste)
- 2 tsp ground turmeric
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp freshly ground black pepper
- 2 Tbsp tomato paste
- ¾ cup dried chickpeas (soaked overnight), or 1 (15 oz) can
- ½ cup French green lentils, rinsed
- ½ cup red lentils, rinsed
- 6 medium tomatoes, or 1 (14.5 oz) can diced tomatoes
- 8 cups vegetable stock, or water with 1 added bouillon cube
- ¼ bunch fresh parsley, stems and leaves chopped fine
- ¼ bunch fresh cilantro, stems and leaves chopped fine
- 1 cup fine egg noodles or vermicelli
- Salt, to taste
- Lemon slices, for serving (optional)
- Olive oil, for serving (optional)

DIRECTIONS:

1. For stovetop: Add oil to a large pot over medium heat. Add the diced carrot, celery and onion to the pot. Sauté for 5-6 minutes, or until starting to soften. Add the minced garlic to the pot and sauté for 1-2 minutes, or until the garlic is fragrant.
2. Add the harissa, turmeric, ginger, cinnamon, coriander, pepper and salt to the vegetable mixture. Stir until everything is well-coated and sauté for 1 minute. Add the tomato paste to the pot, stir and sauté for another 1-2 minutes. Add the soaked chickpeas (if using canned chickpeas do not add them at this point) and stir. Add the green lentils and red lentils to the pot. Stir everything so that it is well coated in the tomato paste mixture.
3. Add the diced tomatoes, vegetable stock, chopped parsley stems and chopped cilantro stems to the pot, then increase the heat to high. Bring the liquid to a boil, then reduce it to a simmer. Allow the soup to simmer for 60-90 minutes, or until the chickpeas are tender and the soup is starting to thicken.
4. Add the noodles and simmer for 15 minutes. If using canned chickpeas, add them along with the noodles. Taste and season as needed, add more liquid if needed. Turn off the heat and add the freshly chopped parsley and cilantro.
5. For Instant Pot or slow cooker: Combine all of the ingredients except the noodles in a pot and cook according to the manufacturer's recommendation for soups and stews. Add noodles to the soup after it is cooked; simmer for 15 minutes, or cook the noodles separately and add them to the soup when serving.

LIBYAN JEWISH PUMPKIN SPREAD (CHERSHI KARA'A)

Emily Paster

YIELD: 6-8 SERVINGS

Since talmudic times, Jews have eaten symbolic foods on Rosh Hashanah, usually foods whose names suggest a blessing for the new year. The Hebrew word for pumpkin, *kra*, sounds like the Hebrew word for ripping or tearing. By eating pumpkin, Jews wish for all evil decrees to be torn away. *Chershi kara'a* is a tangy, spicy pumpkin spread created by Libyan Jews and enjoyed as a symbolic food for the Jewish new year.

INGREDIENTS:

- 2 Tbsp extra-virgin olive oil
- 7 cloves garlic, minced
- 1 tsp cumin
- ½ tsp smoked paprika
- Pinch red pepper flakes
- 2 cups pumpkin puree (canned or homemade)
- 3 Tbsp harissa
- 1 Tbsp honey
- Juice of one lemon

DIRECTIONS:

1. Heat 2 Tbsp of the olive oil in a medium saucepan over medium heat. Add the garlic, cumin, paprika, and red pepper flakes. Season with salt and stir to combine. Cook just until garlic begins to turn golden.
2. Add pumpkin, harissa and honey, and stir to combine. Cook gently, just until the pumpkin is warmed through.
3. Remove from heat and stir in lemon juice. Taste and adjust seasoning. The dip should be tangy and spicy. Serve with Greek yogurt (optional) and warmed pita, or as a garnish for couscous.





PHOTO: SONYA SANFORD

VEGETARIAN STUFFED CABBAGE

Sonya Sanford

YIELD: 4-6 SERVINGS

Stuffed cabbage is a classic comfort food in many parts of the world. Stuffed foods are also traditionally made after the High Holidays during Judaism's harvest festival: Sukkot, although they can also be enjoyed all year. The bulging meals represent the joy of pulling in enough stores for winter. Some also say that the stuffed vegetables remind us of the sukkah stuffed with guests.

INGREDIENTS:

For the cabbage rolls:

- 1 large Savoy or green cabbage
- ¾ cups Basmati rice, rinsed
- 3 Tbsp neutral cooking oil
- 1 large onion, diced fine
- 2-3 cloves garlic, minced fine
- 1½ lbs pounds (2 medium) eggplant, peeled and cubed small
- 1 small carrot, diced fine
- 1½ tsp garlic powder
- ½ tsp paprika
- ½ tsp umami season blend/dried mushroom seasoning blend (optional)
- Salt and pepper, to taste
- 1 large egg, optional

For the sauce:

- 28 oz tomato purée, plus an equal amount of water
- ½ a large onion, finely chopped
- 3-4 cloves garlic, finely minced
- 1 small apple, peeled and finely diced
- 2 Tbsp tomato paste
- 2-3 Tbsp maple syrup, or 2 tsp sugar, to taste
- 1 bay leaf
- Salt and pepper, to taste

DIRECTIONS:

1. To prep the cabbage: Bring a large pot of water to a boil. Salt the water generously, and then add the cabbage to the water. Boil the cabbage for 4-5 minutes. Then remove the cabbage from the pot and allow it to cool, reserve the water to boil the rice.
2. Once cool to the touch, remove the leaves, and place them on a clean kitchen towel to remove any excess liquid. The center of the cabbage/smaller leaves will not be as pliable and can be reserved for other uses.
3. To make the filling: Bring the pot of water back to a boil, and add the rice. Boil the rice for 8-10 minutes, or until partially cooked. Drain and reserve.
4. To a large skillet over medium heat, add the oil and chopped onion. Allow the onion to get golden brown and slightly caramelized, stirring occasionally for about 15-20 minutes. This step takes some time but adds a lot of flavor; prep the other vegetables while the onion caramelizes. Add the garlic to the onion, and sauté for 1-2 minutes. Add the cubed eggplant and diced carrot to the onion mixture; add more oil if needed. Generously season with salt and pepper, and sauté the eggplant mixture until the eggplant is softened, about 10-15 minutes. Taste, and adjust the seasoning.
5. Turn off the heat. Add the par-boiled rice, garlic powder, paprika, and if using, add the umami/dried mushroom seasoning blend. Allow the eggplant filling to cool. Add the egg if using, and mix until it is well combined.
6. To make the sauce: In a large pot or Dutch oven, sauté the onions and garlic until softened and aromatic, about 5 minutes. Add the apple, and sauté for another 2-3 minutes or until slightly softened. Add tomato paste and stir and cook for 1 minute. Add the tomato sauce, and add an equal amount of water. Then add bay leaf, salt, pepper and maple syrup or sugar. Your sauce should start out very thin; it will thicken as it cooks. Bring the sauce to a boil, and simmer on low for at least 30 minutes. Taste the sauce before adding the stuffed cabbage, and adjust for salt or sweetness. Dilute with more water if needed.
7. To assemble: Separate the cabbage leaves, and cut out the thickest part of the center vein/core.
8. Fill each cabbage leaf with approximately ¼-cup of filling near the base of the leaf. Fold the base of the leaf over the filling, fold the sides of the leaf towards the center, and then roll until the cabbage is formed into a burrito-like package. Place seam-side down into the pot; cabbage rolls can be stacked on top of each other as long as they are all submerged in the sauce.
9. Cover the pot, and let the cabbage simmer for 50-60 minutes on low heat, or until tender and the rice is completely cooked through. Add more water if the sauce appears too thick at any point, or when reheating. The sauce should be easy to spoon over the cabbage.
10. Serve topped with fresh herbs and/or sour cream.



PHOTO: SHERI SILVER

POMEGRANATE AND HONEY GLAZED CHICKEN

Liz Rueven

YIELD: 4 SERVINGS

Pomegranates, or rimonim in Hebrew, are one of the most recognizable and universally symbolic fruits in Jewish culture. Originating in Persia, this reddish, thick-skinned fruit begins to appear in markets at the end of summer and is readily available for holiday cooking by Rosh Hashanah. Pomegranates are often associated with fertility and the mitzvot (commandments). On the second night of Rosh Hashanah, many Jews have the tradition of tasting a new fruit, or one they have not eaten in a long time. Pomegranates are a popular choice for this custom.

INGREDIENTS:

- 1 4-lb chicken cut in ½ths (breasts cut in half if large)
- 4 Tbsp canola oil (separated: 2 Tbsp for simmer sauce and 2 Tbsp for browning the chicken)
- 1 large onion, chopped
- 3 cloves garlic, minced
- ½ cup pomegranate molasses
- ½ cup sweetened pomegranate juice
- ½ cup honey
- 2 cups vegetable or chicken broth
- 1 tsp cumin
- ½ tsp powdered ginger
- ¼ tsp allspice
- ½ tsp turmeric
- Salt and pepper, to taste
- 2 Tbsp parsley
- 2 Tbsp pomegranate arils (seeds)

DIRECTIONS:

1. Heat 2 Tbsp canola oil in a large pan (you'll need a lid for later).
2. Sauté chopped onion until soft and translucent. Add minced garlic and sauté for 2-3 minutes (do not brown). Add pomegranate molasses, juice, honey, broth and spices. Stir and bring to a boil.
3. Reduce to an active simmer, and cook uncovered, for about 20 minutes or until sauce is reduced by about ½ the volume and slightly thickened. Taste sauce and adjust seasoning. Too tart? Add 1-2 Tbsp honey. Want more of a kick? Crack more black pepper.
4. Remove sauce from heat and pour into bowl. Set aside. Wash pan.
5. Rinse chicken parts, pat dry, season with salt and pepper. Heat remaining 2 Tbls of oil in pan and place chicken parts skin side down.
6. Brown on one side and flip to the second side. Do not crowd the chicken in the pan, as this causes chicken to steam rather than brown. Lower heat and pour the prepared simmer sauce over the chicken.
7. Cover pan and simmer on low for 35-40 minutes.
8. Remove from pan and platter, garnishing with chopped parsley and pomegranate arils.



PHOTO: SHERI SILVER

BRISKET WITH POTATOES AND ROASTED CARROTS

Sheri Silver

YIELD: 6-8 SERVINGS

In this classic Jewish-American brisket recipe, a first-cut brisket is topped with just a few simple ingredients, followed by a slow cook in the oven. Brisket became a staple of Eastern European Jewish cooking in part because it used to be a cheap cut of meat and was less desirable to non-Jews. The texture required roasting at a low temperature for an extended period, which made it perfect for Jewish cooks, who could begin roasting the brisket just prior to pausing labor for 24 hours in observance of Shabbat.

INGREDIENTS:

For the brisket:

- 1st cut brisket
- Salt and pepper
- Garlic powder
- 3 stalks celery, sliced
- 1 large onion, sliced
- 12-ounce bottle chili sauce
- 1 bottle beer

For the vegetables:

- 1 – 2 lbs carrots, peeled, trimmed and halved lengthwise (if they are especially large you can cut into quarters)
- 1 – 2 lbs new potatoes, scrubbed
- 3 Tbsp olive oil, divided
- 2 Tbsp vegan butter (can also substitute with additional olive oil)
- Fresh thyme and rosemary sprigs

DIRECTIONS:

1. To make the brisket (do so at least one day before serving): Preheat the oven to 400°F and line a pan with foil (the pan should be sized to hold the brisket snugly).
2. Place the brisket, fat side up, in the pan. Season generously with salt, pepper and garlic powder. Top with the celery and onions.
3. Roast uncovered for 40 minutes. Pour the chili sauce over. Fill the empty bottle one-third with water and shake, pour over the chili sauce. Reduce the oven to 350°F, cover the pan and cook for 90 minutes. Add the beer and continue to cook, covered, for 40 minutes more. Remove from the oven and let cool completely. Refrigerate overnight.
4. Remove all but ¼" of the fat from the top of the brisket (see note below). Slice up the brisket and return to the sauce. At this point you can freeze it, put it back in the fridge to reheat later in the day or continue with the recipe. Let the brisket sit out for about an hour before reheating.
5. Preheat the oven to 350°F. Reheat the brisket, covered, for about 40 minutes, basting occasionally.
6. To make the vegetables: Preheat the oven to 475°F; line a sheet pan with parchment paper.
7. Working with one potato at a time, place on a cutting board between 2 chopsticks. Cut slits in the potato, about ¼" apart, slicing almost all the way through (the chopsticks will prevent you from slicing all the way through the potato).
8. Toss the carrots with 1 tablespoon of the oil. Season with salt and pepper and place on your prepared baking sheet. Place the potatoes on the sheet and brush with 1 tablespoon of the oil. Season with salt and pepper. Scatter some of the thyme and rosemary sprigs on top, saving some for garnish.
9. Bake for 20 minutes. Melt the vegan butter with the remaining tablespoon of oil and brush on the potatoes, which should have started to fan out at this point. Be sure to get the butter/oil mixture between the slices. Bake for an additional 20 minutes and serve, garnished with thyme and rosemary sprigs.



PHOTO: CHAYA RAPAPORT

MOROCCAN-INSPIRED TZIMMES WITH CHICKEN

Chaya Rapaport

YIELD: 4 SERVINGS

Most Jews today are familiar with the round challah and apples dipped in honey, but carrots are also a traditional part of the Rosh Hashanah meal. The Hebrew word for carrot, *gezer*, also means “decree” in Hebrew. Thus, eating carrots reminds us that we hope for a good decree in the new year. A favorite Ashkenazi way to eat carrots is in a sweet, stewed dish called *tzimmes*. While this chicken and vegetable dish isn’t quite traditional, it brings together Moroccan spices, sweet carrots and dried fruit with chicken for a symbolic and delicious main dish.

INGREDIENTS:

For the fruits and vegetables:

- 2 bunches small colored candy cane beets, tops removed, scrubbed and sliced
- 1 bunch colorful young carrots, scrubbed and thicker ones sliced in half
- 4 apricots, halved, some quartered
- 4 big purple plums, halved and some sliced
- ½ cup golden raisins
- 10 cloves garlic, peeled
- 1 large onion, peeled and sliced into thick rings
- 3 sprigs fresh rosemary
- Chopped parsley, for serving

For the chicken, sauce and saffron white wine marinade:

- 4 chicken bottoms, cleaned
- 2 tsp fine sea salt
- 2 sprigs fresh rosemary
- ¼ tsp saffron threads
- ¼ cup water
- ¾ cups good white wine
- 3 Tbsp date honey (silan)
- ¼ cup olive oil
- ¼ tsp freshly ground black pepper
- 3 cardamom pods, lightly crushed
- 1 tsp ground cinnamon
- ½ tsp ground cumin
- 2 pinches cayenne pepper

DIRECTIONS:

1. Preheat the oven to 425°F. Rub the chicken bottoms with the sea salt and the 2 sprigs of fresh rosemary.
2. Toast the saffron threads in a small pan over low-medium heat, for about 3-5 minutes, until they are slightly toasty and fragrant. Remove the pan from the heat, add the 1/4 cup of water and let it sit and turn yellow as the saffron infuses its flavor into the water.
3. Combine the cooled saffron water, of which you should have 1/4 cup, with the white wine. Mix and set aside until needed.
4. Make the marinade: Whisk the date honey, oil, black pepper, cinnamon, cumin and cayenne in a large bowl.
5. Add the chicken pieces, carrots, onion, cardamom pods, garlic, apricots, plums, carrots, beets, golden raisins and rosemary to the large bowl and toss to combine.
6. Remove the chicken and set aside, in a clean, baking paper-lined pan until needed. Spread the fruits and vegetables on a baking paper-lined rimmed baking sheet.
7. Pour half of the saffron/white wine mixture onto the chicken and half onto the vegetables. Cover the vegetables tightly with foil. Roast for 15 minutes, then remove from the oven. Remove and discard the cardamom.
8. Remove foil, lower the heat to 400°F and top the vegetables with the chicken and the rest of the saffron/white wine mix.
9. Continue to roast until the beets and carrots are tender, the chicken is golden brown and the whole mixture smells absolutely divine, around 40 minutes to 1 hour. (If the fruits and vegetables get too dark, you can remove the sheet tray from the oven, place the chicken in another pan and return that pan to the oven until the chicken is nice and golden, leaving the vegetables out.)
10. When the chicken and vegetables are done, transfer chicken mixture to the serving platter. Pour pan juices over. Top with shredded parsley before serving.

SYRIAN LEEK PANCAKES

Sylvia Fallas

YIELD: 4-6 SERVINGS

Leeks are also a symbolic food for the Jewish new year and are very prevalent in Sephardic cuisine. Leeks in Hebrew are karti, a word that sounds like the Hebrew word for “cut off.” Jews eat leeks to symbolize their hope that their enemies will be cut off – and leave them in peace!

INGREDIENTS:

- 1 bunch leeks (approx. 3)
- 1 large Idaho potato
- 1/3-1/2 cup matzah meal
- Salt and pepper, to taste
- 3-4 eggs
- Canola oil, for frying

DIRECTIONS:

1. Wash and clean the leeks; trim off the dark green sections and the root. Slice each stalk in half lengthwise and run under cold water, fanning the stalk so water runs through each layer. Chop the leeks into small pieces, roughly the size of a thumbnail. Soak in a bowl of cold water. Lift the leeks out of the water and set on clean towels. Pat leeks dry. (If you have a salad spinner, use it to dry the leeks.)
2. For the batter, whisk 3 of the eggs in a large mixing bowl. Peel the potato and grate it into the bowl. Add the leeks, matzah meal, salt and pepper. Mix well with a fork to combine. Batter should be thick and relatively scoop-able. Add additional egg or matzah meal depending on texture. Set batter aside.
3. Fry the pancakes; Heat a thin layer of oil in the skillet. To test salt level, fry a teaspoon of batter. Taste and season again if needed.
4. Fry 2 tablespoons-sized scoops of batter, flipping once one side is brown. Remove to a paper towel lined plate.
5. The pancakes can be baked in mini muffin cups instead of fried. Spray muffin tin well with cooking spray and bake in a 375°F oven until set. Cool and remove.



PHOTO: EMILY PASTER

COUSCOUS WITH SEVEN VEGETABLES

Emily Paster

YIELD: 6 SERVINGS

Among North African Jews, especially those of Moroccan origin, couscous with seven vegetables is a traditional and cherished Rosh Hashanah dish. The couscous has a special significance; the many tiny grains represent a wish for a year with countless blessings. Rosh Hashanah occurs at a time of year when many vegetables, such as squash and root vegetables, are at their peak.

INGREDIENTS:

- 3 Tbsp olive oil
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 1 Tbsp tomato paste
- 2 tomatoes, seeded and diced
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp ground ginger
- 1 tsp cinnamon
- ¼ tsp cayenne
- 2 red peppers, chopped
- 2 zucchini, halved and cut into wedges
- 2-3 small turnips, peeled and cut into wedges
- 1 bunch carrots, peeled and chopped
- 1 butternut squash, peeled and cubed
- 4 cups vegetable broth or water
- 15 oz can chickpeas, rinsed and drained
- 2 tsp ras el-hanout (a North African spice blend, available at Whole Foods or Middle Eastern markets)
- 2 Tbsp chopped flat-leaf parsley
- Handful slivered almonds (optional)
- Salt and pepper, to taste
- 1 box instant couscous

DIRECTIONS:

1. Heat the olive oil in a large, deep saucepan or Dutch oven over medium heat. Add the onions and sauté until softened, about 5 minutes. Season with salt and pepper.
2. Add the garlic and tomatoes and sauté until softened, about 5 minutes. Add the tomato paste and spices, and stir to combine. Sauté the mixture for a few additional minutes until fragrant, stirring frequently to prevent scorching.
3. Add the red peppers, zucchini, turnips, carrots, and squash, as well as the broth or water. Bring to a boil, reduce heat, and cover. Simmer until vegetables are tender, about 10-15 minutes.
4. Remove cover and add chickpeas. Simmer until chickpeas are heated through and stew is thickened, another 5-10 minutes. (May be done ahead up to this point.)
5. Meanwhile, make couscous according to package directions. Remove from heat and cover. Let stand for 5 minutes. Remove cover and fluff couscous with a fork to break up any clumps.
6. Just before serving, add the ras el-hanout to the stew. Taste and adjust seasonings accordingly.
7. To serve, spread the couscous on a platter or shallow dish with a well in the middle. Spoon the vegetable stew over the couscous. Garnish with chopped parsley and slivered almonds, if using.



PHOTO: DOUG SCHNEIDER

CLASSIC POTATO KUGEL

Shannon Sarna

YIELD: 8-10 SERVINGS

While noodle kugel predates potato kugel, both kinds are popular at Ashkenazi Shabbat and holiday tables. Kugels are popular holiday dishes not only because they are delicious, but because they can be prepared ahead of time and reheated or served at room temperature. The secret to this recipe is heating the oil in your baking dish while you prepare the kugel mixture. When the oil sizzles as you add the potato mixture, you will know you did it right.

INGREDIENTS:

- 8 medium Yukon gold potatoes, peeled and coarsely shredded
- 2 medium-large onions, coarsely shredded
- 5 large eggs
- ¾ cup matzah meal
- ½ Tbsp salt
- 2 tsp freshly ground black pepper
- 2 tsp garlic powder
- Paprika for sprinkling
- Thick sea salt
- ⅓ cup olive oil

DIRECTIONS:

1. Preheat the oven to 375°F.
2. When the oven is preheated, add 1/3 cup olive oil to a 9×13 pyrex dish and put into the oven to heat up.
3. Whisk eggs together in a large bowl.
4. Add shredded potato, onion, matzah meal, salt, pepper and garlic powder. Mix until combined.
5. When oil has been heating for about 10 minutes, remove from the oven.
6. Add a small spoonful of the potato mixture and if it starts sizzling, it is hot enough. If not, put it back in the oven for a few minutes.
7. When oil is ready, add the entire potato mixture and spread in an even layer using an offset spatula or large spoon.
8. Sprinkle sweet or hot paprika on top and a sprinkle of thick sea salt.
9. Bake for 40-50 minutes until crispy around the edges and golden brown on top.
10. Allow to cool slightly before cutting into squares.
11. Serve warm or room temperature.



PHOTO: STEPHANIE GANZ

FASOULIA

Stephanie Ganz

YIELD: 4 SERVINGS

Fasoulia is a classic and delicious Turkish dish of string beans, stewed tomatoes and lemon. It's an ideal dish for any holiday because it can be prepared ahead of time, served warm or room temperature. And, you probably guessed it: String beans are also one of the symbolic foods that Jews eat on Rosh Hashanah. The Hebrew name for this vegetable, rubia, sounds like the Hebrew word for increase – may our merit, health and prosperity all increase in the coming year!

INGREDIENTS:

- ¼ cup olive oil (plus more to serve)
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes
- 1 pound fresh green beans, trimmed
- ¼ cup fresh dill, chopped
- Juice of one lemon
- Salt and pepper, to taste

DIRECTIONS:

1. Heat olive oil in a large saucepan over medium heat. Add onion and garlic and cook until translucent, about 10 minutes.
2. Add tomatoes, green beans, salt and pepper, and cook, stirring occasionally, for 45 minutes. Add a half-cup of water (or more) if the stew starts to look too dry.
3. Remove from heat and allow to cool.
4. To serve, bring the dish to room temperature, taste and adjust seasoning as necessary, and garnish with olive oil, lemon juice and fresh dill.



PHOTO: SONYA SANFORD

ONE-BOWL RUSSIAN APPLE CAKE

Sonya Sanford

YIELD: ONE CAKE

Apples are one of the most recognizable Rosh Hashanah fruits, and one whose explanation is largely elusive. Like honey, it is traditionally prized for its sweetness. Other interpretations associate the apple with fertility, the Garden of Eden and the giving of the Torah. Apple Sharlotka is a popular Russian and Polish apple cake that is easy to prepare and requires only a handful of ingredients. This dessert is dense with apples, but the cake surrounding the fruit is light and airy.

INGREDIENTS:

- 3-4 (1.5 lb/680 g) medium apples, like Granny Smith
- Juice of ½ a lemon
- 3 large eggs
- 1 cup (220 g) sugar
- 2 tsp vanilla extract
- ¼ tsp salt
- 1 cup (130 g) all-purpose flour
- Powdered sugar, as needed

DIRECTIONS:

1. Preheat the oven to 350°F. Grease and line a 9" springform pan with parchment paper—you can also use a 9" round or square baking pan for this recipe.
2. Peel and core the apples. Cut the apples into 1" pieces, about ¼"-thick. Toss the apples in lemon juice, and then add them to the baking dish.
3. In a large bowl using a hand mixer, or in a stand mixer fitted with the whisk attachment, combine the eggs and sugar. Alternatively, you can beat the eggs and sugar by hand using a whisk. Beat until the eggs are pale, fluffy and have doubled in size, about 3-4 minutes. Add the vanilla extract and beat for one more minute.
4. Sift in half of the flour and salt to the egg mixture, and fold the dry ingredients into the batter. Sift in the remaining flour and salt, and fold them in until they are just incorporated. Be careful to gently fold in the dry ingredients and to not overmix the batter.
5. Pour the batter over the apples in the baking dish. If needed, use a spatula or spoon to smooth the batter over the top so it evenly covers the apples.
6. Bake for 45-50 minutes until golden brown and firm on top, or until a cake tester comes out clean. Allow the cake to cool for at least one hour prior to serving.
7. Before serving, sprinkle the cake with powdered sugar. Sharlotka can be made a day in advance and stored covered at room temperature the crust will soften as it sits.



PHOTO: SHANNON SARNA

APPLE BABKA

Shannon Sarna

YIELD: 3 MEDIUM BABKA OR 2 LARGE ONES

Apple stuffed babka is the perfect sweet treat for Rosh Hashanah and the High Holiday season. If you want to simplify this recipe, you can use store-bought fig jam or apple butter as a filling.

INGREDIENTS:

For the filling:

- 6 Gala apples, peeled and diced
- 2 cups pitted dates, chopped
- ½ tsp salt
- 1 tsp cinnamon
- ¾ cup water
- ¼ cup balsamic vinegar
- 2 Tbsp honey

For the dough:

- 1 Tbsp dry active yeast
- ⅓ cup + ½ tsp sugar
- ½ cup lukewarm water
- 4 ½ cups unbleached all-purpose flour
- 2 tsp vanilla
- ½ cup whole or 2% milk (or almond milk)
- ¾ cup (1 ½ stick) unsalted butter (or margarine), melted
- 2 large eggs

For the topping:

- 1 ¼ cups unbleached all-purpose flour
- ⅓ cup packed light brown sugar
- ¼ cup granulated sugar
- ¼ tsp salt
- ½ tsp cinnamon
- ⅓ cup old-fashioned oats
- ½ cup (1 stick) unsalted butter, melted

DIRECTIONS:

1. To make the dough: Place the yeast and ½ teaspoon sugar in a small bowl. Add the lukewarm water and stir gently to mix. Set aside until foamy, 5 to 10 minutes. In a stand mixer fitted with a dough hook, mix together the flour, ⅓ cup sugar and 2 teaspoons vanilla.
2. In a medium saucepan, scald the milk (bring almost to a boil, until milk is just simmering). Allow to sit for 1 minute to cool slightly.
3. With the mixer on low, add the water-yeast mixture, milk and melted butter. Add eggs one at a time.
4. When the dough begins to come together, after 2 to 3 minutes, turn off mixer and scrape down the sides. Raise the speed to high and mix for another 5 to 10 minutes until the dough is shiny, elastic and smooth. It may seem like a long time to mix, but the result is worth the wait. (You can also knead vigorously by hand for 10 minutes if you don't have a stand mixer.)
5. Place dough in a greased bowl with a damp towel on top. Allow to rise 1 to 2 hours.
6. To make the filling, place apples, dates, salt, cinnamon, water and honey in a medium saucepan and bring to a boil. Continue to simmer on medium heat until the mixture is reduced. Add the balsamic vinegar and simmer another 2-3 minutes. The mixture will cook around 10 to 15 minutes in total. Remove from the heat and allow to cool for 5 minutes. Place mixture in a food processor fitted with a blade attachment and pulse until smooth.
7. To make the topping: combine all ingredients in a bowl and mix until combined but there are still clumpy crumbs.
8. Preheat the oven to 350°F. You can either grease three 8" loaf pans or make two round babka using 8" round cake tins (or just do it freeform on a parchment lined baking sheet).
9. Divide dough into 2 or 3 even-sized pieces (depending on how many babka you are preparing).
10. Roll out one part into a rectangle. Spread with an even layer of apple-date filling or apple butter.
11. Once the dough is formed into a swirled log, cut it straight down the middle so the filling is exposed. Cut ½ inch off each end. Layer each cut piece on top of one another and twist. Place in a greased loaf pan.
12. Repeat with the other piece(s) of babka dough. Lightly drape a kitchen towel over the top of pans. Allow to rise another 30 minutes. Sprinkle crumb topping evenly over babka.
13. Bake for 30 minutes.
14. Allow to cool for 5 to 10 minutes. Using a butter knife, loosen sides of the babka from the pan and place on a wire rack to cool.



PHOTO: RACHEL PATTISON

GLUTEN-FREE APPLE CAKE

Rachel Pattison

YIELD: ONE CAKE

A gluten-free, dairy-free apple cake for Rosh Hashanah is a delicious way to celebrate the holiday. This cake remains moist and delicious, ensuring that all will enjoy it – dietary restrictions or not – this new year.

INGREDIENTS:

- ¼ cup coconut sugar or brown sugar
- 1 cup extra-virgin olive oil
- 2 large eggs, room temperature
- ⅔ cup honey
- 1 tsp vanilla extract
- 2 ½ cups gluten-free baking flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp salt
- ⅛ tsp allspice
- 3 apples, peeled, cored and chopped into ¼-inch pieces (I recommend using a mixture of green and red apples)
- ⅔ cup walnuts, finely chopped (optional)
- Unsweetened plain almond milk (optional)

DIRECTIONS:

1. Preheat oven to 325°F. Grease and lightly flour a 9" bundt pan (nonstick, if you have one).
2. In a stand mixer, beat together the sugar and olive oil. Beat in the eggs, then the honey and vanilla. Turn off the stand mixer.
3. In a separate large bowl, stir together the gluten-free flour, baking powder, baking soda, cinnamon, salt, and allspice.
4. Turn the stand mixer back on, and very slowly add the flour mixture to the wet ingredients. Use a spatula to scrape down the sides of the bowl, ensuring that all of the ingredients become well incorporated.
5. Fold in the diced apples and walnuts. If you find that the mixture is too thick, you can add some almond milk, one tablespoon at a time, not to surpass ¼ cup.
6. Pour the batter into the prepared bundt pan and bake in the oven for 1 hour. Check the cake at the 50-minute mark. It is done when a toothpick inserted comes out clean. Once done, allow the cake to cool in the bundt pan for 15 minutes. Then, place a cake plate on top of the bundt pan, and while holding the pan and the plate together, very carefully flip the bundt pan so the cake lands directly onto the cake plate.
7. Allow the cake to cool completely and then dust lightly with confectioners' sugar.