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Rosh Hashanah Cookbook

RoshHashanah.org

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Dear Friend,

Rosh Hashanah 5787 is almost upon us!

From the moment we light our double-duty Shabbat/holiday candles on Friday evening, Sept. 11, we'll usher in a special year, sandwiched between two Shabbats and suffused with a blissful Shabbat vibe.¹

This also affects your cooking plans, since no cooking is allowed on day one, just like on any other Shabbat. (On day two, you can cook using a preexisting flame that you need to prepare on Friday.)

At the festive meals on the first and second nights of Rosh Hashanah, we eat sweet foods to symbolize our desire for a good, sweet year ahead.

The meal on the first night of Rosh Hashanah includes:

Kiddush: Before starting the Rosh Hashanah meal, we sanctify the holiday by reciting the *kiddush* over a cup of wine or grape juice.

Round challah with honey: Traditionally, at Shabbat and holiday meals, we dip the challah into salt. But from Rosh Hashanah until the end of Sukkot, we dip it into honey instead, to symbolize our wish for a sweet year ahead. The round challahs—often studded with raisins—have no end, symbolizing our wish for a year in which life and blessings continue without end.

Apple with honey: We dip a piece of sweet apple into honey and say, "May it be Your will to renew for us a good and sweet year."

Pomegranate: To symbolize our wish to have a year as filled with mitzvot and good deeds as a pomegranate is filled with luscious seeds

Head of a fish or ram: This symbolizes our desire to be at the "head of the class" this year.

Throughout the meal, it is customary to eat foods whose names in the vernacular allude to blessing and prosperity. For example, many have the custom to eat *tzimmes*, a carrot dish, since the Yiddish word for carrot, *meren*, also means "to multiply."

On the second night of Rosh Hashanah:

A "new fruit," a seasonal fruit you have not tasted since the season began, is eaten following *kiddush* and before washing hands and proceeding with the challah dipped in honey.

And of course, remember that shofar blowing (and Tashlich) is only happening on day two, Sept. 13, this year, so don't miss out!

Wishing you a *shanah tovah*,

Your friends at Chabad.org

¹ Both this year (5787) and the next (5788) begin on Shabbat, something that only happens every few decades. The last time it happened was 5763 (2002–3), and the next time won't be until 5814 (2053–4).

ROUND RAISIN CHALLAH WITH SWEET CRUMB TOPPING

By Miriam Szokovski

It's traditional to use round challahs for Rosh Hashanah, to represent the cycle of life. It's also customary to eat sweet foods at this time, to symbolize our desire for a sweet year ahead, hence the raisins and sweet crumb topping.

Traditionally, at Shabbat and holiday meals, we dip the challah into salt. But from Rosh Hashanah until the end of Sukkot, we dip it into honey instead. Enjoy!

Dough Ingredients

- 4 tbsp. dry yeast
- 5 cups very warm water
- 5 large eggs
- 1¼ cup honey
- 1 cup oil (canola or light olive oil)
- 2 tbsp. Kosher salt
- Approximately 18 cups flour
- 1 cup raisins

For the egg wash

- 1 egg

For the crumb topping

- ½ cup flour
- ½ cup sugar
- 1 tsp. vanilla
- 5 tbsp. oil

Directions

1. In a very large bowl, dissolve the yeast in 2 cups of warm water and let sit for about 15–20 minutes until thick and frothy.
2. Add the rest of the ingredients and half the flour. Mix until a loose batter forms. Add the remaining flour a couple of cups at a time, until the dough is soft but not sticky. Knead.
3. Cover the dough with a wet towel or plastic wrap and put it in a warm place to rise for about 1½ hours. Dough should double in size.

4. Punch the dough down and let it rest for 10 minutes. Divide into 6 equal pieces. Each piece will form one challah.
5. Roll each piece out into a long rope. To shape, roll inwards, from one side, and tuck the end underneath. Transfer to a lightly greased cookie sheet and let rise for another 40 minutes. Repeat with remaining pieces of dough.
6. Make the sweet crumb topping by putting the flour and sugar into a bowl. Slowly add the vanilla and oil, mixing with a spoon, or your fingertips, until it reaches crumb consistency.
7. Beat the egg in a small bowl. Brush it over the loaves and sprinkle with crumb topping. Bake at 375° F (190°C) for approximately 45 minutes. Loaves should be golden brown and firm on the bottom.

Yields: 6 challahs



HONEY-MUSTARD GLAZED SALMON WITH POMEGRANATE SALSA

By Miriam Szokovski

Pomegranates symbolize our wish to have a year filled with mitzvot and good deeds, just as a pomegranate is filled with luscious seeds.

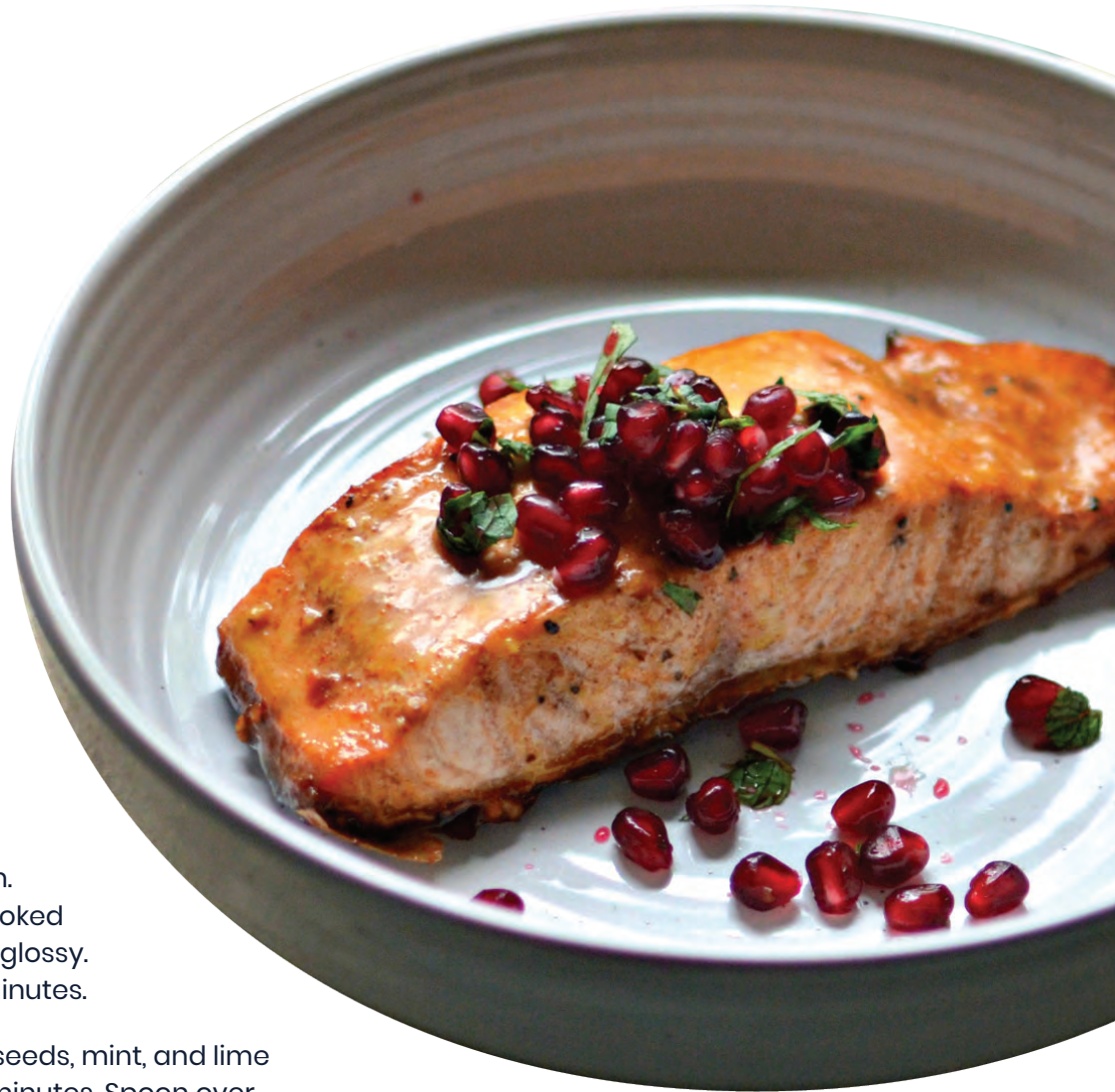
Ingredients

- 4 salmon filets
- 2 tbsp. dijon mustard
- 1-2 tbsp. honey
- Salt
- Black pepper
- 1 pomegranate
- 2 tbsp. chopped mint leaves
- Squeeze of fresh lime

Directions

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper. Place salmon skin-side down on the pan.
3. Whisk all the ingredients in a small bowl. Pour (or brush) evenly over the salmon. Bake until fish is just cooked through and the top is glossy. Approximately 15-20 minutes.
4. Mix the pomegranate seeds, mint, and lime juice and let sit for 30 minutes. Spoon over salmon just before serving.

Serves: 4



SIMPLE BEEF & CARROT TZIMMES

By Miriam Szokovski

Tzimmes is traditional at Rosh Hashanah. It is customary to eat foods whose names in the vernacular allude to blessing and prosperity, and the Yiddish word for carrot, meren, also means to multiply.

Ingredients

- 1.5 lb (700 grams) cubed stew meat or boneless flanken
- 2 onions, sliced in thin half-rounds
- 2 lbs carrots, peeled and sliced
- Kosher salt
- 2 cups water

Directions

1. Heat a deep frying pan over high heat (this recipe would also do very well in a dutch oven if you have one). Brown the beef well on at least two sides.
2. Once the beef is browned, add the onions, a generous sprinkle of salt, and give it a good stir. (The meat should have let out enough fat in which to fry the onions, but if your pan is very dry add a small drizzle of oil.) Reduce heat to medium, cover the pan, and cook until the onions start to have some color.
3. Add the carrots and two cups of water and cover the pan. Once the water comes to a boil, reduce the heat so that it's cooking at a low simmer. Cook until the beef is soft and falling apart (this could be 3 hours or more, depending on the cut and quality of your meat, which

kind of pan you are using, and the size of flame). It's important not to measure by time but by the meat. If it doesn't feel ready, keep it on the fire, just make sure there is enough liquid to mostly cover the meat (the carrots will let out lots of their own juices).

4. Taste and add salt as desired. Serve hot.

Serves: 4-6 (depending what else you're serving)

NOTE: The "low and slow" cooking here is important to break down the meat and get it soft and flavorful. But it requires no attention from you while it's actually cooking, and your house will smell amazing!



APPLE-MINT SALAD WITH LIME VINAIGRETTE

By Miriam Szokovski

This salad is light and refreshing with a delightful crunch from the apples and snap peas. Although I use pecans year-round, since it's traditional to avoid nuts on Rosh Hashanah, I use sunflower seeds instead.

Salad Ingredients

- 5 oz. mixed greens
- 3 apples (different colors), thinly sliced
- 2 cups sugar snap peas, roughly chopped
- ½ cup roasted, salted sunflower seeds

Dressing Ingredients

- ⅓ cup lime juice
- ⅓ cup chopped mint leaves
- 1 tbsp. Dijon mustard
- ½ tsp. garlic powder
- ½ tsp. salt
- ⅓ cup olive oil
- 1 tsp. sugar

Directions

1. Whisk together the lime juice, mint leaves, Dijon mustard, sugar, garlic powder and salt. Slowly whisk in the olive oil until emulsified.
2. Slice the apples as thinly as possible (use a mandolin for best results) with the peel on. Immediately add the apple slices to the dressing to avoid browning.
3. Toss the apples with the mixed greens and sugar snap peas. Top with sunflower seeds. Serve immediately.

Serves: 6



CRUNCHY CARROT & APPLE SLAW

By Miriam Szokovski

This salad is fresh and tart and combines a number of the symbolic Rosh Hashanah foods.

I've also included raisins and celery as a nod to the good old "raise in salary." And mostly because they just taste good!

Salad Ingredients

- 3 cups shredded carrot
- 1 ½ cups green apple batons
- 2 celery stalks, finely sliced on the diagonal
- ½ cup raisins

- ¼ tsp garlic powder
- ¼ tsp celery seed
- 1 tsp kosher salt

Directions

1. Whisk the dressing ingredients together. Pour the dressing over the salad and let it sit for 30 minutes before serving.

Dressing Ingredients

- ¼ cup oil
- ¼ cup lemon juice
- 2 tbsp pure maple syrup (or honey)
- 1 tsp dijon mustard

Serves: 6



APPLE NOODLE KUGEL

By Miriam Szokovski

Kugel is one of those traditional Ashkenazi dishes which makes some people roll their eyes, but without which others can't imagine a holiday or Shabbat meal. Sweet noodle kugel with raisins is quite popular, but this Rosh Hashanah version has apples and a cinnamon crumb topping. You can definitely add raisins if you like.

Kugel Ingredients

- 12 oz. (340 grams) fine egg noodles
- ¼ cup oil
- 6 red apples, peeled
- 6 eggs, lightly beaten
- ¾ cup sugar
- 1½ tsp. cinnamon
- 1½ tsp. kosher salt

Topping Ingredients

- ½ cup cornflake crumbs
- ½ cup sugar
- 1½ tsp. cinnamon

Directions

1. Cook and drain the noodles, and mix in the oil.
2. Grate the apples and squeeze gently to drain the liquid.

3. Add the eggs, sugar, cinnamon and salt to the apple mixture. Then add the mixture to the noodles. Stir to combine.
4. Pour mixture into a 9" × 13" baking pan or a round springform pan. If you're not using a springform, line the pan with baking paper.
5. Mix the crumb topping in a small bowl and sprinkle over the kugel. Bake covered at 350°F (180°C) for 50 minutes, then uncovered for another 10 minutes to let the top crisp up. Remove from the oven and let the kugel cool completely before covering, to prevent the topping from getting soggy.
6. Serve warm or at room temperature.

Serves: 12



SIMANIM RICE PILAF

By Miriam Szokovski

This recipe combines a number of the symbolic Rosh Hashanah foods—called simanim—into a cohesive and exciting side dish. Carrots, leeks, black-eyed peas, dates and pomegranate seeds all find their place here. Add some fresh herbs and spices, and you have a definite crowd-pleaser on your hands.

Ingredients

- 2 large carrots
- 1 cup long grain white rice
- 2 cups water (or however much your rice calls for)
- 1 cup thinly sliced leeks, whites only
- 1 cup cooked black eyed peas
- 4 dates
- $\frac{1}{8}$ tsp cumin
- $\frac{1}{8}$ tsp coriander
- $\frac{1}{4}$ tsp sumac
- Oil
- Salt
- Fresh parsley
- Fresh mint
- Pomegranate seeds

Directions

1. Shred the carrots (you do not need to peel them first, as long as you wash them well) either by hand or with a food processor.
2. Heat a wide pot or deep skillet over medium-high heat. Add the shredded

carrot and dry saute for a couple of minutes. Then add about a tablespoon of oil and some salt, and saute until just soft. Add the rice and mix around with the carrots. Pour in the water and cover the pot or pan. Bring to a boil and immediately reduce to a simmer.

3. When the water has been absorbed and the rice is cooked, remove from the heat, uncover, and let stand for 10 minutes before fluffing with a fork. Taste, and add salt as needed.
4. In a separate frying pan, saute the leeks in a tablespoon or so of oil, and some salt. When just soft (but not brown), add the black eyed peas and the dates. Cook for another few minutes, then add the cumin, coriander, sumac and some salt. Stir and let it sit over low heat while the spices become fragrant.
5. Combine the saute mixture with the rice. Serve warm, and immediately before serving, mix through approximately 1 cup of chopped fresh herbs (parsley and mint) and a handful of pomegranate seeds.

Serves: 6



SOFT & STICKY BRAISED CHARRED LEEKS

By Miriam Szokovski

Some people have the tradition to eat leeks on Rosh Hashanah. If you haven't explored this delicious allium beyond the typical potato-leek soup, you're missing out. They are delicious in so many ways! Give these braised leeks a try—they end up soft and sticky with a little smokiness if you give them some time under the broiler.

Ingredients

- 3-4 leeks, halved
- 2 tbsp. oil
- ¼ cup dry white wine (like Pinot Grigio or Sauvignon Blanc)
- ¼ cup chicken stock
- 1½ tbsp. silan (date honey)
- 4-5 sage leaves
- Salt

Directions

1. Cut and discard the dark green, hard leaves of the leeks and the tips. Just keep the white-light green part. Slice each leek lengthwise and carefully rinse to remove any dirt and sand, while keeping their shape as best as possible. Pat dry.
2. Heat a large frying pan over medium-high heat. Add 2 tablespoons oil and swirl to coat the bottom of the pan. Place the leeks cut side down into the hot oil. Cook for 3-4 minutes until you get some good caramelization (you may need slightly longer or shorter in the pan to get the same results depending on your pan and size of your flame, so turn one over to check).
3. Flip and repeat. Check the bottom of the leeks after a few minutes but do

not turn back over. Leave cut side up, and pour in the wine and chicken stock. Drizzle the leeks with the silan, sprinkle lightly with salt, and add the sage leaves around the sides of the pan (into the liquid). Cover the frying pan, reduce to a simmer, and cook 10-12 minutes until the leeks are soft.

4. Uncover pan, transfer to the oven, and broil for 5-10 minutes, depending how charred you want it. (You can skip this step entirely if you prefer). Serve warm.

Serves: 6-8



MIRIAM'S MELT-IN-YOUR-MOUTH ROSH HASHANAH BRISKET

By Miriam Szokovski

Somehow, brisket has become standard Rosh Hashanah fare across North America. A good and often more affordable stand-in for first-cut brisket is top-of-the-rib roast.

Ingredients

- 3 lb. (1.3 kg) first-cut brisket
- 2 tbsp. paprika
- 2 tbsp. garlic powder
- 2 tbsp. dried chives (optional)
- 1 tbsp. salt
- 2 large Spanish onions
- ½ cup balsamic vinegar
- ⅓ cup honey

Directions

1. Slice the onions into rounds. Place them in the bottom of a baking dish.
2. Combine the paprika, garlic powder, chives and salt in a small bowl. Cover the brisket with the spice mixture. Pat it in gently until the meat can hold no more.
3. Place the meat on top of the onions and put it into the oven at 400°F (200°C) for 1 hour.
4. Take the pan out of the oven, add the balsamic vinegar and honey, and cover the baking dish tightly. Return the pan to the oven, lower the temperature to 250°F (120°C), and cook for another 4 hours, until the meat is fork tender—meaning a fork goes in with almost no resistance. Cooking time will

vary, depending on the size and thickness of your brisket, the type of pan you use, and your oven, so make sure to use the fork test.

5. Approximately once an hour take it out and turn the meat, so both sides get equally moist. (If you're busy, you can skip the turning; just make sure to turn it once, about halfway through.)
6. Refrigerate the meat until completely cold (preferably overnight), then cut into thin slices against the grain. Return the sliced meat to the sauce. Reheat in the oven, or over a low flame. Serve with the onions and sauce.

Yields: Approximately 30–40 thin slices



WINE & POMEGRANATE BRAISED BRISKET

By Rachel Grossbaum

Brisket Ingredients

- 3lb. (1.3 kg) first-cut brisket
- 3 tbsp. olive oil
- kosher salt
- cracked black pepper
- 1 onion, sliced
- 1 head garlic
- $\frac{3}{4}$ cup pomegranate juice
- 1 cup dry red wine

Vegetable Saute Ingredients

- 1 yellow onion
- 1 purple onion
- $\frac{1}{2}$ cup fresh chives
- 2 tbsp. olive oil
- Pinch salt

Wine-Pomegranate Sauce Ingredients

- $\frac{1}{2}$ cup dry red wine
- $\frac{1}{2}$ cup pomegranate juice
- 4 cloves garlic, sliced

For the Brisket

1. Season both sides of the meat with salt and black pepper.
2. Heat a frying pan or grill pan, add olive oil, and sear the brisket for 5 minutes on each side.
3. Spread half the sliced onion and half the garlic cloves over the bottom of a baking dish. Place the brisket on top and the rest of the sliced onion and garlic on top of the brisket.

4. Pour the wine and pomegranate juice over the meat, cover the pan tightly with foil and bake on 350°F (180°C) for 3 hours (turn the meat halfway though) until fork tender.
5. Remove from the oven and let cool fully before slicing.

For the Vegetable Saute

1. Slice the onions and sauté in the olive oil until golden.
2. Add the chives and sauté a minute or two until just wilted.
3. Serve over brisket.

For the Wine-Pomegranate Sauce

1. Pour the wine and pomegranate juice into a saucepan.
2. Bring to a boil, then reduce to medium heat and cook for approximately 30-40 minutes.
3. Pour over brisket.



HONEY CAKE WITH LEMON DRIZZLE

By Rachel Grossbaum

This recipe freezes well and can be made in advance, if you want to get a headstart on your Rosh Hashanah baking. Just make and add the glaze later, after defrosting.

Cake Ingredients

- 3 eggs
- 1 cup sugar
- 1 cup honey
- 7/8 cup oil
- 1 tbsp. coffee dissolved in 1 cup boiling water
- 3 cups flour
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. cinnamon
- ½ tsp. allspice
- ½ tsp. nutmeg
- Nonstick cooking spray

Cake Directions

1. Mix the eggs, sugar, honey and coffee.
2. Add the rest of the ingredients and mix until the batter is smooth.
3. Spray two 8 inch round pans, or one 9"x13" pan with non-stick spray.
4. Pour the batter in, and bake at 350°F/180°C for 45 minutes.

For the Lemon Glaze

- 3 tbsp. fresh lemon juice
- Zest of 1 lemon
- 2 tbsp. hot water
- 2 cups confectioners' sugar
- Mix until smooth. When the cake(s) has cooled completely, drizzle with glaze.



EASY APPLE TURNOVERS

By Miriam Szokovski

Apples are one of the sweet foods that we eat on Rosh Hashanah to symbolize our hope that G-d will make the coming year a sweet one for us.

Ingredients

- 12 puff pastry squares (5x5 inches each)
- 3 granny smith apples
- $\frac{2}{3}$ cup sugar
- 2 tsp. cinnamon
- 1 tsp. kosher salt (if you're using table salt, use $\frac{1}{4}$ - $\frac{1}{2}$ tsp. instead)
- juice of $\frac{1}{2}$ lemon
- optional: $\frac{1}{2}$ cup raisins
- 1 egg, beaten
- $2\frac{1}{4}$ cups confectioners sugar
- $\frac{1}{4}$ cup water
- 2 tsp. fresh lemon juice

Directions

1. Pre-heat the oven to 400°F (200°C).
2. Place the raisins in a bowl and cover with hot water. This will help them rehydrate and plump up.
3. Whisk together the sugar, cinnamon, and salt.
4. Dice the apples and toss with the sugar mixture.
5. Spread the puff pastry squares out on a piece of parchment paper and leave to defrost until it is pliable but not too soft (about 4-5 minutes).
6. Drain the raisins and add to the apple mixture. Squeeze in the lemon juice.
7. Spoon some of the apple mixture into the center of each piece of puff pastry. Choose two opposite corners and bring them together. Pinch the seams to form a

triangle shape. Seal well.

8. Transfer the turnovers to a baking sheet lined with parchment paper.
9. Beat the egg and brush over the turnovers.
10. Bake at 400°F (220°C) for 20-25 minutes, until golden.
11. To make the glaze, sift the confectioners sugar into a bowl. Add the water and lemon juice, and whisk until smooth. When the turnovers have cooled, drizzle with glaze.

Note: To freeze, make and assemble the turnovers. Freeze flat on a baking sheet, then transfer (once frozen solid) to a zip-top bag. Bake fresh.

Yields: 12 turnovers



Miriam Szokovski is an experienced writer, editor, and author. She is a member of the Chabad.org editorial team, and shares her recipes on Chabad.org/food—where you can find many more Rosh Hashanah recipes.

Find everything else you want to know about Rosh Hashanah at RoshHashanah.org

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