

It's *easy* to have a meaningful High Holidays.

THREE
FOR **5783**

aish
DETROIT

2022

HIGH HOLIDAY

DOWNLOAD

RECIPES

Henna's Heavenly Challah

Ingredients:

1. 2 Packets (approx. 1 1/2 Tbsp) yeast
2. 1 1/2 cups sugar
3. 4 cups warm water

Instructions:

Combine the yeast and sugar in a bowl.

Add water and let sit for 7 minutes until the yeast activates indicated by bubbles forming on top of the mixture.

Add:

1 Tbsp salt

1 cup oil

4 eggs

5 pounds of flour (Start with around 9 cups then gradually add the remaining 6 or so cups until the dough forms a nice ball and is not sticky.)

Rub a small amount of oil on the dough before covering it (kitchen towel) so the dough does not get hard. Suggestion: Let the dough rise in a clean garbage bag.

Let the dough rise for 1 1/2 hours or until doubled in size.

At this point we do the Mitzvah of "Challah": Remove an olive size portion off of your dough, Make the blessing, then double wrap it and throw it out.

It is a special time for women to ask G-d for anything they want!

The Blessing:

"Baruch Ata Ad-onai Elo-heinu melech haolam Asher Kidshanu B'Mitzvotav V'Tzeevanu l'ehafrih challah min haesa"

Blessed are you the king of the universe who sanctified us with his commandments and commanded us to separate challah

1. Braid your challah however you would like.
2. Cover and let rise for another 1 to 2 hours or until doubled in size.
3. Preheat oven to 350.
4. Brush the challahs with a mixture of 1 egg yolk and 1/2 tsp water

Optional:

Sprinkle challahs with sesame or poppy seeds or streusel topping.

Streusel Topping

3 cups flour - 1 cup sugar - 1 egg - 3/4 cups oil - 1 tsp vanilla - 1 tsp baking powder

Mix all together with your fingers. This freezes really well and you will have extra. Put it in a labeled ziplock bag and stick it in the freezer!

Chicken Soup

Ingredients:

1 whole chicken

4 carrots

1 onion

4 celery stalks

1 parsnip

1 Zucchini

Kosher salt

Matzah balls:

Matzah Balls Mix

2 eggs

Olive oil

Directions:

Put chicken in a net bag and place in pot. Peel and dice vegetables. Add water to pot to cover veggies. Bring to a boil and skim foam. Simmer covered for at least 4 hours.

Matzah ball mix (as directions on box read) In a bowl, blend 2 eggs and 2 tablespoons oil. Add contents of matzo ball pack (packet #1) and stir with fork. Chill in refrigerator for about 15 minutes. Add to soup an hour before serving.

Carrot muffins

2 eggs
½ c oil
1 cup sugar
1 cup flour
½ tsp baking soda
½ tsp baking powder
½ tsp salt
2 jars baby food carrots
1 tsp vanilla
1 Tbsp vanilla sugar

Mix bake 350 for 30-40 minutes

Yields : 12

Roasted Chicken

Ingredients:

1 Whole Chicken

3 T Schwarma spice

Directions:

Rub spices on chicken, place in baking pan. Roast uncovered at 350 until fully cooked about 1-1 ½ hours. Periodically baste with pan juices. Allow to rest before carving.

Sweet Potato Casserole

Ingredients:

3 cups of drained and mashed sweet potatoes

1 cup sugar

2 eggs

1 teaspoon vanilla

1/3 cup margarine

Topping:

1 cup brown sugar

1 cup coconut

1 cup chopped pecans

1/3 cup flour

1/3 cup soft margarine

Directions:

Preheat oven 350

Mash 3 cups of sweet potatoes and add sugar, eggs, vanilla and melted margarine.

Put into an oval casserole dish.

In a separate bowl use either your fingers or a fork and mash up room temp. margarine, coconut, chopped pecans, flour and brown sugar and sprinkle on top of sweet potatoes. Cook for ½ hour.

Streusel-Stuffed Baked Apples

Ingredients:

¾ cup all-purpose flour

¾ cup dark-brown sugar

½ cup old fashion rolled oats

6 T (¾ stick) margarine melted

3 medium McIntosh or Cortland apples

3 medium Granny Smith apples

1 cup apple juice

½ cup honey

2 teaspoons ground cinnamon

Caramel

Ice cream or Whipped Cream
(parve)

Preheat oven to 425

Prepare the streusel filling: in a medium bowl, combine the flour, brown sugar, oats and melted margarine. Pinch to form coarse crumbs. Set aside

Wash the apples and with a melon baller, carefully scoop out the core,

creating a “bowl” about 2 inches in diameter. Be careful not to go all the way to the bottom or break the sides.

Fill each apple with the streusel filling, stuffing them to their tops. Arrange the apples in a shallow baking dish.

In a small bowl, stir the apple juice, honey and cinnamon. Pour in the baking pan.

Bake, uncovered for 25–30 minutes or until the apples are tender. If the streusel starts to burn, loosely cover with a piece of foil.

Carefully remove the apples to a platter or individual dessert dishes.

Drizzle the apples with the pan juices or the thick caramel and serve warm with ice cream or whipped cream.

Small Batch Challah

Recipe

This recipe yields 1 challah

Ingredients:

1 packet yeast (2 ¼ t)
¼ c of sugar
1 c warm water
1 egg
¼ c vegetable oil
½ T salt
3-4 c bread flour

Filling :

2 large Granny Smith apple chopped very small
3 T cinnamon and sugar

Instructions:

1. Mix the yeast, sugar and water together and let sit for a couple of minutes till you start to see bubbles forming.
2. Add the eggs, oil, salt and mix.
3. Add half the flour and mix,
4. Add the rest of the flour ¼ cup at a time until a dough starts to form. At this point you may want to switch to your hands and knead the dough until you have a nice springy mixture.
5. Form the dough into a ball and using about 1t of oil, grease the ball of dough.
6. Loosely cover the dough and let sit for about an hour or till the dough doubles in size.
7. At this point you can shape and braid the dough however you would like.
8. To make a round challah filled with apples - divide dough into
9. Using a rolling pin flatten each one into a long strip. Fill with chopped apples and cinnamon and sugar and roll dough over it so the filling is covered.
10. Place 2 strips parallel to each other and then the other two strips perpendicularly, weaving them through each other in the middle. You now have 8 strands around the middle. Start with one of the strands that's coming from underneath and place it over its partner strand- continue clockwise. Repeat counterclockwise and tuck the ends under.
11. Spray a pan or use parchment paper, place the shaped dough in a 8 or 9" round pan and let rise for another ½ hour, until doubled in size.
12. Brush a beaten egg on the top and bake at 350. Bake for 30-40 minutes. You are looking for a golden brown color. If the challah is getting too dark and is not fully cooked yet you can tent a piece of foil over it. When it's fully baked it should sound hollow when tapped on the bottom.
13. Cool on a rack
14. If it's not going to be eaten within a day , wrap well and freeze

Enjoy!!

Romaine Salad with Quinoa, Edamame, and Pomegranate Seeds

Recipes by Elizabeth Kurtz

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For more recipes, tips and videos go to Gourmetkoshercooking.com

Salad:

4 cups romaine lettuce

2 cups baby arugula

1 cup cooked quinoa

1 1/2 cups cooked, shelled edamame

1/4 cup chopped or sliced red onion

1 red pepper, thinly sliced

1/2 cup pine nuts (or other nuts), toasted (p. 335)

1/4 cup pomegranate seeds (optional)

Dressing:

2 teaspoons Dijon mustard

1 teaspoon kosher salt

2 to 3 tablespoons sugar (optional)

1/4 cup red wine vinegar

1/2 cup extra-virgin olive oil

For the salad: Combine all ingredients in a large salad bowl. Set aside.

For the dressing: Combine all the ingredients in a jar with a tight-fitting lid.

Shake well until fully incorporated.

To serve: Pour the dressing over the salad. Toss and serve immediately.

Tip

I usually make 1 cup uncooked quinoa and a full bag of shelled edamame and reserve the extra for a second salad. To prepare the quinoa, heat 2 cups water, 1 cup quinoa, and 1/2 teaspoon salt in a 2-quart saucepan. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes or until water is absorbed. Cool completely before storing. For the edamame, fill a 1 1/2-quart saucepan halfway with water and add 1/2 teaspoon salt. Bring water to a boil over high heat, and then add edamame. Reduce heat to medium and cook

until slightly tender, 4 to 5 minutes. Drain and rinse with cold water to stop the cooking.

Online Resources

Naomi TGIS Shares 4 Sweet Challah Toppings For Rosh Hashanah

<https://www.kosher.com/lifestyle/naomi-tgis-shares-4-sweet-challah-toppings-for-rosh-hashanah-1738>

ROSH HASHANAH CHALLAH RECIPES ARE ROUND AND SWEET

<https://jamiiegeller.com/holidays/rosh-hashanah-challahs/#gid=ci028a42dfa0002560&pid=rums-raisin-challahjpg>

HOW TO SHAPE AND STUFF ROUND HONEY CHALLAH FOR ROSH HASHANAH

<https://jamiiegeller.com/holidays/how-to-shape-and-stuff-round-honey-challah-for-rosh-hashanah/>

Parent Resource Guide

For families with school age children

Everyone loves the promise of a fresh start. We all want to be our best selves and feel alive by using our abilities to make the world (or even just our community and our home) a better place. But in our busy lives it is hard to have the head space to figure out what we can do to take a step in the right direction. So here is a guide to starting the New Year off right and making the High Holidays meaningful for you and your family!

Positive Pointers:

- Relate the Jewish New Year to the New School year to help kids understand the concept of a fresh start.
- Talk to kids about reflecting on last year - help them see all that they accomplished - it gives them an idea of how much potential they have to grow in a year. (For example - you made a new friend, you learned a new sport or skill, you grew 3 inches, you learned to communicate better and fight less, you are much better at dealing with your anxiety, you dress yourself now, or you prepare your own meals or snacks now etc...)
- Ask kids to reflect on what they would like to get better at in the new year and help them set goals.
- In addition to personal goals (or if the above is hard for your child) reflect as a family on the growth and accomplishments of your year and set goals for the new year.
- Make traditional foods for or with your family. The more fragrant the better (like the smell of honey cake or challah baking...)It will add to the anticipation and positive memories of the Holiday.
- Come join the **Great High Holidays Challah bake at Aish on Thursday September 22, at 6pm**- make it easy, fun and memorable all at the same time!
- Start something new for the new year - a family game night, a mom and me journal, weekly shabbat dinners, a special Sunday breakfast etc...

- Write Rosh Hashanah cards to family and friends, you can [buy them](#) or print and color your own: [Card 1](#), [Card 2](#), [Card 3](#)

Books and videos:

-Book for Adults: [“Soul Construction”](#) by Ruchi Koval this book will take you on an 8-step journey toward improving yourself and see the world through fresh eyes.

-Book for kids 2-8: [“Engineer Ari and the Rosh Hashana Ride”](#) by Deborah Bodin Cohen - good overview of the themes and traditions of the holiday all in one engaging story.

-Book for kids 4-10: [“What’s the Buzz?”](#) by Alison Ofanansky - An in-depth look at the wonder of bees and how they make honey, and why we eat it in Rosh Hashanah

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-Book for kids 2-10: [“Celebrate Rosh Hashana and Yom Kippur”](#) by Deborah Heiligman - a National Geographic book that takes you through High Holiday celebrations and traditions around the world through pictures.

-Book for families: “The Other Side of The Story” by Yehudis Samet - read stories that make your blood boil and then hear the unexpected other side of the story that explains everything! A great way to learn together not to jump to conclusions and judge favorably

-Video for Adults and older kids: [Jump the Barricade](#)

-Video on not being discouraged toward change: [The Chinese Bamboo](#)

At Aish our mission is to make it **easy for Jews to connect with Judaism - here are **3** **easy** ways to start off 5783 with purpose!**

Bake Challah

- Come join the **Great High Holidays Challah bake at Aish on Thursday September 22, at 6pm-** make it easy, fun and memorable all at the same time!

Baking is a full sensory experience. You knead the dough, you shape it and add toppings to make it beautiful, the smell of fresh challah baking is amazing, and the taste, mmm....

Sharing this experience with your children is a time they will remember and having baked the special challah will really help them look forward to the Holiday!

Easy and quick Challah Recipe:

3.5 cups flour

1 Tbsp active dry yeast

3 Tbsp sugar

1 tsp salt

1 ¼ cups hot water

¼ cup olive oil

Place flour, sugar, salt and yeast in a mixing bowl. With a dough hook on your electric mixer or by hand, mix dry ingredients. The water should be the hot water from your tap (115-130 degrees). Pour oil into water and add to dry ingredients.

Knead for a few minutes until a smooth and slightly sticky dough forms. Cover bowl and let dough rise for 40 minutes in a warm draft free place. Sprinkle your counter with flour and dump dough out onto your floured surface. Split dough in half. Each half should make one braided challah or 8 challah rolls. Cover and let rise for 15-20 minutes. Brush with egg and sprinkle with seeds, cinnamon sugar or streusel topping.. Bake at 400 degrees, 25 minutes for a braided challah, 18 minutes for rolls.

Tips for Baking with kids:

- Teach your kids that all food prep starts with clean hands and a clean surface
- Make sure to flour your surface well so the dough is easier to shape and does not stick to their little hands
- Want to contain the mess? Roll out big sheets of parchment and tape the ends down - this can be your child's work area and will roll up for easy clean up.
- Kids really enjoy the process of rolling and shaping the dough - give them more pieces to work with, otherwise they may keep reshaping the same one which will lead to dense bread.
- If your child is adding fillings or toppings I recommend measuring out little bowls with the right amount for each challah - this way your child can do it independently without adding too much.
- To help your child's challah look nice put it in a nice shaped pan instead of just on a cookie sheet, egg wash it and add pretty toppings - it is guaranteed to look good.
- Make sure to have your child help clean up - it is important to teach kids from a young age that cleaning up is part of the process. You can make it fun by turning on music - or a competition of who can finish their cleaning job first, or a timed challenge of can you finish before the song ends or before the challah is baked.

Meaningful Prayer

-There are three types of prayer: Prayers of Praise, Prayers of Thanks, and Prayers of Request. As a family sit down and ask each member to share one wonder of creation that amazes them, one thing they are thankful for, and one thing you wish to ask G-d for - from material things to world peace. Take it one step deeper and ask each person to share something they want to ask G-d for, that they wish for someone else.

-Pick a meaningful song that your family connects to - make it your family prayer. Find a way to make it engaging, joyous and meaningful by dancing to it, or beating along with the rhythm. This helps kids understand that prayer is a connecting and meaningful outspoken wish or expression of gratitude.

Here are some good songs to choose from:

[Book of good life](#) - by the Maccabeats (if your goal is to do more good deeds)

[Bashana Haba'ah](#) - by the Maccabeats (if your goal is to spend more quality time)

[Only Love](#) - by Waterbury Mesivta (if your goal is to argue less)

Books for adults: ["Conversations with G-d" by Ruchi Koval](#)

Books for Kids: ["My Davening Diary" by Sari Kopitnikoff](#)

Aish High Holiday Services:

Rosh Hashana, Monday September 26th, Main Explanatory Service 10-12

We make it **easy** to attend - with free Aish camp and babysitting for the kids!

Yom Kippur, Tuesday October 4th, Service 10:30am Main Explanatory Service

Aish Camp and free babysitting! 1pm family service!!

Shofar

Our memory associates a lot with our senses - the smell or sound of something can really bring up strong feelings or memories. The Shofar is a loud stirring sound that we hear every year to help us remember to reflect on what we have done wrong and inspire us to do better. Here are some ways you can make hearing the Shofar something meaningful and exciting for your family.

-Read books about blowing the shofar

-Listen to the [Shofar song by Ilana Jagoda](#)

-Buy a [real shofar](#) and have laugh out loud fun as you all try to sound the blasts..

-Watch youtube videos to learn how to better blow shofar or just to show kids how it really sounds.

-Help kids understand it is like the olden days version of an alarm on your phone - a reminder to do something at a certain time - loud enough that you can't ignore it.

-**Come to Shofar in the park at Aish at 4pm** on either day of Rosh Hashanah (or both!) Monday September 26th or Tuesday September 27th to hear the shofar and start off the new year having casual fun with friends.

