



10 GREAT RECIPES FOR YOUR YOM TOV TABLE

INSPIRED BY TRADITIONAL SYMBOLIC FOODS (SIMANIM)



 **jewish
futures**
a member of the family



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INSPIRED BY TRADITIONAL SYMBOLIC FOODS (SIMANIM)



@wearetaamim

A time for celebration and reflection, the Jewish New Year is an ideal occasion to take stock of the last 12 months and ready oneself for the year ahead, the year 5783.

A period of connection, whether that is with Hashem - as we ask for a good and sweet year ahead; with friends and family at festive meals - through breaking bread together (drizzled with honey, of course); or with oneself. We utilise this dedicated moment, Rosh Hashanah, to reconnect with our minds, bodies and souls, heeding the lessons of the past year and to better ourselves in the coming months. Even the act of eating is elevated, with foods being imbued with meaning and significance.

While many opt for sweet foods such as apple and honey to welcome a sweet New Year, many other foods traditionally carry such significance at this auspicious time, and there are different customs kept around the globe. Referred to in the Talmud and known as 'Simanim', which translates to 'symbols' or 'omens', these foods have a special standing and with each one, we ask Hashem for specific blessings for the year ahead (see p4). Before partaking in each we make a prayer, a 'Yehi Ratzon,' asking for Hashem's beneficence. While some have the tradition to create a type of Seder plate of Simanim, we have created 10 delicious dishes to help you include as many of these symbolic foods into your meal as possible. Wishing you a year of sweetness, goodness and meaningful connection.

The Ta'amim Team

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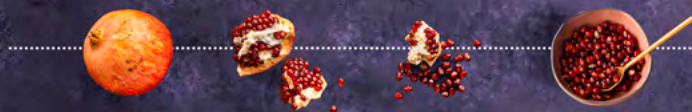
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APPLE & HONEY



POMEGRANATE



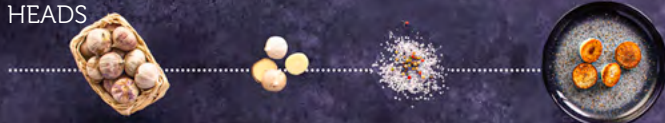
GOURD



DATES



HEADS



BEETROOT / SWISS CHARD



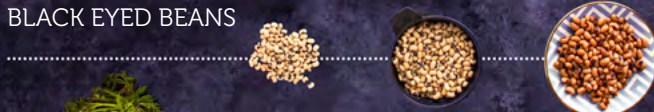
LEEK / CABBAGE



FISH



BLACK EYED BEANS



CARROTS / FENUGREEK



This list follows no particular order, but it is an almost universal custom to begin with apple dipped in honey or sugar.

Blessed are you, Hashem, our God,
King of the Universe, Who creates
the fruit of the tree.

*Baruch atah Ado-nai Elo-heinu
melech ha'olam, borei pri haetz.*

ברוך אתה ה' אלקינו מלך
העולם בורא פרי העץ:

Take a bite of the apple

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she't'chadesh aleinu
shanah tovah u'metukah.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו שתחדש עלינו
שנה טובה ומתוקה:

May it be Your will, Hashem,
our God and the God of our
forefathers, that You renew for us a
year which is good and sweet.

A prayer for abundance, livelihood and merit, like the seeds of the pomegranate.

May it be Your will, Hashem, our God
and the God of our forefathers,
that our merits increase as
[the seeds of] a pomegranate.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'nirbeh
z'chuyoteinu k'rimon.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו, שנרבה
זכותנו כרמון:

Aramaic: 'Karaa', related to the Hebrew words 'karaa' (to rip apart), and also 'kara' (to announce).

May it be Your will, Hashem, our God
and the God of our forefathers, that the
evil of our verdicts be torn apart,
and that our merits be announced
before you.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'tikra roah g'zar
dineinu, v'yikar'u l'fanecha
z'chuyoteinu.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שתקרע
רוע גזר דיננו, ויקראו
לפניך זכותנו:

Hebrew: 'Tamar', related to the word 'tam' (to end).

May it be Your will, Hashem, our God and
the God of our forefathers, that there
comes an end to our enemies.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu,
she'yitamu soneinu.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שיתמו שונאינו:

Often the head of a fish or a lamb, we have opted for a vegan-friendly head of garlic!

May it be Your will, Hashem, our God
and the God of our forefathers, that we
be as the head and not as the tail.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei avoteinu,
she'nih'yeh l'rosh v'lo l'zanav.*

יהי רצון מלפניך ה' אלקינו
ואלקי אבותינו, שנהיה
לראש ולא לזנב:

From the Aramaic 'silka', or 'selek' in Hebrew, related to the Hebrew word 'silek' (to depart).

May it be Your will, Hashem, our God
and the God of our forefathers, that
our adversaries shall be removed.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'yistalku oy'veinu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שיתלקו אויבינו:

From the Aramaic 'karti', a play on the Hebrew word 'karat' (to cut).

May it be Your will, Hashem,
our God and the God of our
forefathers, that our enemies and
haters shall be cut down.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'yikartu soneinu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שיכרתו שונאינו:

A prayer for fertility and abundance,

May it be Your will, Hashem,
our God and the God of our
forefathers, that we should be
fruitful and multiply like fish.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'nifreh
v'nirbeh k'dagim.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שנפרה ונרבה כדגים:

*A play on the Aramaic word 'Rubia', meaning Fenugreek and similar to the Hebrew word 'Yirbu' meaning
increase or abundance. It also rhymes with the Arabic word for Black Eyed Beans, 'Lubiya', which due to their
numerousness make an excellent symbol for abundance and fertility.*

The Yiddish word for carrot, 'mehr' also means more, or increase.

May it be Your will, Hashem,
our God and the God of our
forefathers, that our merits
shall increase.

*Yehi ratzon milfanecha
Ado-nai Elo-heinu v'elo-hei
avoteinu, she'yirbu zechuyoteinu.*

יהי רצון מלפניך ה'
אלקינו ואלקי אבותינו,
שירבו זכותנו:



SIMANIM:

Fish, Head & Leeks

Citrus Roasted Seabass

stuffed with Leek, Tarragon & Fennel

This zingy fish course is full of refreshing aniseed and citrus flavours, beautifully balanced with the delicate fish, and features not one, but three Simanim: *fish, head and leek*.

With each of these symbols respectively, we ask for Hashem's blessings that we should be fruitful and multiply like fish; that we should be like the head and not the tail; and that our enemies be cut down. (Leek in aramaic is 'Karti', and as we eat the leek, we make a play on the Hebrew word 'karat', meaning 'cut down').

INGREDIENTS

1 Whole Seabass

deboned, with the head still attached

1 Fennel thinly sliced

1 Leek thinly sliced

1 tbsp Olive Oil

plus a little extra

5 Sprigs of Thyme

1 Orange half sliced in semicircles,

half reserved for juicing

1 Lemon half sliced in semicircles,

half reserved for juicing

2 tsp fresh Tarragon

roughly chopped

Salt and Pepper

to taste

METHOD

Prep time: 30 mins | Cooking time: 2h 10mins

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 We used a seabass, but you can use any fish of your choosing. You will want to keep the head on the fish (for the siman) and remove the central bone, while keeping the integrity of the fish.
- 3 In a frying pan, pour 1 tbsp of oil and warm over a medium-high heat. Add sliced fennel and leek. Fry until soft, moving regularly to ensure it doesn't burn.
- 4 Add in 5 sprigs of thyme and 2 tbsp of chopped tarragon leaves and a generous amount of salt and pepper.
- 5 Squeeze in the juice of half a lemon and half an orange. Continue cooking for a further 10 mins, remove the thyme sprigs, set aside the mixture and allow to cool.
- 6 Cut a length of foil and a sheet of greaseproof paper each long enough to wrap the entire fish. Place the foil on a baking tray, then layer the greaseproof paper on top of the foil.
- 7 Using a little olive oil or spray oil, lightly coat both sides of the fish. Place your fish on top of the greaseproof paper, in the centre of the tray.
- 8 Carefully open your fish and layer alternating slices of orange and lemon inside in an overlapping pattern.
- 9 Top your citrus slices with the leek, fennel and tarragon stuffing mixture.
- 10 Gently bring together the greaseproof paper and foil sheets around the fish and wrap into a loose parcel with sealed edges, to keep in any moisture.
- 11 Place the tray into the preheated oven and cook for 40 minutes.
- 12 Very carefully unwrap the top of the sealed parcel with the opening facing away from you, as scalding-hot steam will escape. Reveal the top of the fish, and place back into the oven for a further 10-15 minutes to crisp up the skin.
- 13 Serve the fish whole.



Roasted Apples filled with Liver Pâté and Onion Jam

There are many reasons given for eating apples at Rosh Hashanah. The Talmud and the Midrash explain that when Jacob entered his father Isaac's tent to receive his blessings, the scent of the Garden of Eden entered with him, and it had the fragrance of an apple orchard. As we eat our apples on Rosh Hashanah, we pray that we too should receive blessings, just as Jacob did.

Perhaps the best known and most widely eaten of all the Simanim, Jews all over the world dip apples in honey or sugar as a blessing for a sweet new year. In this decadent recipe, the sweetness of the apples intensifies with the roasting, and the sweet caramelised onion jam is a perfect counter for the rich and fragrant liver.

6 Golden Delicious Apples

FOR THE ONION JAM

3 Red Onions *finely sliced in rainbows*

1 ½ tbsp Olive Oil

1 tbsp Balsamic Vinegar

2 tbsp Water

1½tbsp Brown Sugar

Salt

FOR THE LIVER PÂTÉ

3 tbsp Olive Oil

2 packets koshered Chicken Livers

5 sprigs Thyme

2 to 3 large Garlic Cloves *crushed*

4 tbsp Grape Juice

1 tbsp Brandy

METHOD *Prep time: 1 hour | Cooking time: 1½- 2 hours total*

FOR THE ONION JAM

- 1 Salt your onions and leave to sit for 10 mins.

Add oil to a pan and heat gently over a low light. Fry onions until soft and translucent, stirring regularly to ensure they don't burn (10-20 mins).

- 2 Add balsamic vinegar, stir to combine and cook over low light for a further 10-20 mins, continuing to stir regularly to prevent burning. Add splashes of water as needed. Sprinkle in sugar, stir to combine and continue to cook on low for another 10- 15 mins.

- 3 Add remaining water and cook for a further 20-30 mins or until the liquid has reduced and the mixture becomes sticky and jammy.

FOR THE LIVER PÂTÉ

- 4 In a hot, oiled pan fry livers thoroughly (at least 5 mins on each side), taking care not to burn them.
- 5 Add garlic and sprigs of thyme, breaking down the liver as you cook, and add brandy and grape juice to the pan. Cook for a further 6-8 mins, keeping everything moving to avoid burning.
- 6 Once cooked and combined, set aside and allow to cool.
- 7 Once your liver mixture has cooled, remove the sprigs of thyme and place mixture in a food processor. Blitz into a light paste.

You want a smooth paste and may need to add small drizzles of extra virgin olive oil at intervals as you're blitzing, to bring together into a smooth pâté. Refrigerate until ready to use.

MEANWHILE

- 8 Slice the tops off apples (retaining them as lids). Carefully core your apples (but don't go all the way to the bottom) removing flesh from the inside but leaving a wall of at least 7mm / ½ inch, and more at the base.

Place cored apples and lids in a large bowl filled with ice cold water and the juice of half a lemon, to stop your apples from browning.

- 9 When all apples have been cored, preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F).
- 10 Dry each apple and fill the cavity with a ball of foil to help it retain its shape during baking.
- 11 Replace the apple lids and place in an oven proof dish. Bake for 20 mins, until lightly softened but not mushy. Set aside, and allow to cool.

TO SERVE

- 12 Serve apples at room temperature or lightly warmed, fill with liver pâté and serve with onion jam.



SIMAN: *Honey*

Harissa Honey Brisket Pockets

There is a custom at this time of year, and especially on Sukkot, to eat stuffed foods, signifying abundance following the harvest season.

Sweetened with honey (for a sweet new year), spicy with harissa and plentiful in number, these succulent brisket bourekas are perfect snacks year-round, but are a particularly wonderful Yom Tov starter or second meat dish.

In addition, they are great value. You will use around half the brisket for the pastry parcels and have half left for a whole other meal. Make sure to reserve some of the cooking liquid to reheat the leftover brisket in. The meat freezes well and the honey sweetened, chilli-hot pulled brisket can be piled over rice, or served in burger buns or wraps for other meals. Cook once. Eat twice.

INGREDIENTS

1.2kg - 1.5kg (2.5-3lb) Flat Brisket

2 Brown Onions *sliced in rainbows*

1 tbsp Paprika

1½ tbsp Harissa Paste

1 tbsp Honey

3 cloves Garlic *peeled and finely sliced*

¼ tsp Salt

¼ tsp Ground Black Pepper

1 Bay Leaf

2 tbsp Olive Oil

800g (2 tins) Chopped Tomato

1 roll Puff Pastry

1-2 Eggs *beaten*



METHOD *Prep time: 75 mins | Cooking time: 6.5h*

FOR THE BRISKET

You can cook your brisket in a large pot on the stove or a slow cooker. If using a slow cooker, add all ingredients except the egg and pastry and cook on medium-low heat for 6-8h, or until brisket pulls apart. Skip to step 6.

- 1 In a large pot with lid, big enough to comfortably sit the whole brisket, add 2 tbsp olive oil and warm on the stove over a medium heat.
- 2 Add onions and salt and fry for 2-3 minutes, stirring regularly.
- 3 Add pepper, paprika and garlic and stir to combine. Add harissa paste and continue cooking, stirring regularly, until onions are translucent. Do not allow garlic to burn.
- 4 Lay brisket on top and add 2 tins of tomato and bay leaf. Add water as needed to ensure meat is covered (up to 800ml/4 cups water).
- 5 Bring to boil, then turn down to a simmer and cook covered for 6 hours, turning the brisket every two hours.

- 6 Remove half your brisket and refrigerate or freeze with reserved cooking liquid.
- 7 Shred the second half of the brisket and add in one ladle of cooking liquid and onions so the brisket mixture is succulent but not soggy. Allow to cool completely.

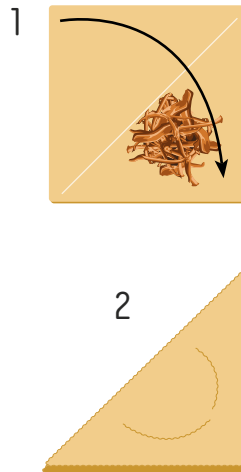
TO MAKE THE PARCELS

- 8 Preheat oven to to 200°C / 180°C fan (Gas Mark 6 / 400°F). Line baking trays with foil and baking paper.
- 9 On clean work surface, roll out a pre made roll or brick of defrosted puff pastry to around 5mm thickness, and cut into squares roughly 10cm x 10cm. You should get about 20 squares from a roll.
(Don't stress if they aren't perfectly square or identical in size. Spare dough can be stuck together and re-rolled out.)

(Continued Overleaf)

(Continued)

- 10 Take a pinch of meat (around $\frac{1}{3}$ cup) of meat per pastry, and place toward the centre of one diagonal corner of the square, as shown below. You will be folding them into triangles, so you should allow room for the fold, and to seal the edges, as shown (right).
- 11 Fold the empty half over diagonally to create a triangular pocket, and carefully press down the edges to seal in the meat.
- 12 Use a fork to crimp the edges of the pastry triangle and then use a pastry brush to brush each one with egg. Place on a baking tray leaving some space around for them to grow.
- 13 Cook in the oven for 20 to 25 mins or until golden
- 14 Repeat until all your pastry has been used.
- 15 The cooked pastry pockets can be made in advance and frozen, and are easily reheated. Ideally reheat uncovered or loosely covered to allow condensation to escape.



VEGETARIAN ALTERNATIVE

Harissa Honey Mushroom Pockets

INGREDIENTS

1 kg Chestnut Mushrooms

1 Red Onion *diced*

$\frac{1}{4}$ tbsp Paprika

$\frac{1}{2}$ tbsp Harissa Paste

$\frac{1}{2}$ tbsp Honey

2 cloves Garlic *peeled and finely sliced*

$\frac{1}{4}$ tsp Salt

$\frac{1}{4}$ tsp Ground Black Pepper

1 tbsp Olive Oil

1 tbsp Tomato Purée

1 roll Puff Pastry

1-2 Eggs *beaten*

- 1 In a pan heat 1 tbsp olive oil on the stove over a medium heat.
- 2 Add onions and salt and fry for 2-3 minutes, stirring regularly.
- 3 Add pepper, paprika and garlic and stir to combine. Add harissa paste and continue cooking, stirring regularly, until onions are translucent. Do not allow garlic to burn.
- 4 Add mushrooms and fry until soft, stirring regularly. Then skip to step 8 on the previous page, substituting the brisket filling for the mushroom filling.





SIMANIM:
*Dates &
Pomegranates*

Sticky Date & Pomegranate Chicken Wings

You will have noticed that many of the Simanim are chosen because of the significance of their Hebrew meaning. However, pomegranates are a Siman because of their physicality - a regal, crown-topped globe, with a multitude of seeds inside. We ask Hashem to bless us with a year filled with as many merits as there are seeds.

Dates, conversely, are another play on words. The Hebrew word 'Tamar' is related to 'Tam', meaning 'to end'. We ask Hashem to bless us with an end to adversity. Dates are also one of the 'seven species' of the Holy Land, specifically referred to in Torah, and it is extremely likely that the 'D'vash' (honey) referred to when speaking of 'a land flowing with milk and honey' was date honey (silan).

We have combined pomegranate molasses and date syrup to create a sweet and slightly tangy glaze for our chicken wings. This glaze would also work well on beef short ribs or to coat sautéed whole mushrooms.

INGREDIENTS

FOR THE WINGS

2 tsp Garlic Powder
1 tsp Onion Powder
1 tbsp Oil
¼ tsp Salt
¼ tsp Pepper

FOR THE STICKY GLAZE

1 cup Date Syrup
⅓ cup Pomegranate Molasses
1 tbsp Cornflour
18-20 Chicken Wings
Salt and Pepper to Taste

METHOD *Prep time: 5 mins | Cooking time: 1 hour*

- 1 Preheat oven at 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Place wings in an ovenproof dish.
- 3 Pour over 1 tbsp oil and add salt, pepper, onion powder and garlic powder. Mix to combine.
- 4 Cook for 35 mins covered, then uncover, turn and roast for 10 mins uncovered. Meanwhile, make the sticky glaze.
- 5 In a saucepan, combine date syrup, pomegranate molasses and a generous amount of salt and pepper, bring to the boil and lower heat to a simmer.
- 6 In a cup, add 1 tbsp of cornflour to 1½ tbsp cold water and dissolve.
- 7 Pour in to the simmering glaze mixture.
- 8 Continue cooking for 3-5 minutes, stirring constantly and ensuring the glaze doesn't catch on the bottom of the pan. The mixture will bubble and thicken.
- 9 Remove the pan from the heat and allow the glaze to cool and thicken further.
- 10 Pour half the sauce onto the wings and return to the oven for 5 to 10 mins.
- 11 Warm the remaining sauce, remove the wings from the oven and coat with the glaze.
- 12 Plate, serve and enjoy.

Syrian-style Stuffed Courgettes



SIMANIM:
Gourd

Gourds cover a multitude of delicious vegetables, from autumnal pumpkins, to courgettes and squashes, so this Siman is one you can enjoy in many forms. In ancient Aramaic, the word for gourds is 'Karaa', which in Hebrew can be read either as 'Kara'a' – to rip apart, or as 'Kara', to announce. As we dive into these delicious stuffed courgettes, we request that the evil decrees against us be ripped up and that our good deeds be announced to Hashem instead.

INGREDIENTS

10-12 large Courgettes *halved*
(We used 6 green and 6 yellow)

1 Onion *ribbioned*

FOR THE SAUCE

1 Onion *diced and lightly salted*

3 cloves Garlic

2 tsp Dried Mint

Salt and Pepper

1 tsp Ground Coriander

2 tsp Dried Parsley

1 tbsp Oil

800g (2 cans) Chopped Tomatoes

400ml Water

FOR THE HASHU STUFFING

1 Brown Onion *finely diced and salted*

½ cup Long Grain Rice
soaked in cold water for 30 min

450g Minced Beef or Lamb

1 tsp Ground Cumin

½ tsp Ground Coriander

½ tsp Turmeric

½ tsp Allspice

¼ tsp Onion Powder

¼ tsp Garlic Powder

¼ tsp Ground Cinnamon

¼ tsp Black Pepper

METHOD *Prep time: approx 1 hour | Cooking time: approx 2 hours*

- 1 Soak the rice for the stuffing in cold water for at least 30 minutes.
- 2 Meanwhile, halve and core the courgettes, ideally keeping the ends intact. This is easiest with a specialist corer, but it can be done with a grapefruit spoon, or an apple corer and a teaspoon. You want to create a hollow inside the courgette with a wall of around 5mm.
- 3 Layer ribbons of onion on the base of a deep, heavy-bottomed and lidded casserole dish big enough to hold all the courgettes.
- 4 Drain the rice.
- 5 In a bowl, mix together all the stuffing ingredients, then loosely fill each courgette and place in the casserole dish, on top of the layer of onions. We placed ours upright, tightly packed together and open end up, creating a visually stunning way to serve the courgettes straight from the pot. A more traditional approach is to layer the courgettes flat, and weigh them down with a heavy heat-proof plate during cooking.
- 6 Once all the courgettes have been stuffed, cover the pan and refrigerate.
- 7 Into a saucepan add 1 tbsp oil and warm over medium heat.
- 8 Add diced, salted onion to the pan and fry until translucent (3-5 mins).
- 9 Add garlic and dried herbs, stir together for 2-3 minutes, then add 800g chopped tomatoes and 400ml water. Simmer for 10-15 minutes.
- 10 Remove the casserole dish from the fridge and top the courgettes with the sauce. If using a plate to weigh down the courgettes, place that on top.
- 11 Cover the pan and cook on the stove for 1 hour.
- 12 Remove from the stove, then place in a preheated oven at 200°C / 180°C fan (Gas Mark 6 / 400°F) for 30-40 minutes until sauce has thickened, then serve.

This dish can be frozen and reheated.

Lamb and Lubiye Tagine

Are black eyed beans the Siman that got there by accident? Jewish food historian Gil Marks suggests that black eyed beans' inclusion in the Siman story is essentially a case of mistaken identity. Becoming a traditional Rosh Hashanah food in the Middle Ages, black eyed beans in Arabic are called 'lubiya'. It is believed that they were mixed up with Fenugreek, which in Aramaic is 'rubiya'. The Talmud includes rubiya in its Simanim as a symbol of prosperity and fertility, because of the closeness to the word 'yirbu' which translates to increase or multiply.

However, even if black eyed beans weren't part of the Talmudic listings of Simanim, they are incredibly suitable for the task. Harvested in early autumn, they are ideal for the festive season, and were certainly growing during the Talmudic era as an essential crop in the region. Growing in large volumes and expanding in water, they are ideal for representing growth and multiplicity, especially when served in abundance.

Our lubiya has been run through a deliciously sweet and hearty tagine packed with carrots, dates and apricots and fragrant with rich spices. We suggest serving on a bed of herby couscous.

INGREDIENTS

2 Brown Onions *roughly chopped*

2 Carrots *sliced into 2cm rounds*

1½ tbsp Ras el Hanout

½ tsp Ground Cinnamon

1 tsp Paprika

½ tsp Turmeric

1.3kg Lamb cubes

800g (2 tins) Chopped Tomatoes

400ml Water

1-2 tins Black Eyed Beans
drained

10 Dried Mejeol Dates
pitted and halved

10 Dried Apricots *halved*

2 cloves of Garlic

1½ tbsp Olive Oil

Salt and Black Pepper to taste

METHOD *Prep time: 15 mins | Cooking time: 2 hours*

- 1 In a heavy bottomed casserole pan heat 1½ tbsp oil and add onions. Salt and fry until translucent, stirring regularly.
- 2 Add in spices and stir to combine, cooking for 2 mins. Do not allow your onions to burn.
- 3 Add in the carrot rounds, then the lamb cubes and stir, searing the lamb pieces for a few mins.
- 4 Add two tins of chopped tomatoes, water, chopped dates and dried apricots.

If the liquid doesn't cover the ingredients in the pot, add water until covered.

- 5 Stir to combine then bring to the boil. Stir once more and turn down to a simmer. Put the lid on and cook for 1½ hours
- 6 Add in 1 to 2 tins of drained black eyed beans and cook for a further 30 mins.
- 7 Serve on a bed of herby couscous.

This dish can be made in advance, frozen and reheated.



SIMANIM:
*Black Eyed Peas,
Dates, Carrots*



SIMAN:
Heads

Roasted Baby Potatoes with Heads of Solo Garlic

Whilst Rosh Hashanah marks the start of a new calendar year, it actually falls in the seventh Hebrew month (Tishrei), and more literally translates to 'Head of the Year'. The first month, Nisan, coincides with the Passover period, and is the first month for the setting of the calendar by the new moon. But Rosh Hashanah is, according to our tradition, the day on which Hashem created humanity, and is established as a time for spiritual renewal, and the first day of a new year for humankind.

At this time, the head of the year, we ask Hashem to bless us that we should be 'as the head and not the tail,' granting us the wisdom, the insight and the success to be good leaders and good role models for all.

There is a widely held custom to eat from the head of a lamb or fish, or simply to place a head on the Rosh Hashanah table, and if this is your tradition, we encourage you to do so. Our whole stuffed fish (p6) is served with the head and fulfils this custom. However, we have opted on this occasion to represent the siman with these gorgeous vegan-friendly solo garlic heads, each containing one large clove, which we picked up at a local greengrocer. We serve the each garlic whole, and allow guests each to partake of their own 'head' as they make the 'Yehi Ratzon' (see p4). If you can't find these, roast a normal garlic bulb with your potatoes and bring it to the table served whole, allowing each guest to take a clove from the head.

INGREDIENTS

1 kg Baby Potatoes

10-12 Solo Garlics *left in skins*

or 1 large head of Garlic *whole*

1½ to 2 tbsp Oil

Ground Sea Salt

Black Pepper

METHOD *Prep time: < 5 mins | Cooking time: approx 1 hour*

- 1 Wash and drain potatoes and place in a roasting pan.
- 2 Coat in oil and a generous amount of freshly ground salt and pepper.
- 3 Place in oven and roast for 15 minutes, then add the garlic to the pan.
- 4 Roast for a further 45 minutes or until golden-brown, shaking halfway.
- 5 If the garlic begins to turn too brown, remove from the tray and return potatoes to the oven until fully cooked.
- 6 Serve whole, along with the whole heads of garlic.



SIMANIM:

*Carrots,
Honey, Dates,
Pomegranates*

Honey Roasted Jewelled Carrots with Tehina

The Hebrew for carrot, 'Gezer', is close to the Hebrew for decree, 'Gezerah'. By partaking of carrots we ask that Hashem decrees only good for us in the year ahead. The Yiddish word for carrot, 'mehr', also means 'more' or 'increase', and we hope for a plentiful number of merits and blessings, as we do when we eat the pomegranate seeds strewn across this dish.

You can use any carrots you want for this recipe. If you can find rainbow heritage carrots, these will look fantastic. However, regular carrots cut into thick batons will look and taste every bit as delicious.

INGREDIENTS

6+ Carrots	1½ tsp Olive Oil
4 Dates <i>roughly chopped</i>	8 tbsp Tahini Paste
1 tbsp Honey	Juice of half a Lemon
2 tbsp Pomegranate Seeds	100ml Water
1 - 2 tbsp Pistachios* <i>(optional)</i>	Salt & Black Pepper <i>to taste</i>
OR 2 tsp of Za'atar	

METHOD *Prep time: 15 mins | Cooking time: 1 hour | Cooling time: 15 mins*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Place carrots in a roasting dish and coat with the olive oil and honey, and season with salt and pepper to taste.
- 3 Roast for 1 hour, mixing halfway through. They should be roasted but still retain some bite.
- 4 Remove carrots from oven and allow to cool for 10-15 minutes.
- 5 Meanwhile, prepare your tehina dressing by vigorously mixing together the tahini paste, lemon juice and water and seasoning with a little salt and pepper.
- 6 Roughly chop the pitted dates and shelled pistachio kernels (if using - see note below). If you keep the custom of not eating nuts at Rosh Hashanah, you can substitute za'atar seasoning
- 7 Plate your carrots, and drizzle with tehina dressing, pomegranate seeds, chopped dates and either chopped pistachios or za'atar.

*A NOTE ON NUTS:

THERE IS AN ASHKENAZI CUSTOM NOT TO EAT NUTS AT ROSH HASHANAH.

THE EMINENT POLISH TALMUDIST RABBI MOSES ISSERLES (REMA) STATES THAT ONE SHOULD REFRAIN FROM EATING NUTS BECAUSE THE GEMATRIA (NUMERICAL VALUE) FOR THE HEBREW WORD אגוז (EGOZ), MEANING NUTS, IS CLOSE TO THE GEMATRIA FOR THE WORD חטא (CHET) MEANING SIN, AND WE SHOULD BE CAREFUL TO AVOID ANYTHING TO DO WITH SIN AT THIS TIME OF YEAR.

RABBI YAAKOV BEN MOSHE LEVI MOELIN (MAHARIL), BEST KNOWN FOR HIS CODIFICATION OF THE CUSTOMS OF THE GERMAN JEWS, CITES THE REASON THAT NUTS CAUSE AN INCREASE IN SALIVA WHICH CAN INTERFERE WITH CLEAR ENUNCIATION OF ONE'S PRAYERS.

Simanim Salad

Containing both spinach and beetroot, our simanim salad offers two pieces of food for thought.

'Selek', the Hebrew for beetroots is similar to the word for 'remove', and as we do when we eat dates, we ask Hashem to remove our enemies.

So where does spinach come in? In the Gemara's Aramaic, the term 'silka' is used to refer to a leafy green vegetable that is likened to spinach or perhaps Swiss chard. For many, spinach is believed to be the original Siman, with beetroots developing later on. Here, we have combined the two, alongside squash, pumpkin (seeds) and honey for a Siman-packed dish full of colour, flavour and goodness.

INGREDIENTS

1 small Butternut Squash <i>cubed</i>	¼ - ½ tsp Wholegrain Mustard
2 medium sized Beetroots <i>cubed</i>	1 tsp Honey
1 large bag of Spinach or Swiss Chard Leaves <i>washed and checked</i>	Juice of half a Lemon
1 cup of Baby Tomatoes <i>halved - (we used yellow for an added pop of colour but you can use any)</i>	2 tbsp Olive Oil
½ cup Pumpkin Seeds	Garlic Powder
1-2 tbsp Extra Virgin Olive Oil	Onion powder
	Salt and Pepper

METHOD *Prep time: 10 mins | Cooking time: 40-60 mins*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 In two separate roasting dishes, place your butternut squash and beetroot cubes, sprinkling each with garlic powder, onion powder, salt and pepper, to taste.
- 3 Pour 1 tbsp of oil in each and mix to coat the vegetables. Roast for around 40min to 1hr until soft but not mushy. They may cook at slightly different rates, so remove each when done to your taste, and allow to cool.
- 4 In a bowl layer the spinach, roasted veg, halved tomatoes and pumpkin seeds (which can be toasted lightly in a dry pan for a couple of minutes - be careful not to burn them).
- 5 To make the dressing, mix together the extra virgin olive oil, mustard and honey with a little salt and pepper and the juice of half a lemon.
- 6 Top the salad with seeds and drizzle over the dressing (or a dressing of your choice), and serve.

SIMANIM:
*Gourd, Beets,
Spinach, Honey*



SIMANIM:
Apple & Honey



Spiced Apple and Honey Cake

Many hold that the Rosh Hashanah seder should begin with the traditional apple dipped in honey or sugar, but we feel that this cake should be an 'also', rather than an 'instead of', and have saved our ode to apple and honey for the end. Deliciously moist and warmly spiced, it is a perfect way to end your festive meal, and just as great served with a cup of tea the next day - if it lasts that long!

This recipe makes two 9" x 9" cakes. You will need 2 large mixing bowls, two 9" x 9" cake tins, a spatula, a whisk and a sieve. You may wish to use an electric whisk, if you have one.

INGREDIENTS

6 Granny Smith Apples
225g Honey
225g Date Syrup
250g Golden Caster Sugar
+ 1 tbsp Caster Sugar
150ml Sunflower Oil
600g Self-raising Flour
5 Eggs

300ml Hot Water
1 tbsp + 1 tsp Ground Cinnamon
½ tsp Ground Ginger
½ tsp Mixed Spice
1 tsp Baking Powder
½ tsp Bicarbonate of Soda
2 tbsp Margarine

METHOD *Prep time: 30 mins | Cooking time: 1 - 1½h*

- 1 Preheat your oven to 190°C / 170°C fan (Gas Mark 5 / 375°F)
- 2 Measure out your ingredients and grease your two cake tins with margarine. This will help enormously when the time comes to bring everything together!
- 3 Into the smaller of your two mixing bowls, sift together the flour, baking powder, 1 tsp cinnamon, ½ tsp ginger and ½ tsp mixed spice, and set aside.
- 4 Into the larger mixing bowl pour the honey, date syrup, sugar and oil.
- 5 Add the bicarbonate of soda to the 300ml water. It will bubble a little. Give it a stir, then add the water to the honey mixture in the large bowl.
- 6 Use a whisk to mix all the wet ingredients, ensuring that the sugar has fully dissolved into the mixture.
- 7 Add 5 eggs to the mixture, and beat in.
- 8 Slowly start adding the dry ingredients to the liquid ones whilst whisking, making sure all the flour is incorporated at each stage. You may find an electric whisk easier than a balloon whisk at this point.
- 9 Set aside the batter and mix 1 tbsp cinnamon and 1 tbsp sugar in a bowl.
- 10 Peel and core the apples, and slice them into thin wedges (approx 5-7mm thick).
- 11 Toss the apples in the cinnamon and sugar, then layer on the bottom of your greased cake tins in an overlapping pattern.
- 12 Ladle or pour half the batter into each tin, and bake for 1 - 1½ hours.
- 13 After 45 mins, check on the cake, and, if browning, you may wish to loosely cover the cakes to prevent them burning.
- 14 The cake is cooked when a skewer comes out dry from the cake and it is firm to the touch.
- 15 Remove from oven and allow to cool on a wire rack.
- 16 When cooled, turn out onto a plate and serve.

Store in a cool, dry place wrapped in foil or in a metal cake tin for up to 5 days.



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