



SWEET. SEASONAL. STUFFED.

RECIPES FOR YOUR YOM TOV TABLE
INSPIRED BY TRADITIONAL SYMBOLIC FOODS (SIMANIM)

SWEET. SEASONAL. STUFFED.



Welcome to Ta'amim's latest selection of Yom Tov recipes, which we hope will inspire you and enrich and elevate your enjoyment of the Chagim.

There are many "S-words" associated with the month of Tishrei – *Sukkot, Simchat Torah, Symbolism, Shofar*... but in this booklet we're focussing on three in particular: *Sweet, Seasonal and Stuffed*.

These three, along with a fourth, *Simanim*, encompass themes and customs that have carried through centuries of Jewish culinary tradition and are deeply connected with Rosh Hashanah and Sukkot. The *Simanim* listed on the next two pages are traditional foods eaten at Rosh Hashanah along with special supplications that we should be blessed with goodness and abundance in the year ahead.

Over the coming pages we will share insights and creative ways to enjoy sweet, stuffed and seasonal foods and bring the *Simanim* into your Yom Tov menus.

Wishing you a year of abundant goodness, sweetness and blessings.

The Ta'amim Team

SWEET

Whilst there are many symbolic foods (*Simanim*) referred to in the Talmud and listed on p4-5, an almost universal custom is to begin the Rosh Hashanah meal by eating both apple and challah dipped or drizzled in honey. As we do so, we ask Hashem, if it be His will, to grant us a "*Shana Tova u'Metukah*", a year that is *good and sweet*.

We know that what is good or right for us may not always be the most enjoyable course. Our supplication on Rosh Hashanah asks that the harshness of Hashem's decree be tempered with the sweet, a principle known as "severities within kindness." By asking for a "*good and sweet year*," we are asking Hashem to grant us not only what is best for us, but to also give us happiness as tangible as the honey we are eating.

SEASONAL

There are two names given to Sukkot in the Torah. The first, *Chag HaSukkot*, ("the Festival of Booths,") refers to the temporary dwellings our ancestors made in the desert when they left Egypt. The second is *Chag HaAsif*, ("the Festival of Ingathering,") which refers to the autumn harvest with which the festival coincides. Many traditional Sukkot dishes therefore rely heavily on seasonal fruits and vegetables.

Sukkot is also the time when the world is judged on how much rainfall there will be in the year ahead. Too much or too little can define our sustenance and survival. As a historically agricultural people whose calendar pulses with the seasons and the rhythms of the land, we feel the weight of this verdict, and it is from the end of this festival that we praise Hashem for the rain and wind during the Amidah, which we recite three times a day.

STUFFED

Celebrating what will hopefully be a time of abundance, it is also traditional during the month of Tishrei and especially at Sukkot, to eat stuffed foods such as *holishkes* (stuffed cabbage leaves), *kreplach* (dumplings), *blintzes* (stuffed pancakes) and *strudels* to represent the idea of a bountiful and full harvest, bursting at the seams in a riot of colour, taste and smell.

There is a much deeper idea that the leaves or pastry enveloping these foods, much like the Sukkah canopy itself, represent Hashem's clouds of glory which sheltered the Children of Israel in their wanderings through the wilderness.

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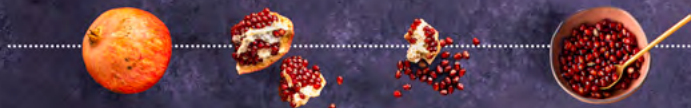
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THE SIMANIM

APPLE & HONEY



POMEGRANATE



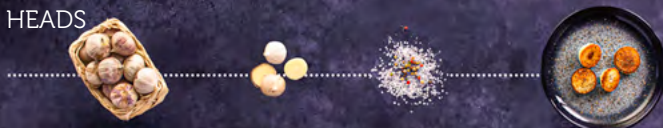
GOURD



DATES



HEADS



BETROOT /
SWISS CHARD



LEEK /
CABBAGE



FISH



BLACK EYED BEANS



CARROTS /
FENUGREEK



Image © 2022 Sophy Weiss Photography

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:

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.

Take a bite of the apple, then say:

*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:

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, שנגרבה
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 'kart', 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:



Spiced Honey Halloumi 'Teiglach'

Serves 6-8

We have drawn inspiration for this sweet starter from a traditional Ashkenazi Jewish sweet treat served at Rosh Hashanah, Sukkot, Simchat Torah and Purim. True Teiglach are morsels of fried dough coated in a sticky-sweet syrup and piled together into mounds.

The tradition of serving fried dough in honey dates back over 2,000 years, and has been seen in the repertoires of Jews across Europe throughout the centuries, with 12th Century Rabbis referencing a similar dish, *vermilish*, served at the start of a Shabbat meal.

Our recipe, however, swaps out the dough completely, pairing sweet, spiced honey syrup with mounds of salty, fried halloumi nuggets. Supremely easy to make, only 5 ingredients and incredibly moreish, these 'teiglach' are an ideal milky starter or crowd-pleasing snack for the High Holy Days.

INGREDIENTS

400-500g Halloumi, cut into bitesize chunks and dried

7 tbsp Honey

1 tsp Chilli, finely chopped (optional)

¼ tsp Ground Ginger

Light Olive Oil, for frying

Fresh Rocket (optional, for serving)

METHOD *Prep time: 5 mins | Cooking time: 10-15 mins*

- 1 Cut up halloumi into small chunks (around 15-20mm) and pat dry on paper towels or a clean J-cloth
- 2 Heat a little oil over a high heat, then carefully add the halloumi chunks in batches of around 10 at a time, turning each one over carefully as they brown on the bottom. Once both sides are golden-brown, remove from the pan and set aside.
- 3 Repeat until all batches of halloumi are cooked.
- 4 Reduce the heat to medium, then add honey, ground ginger and finely chopped chilli to the empty pan, mixing together to create a runny syrup (this will happen quickly).
- 5 Add all the fried halloumi pieces back to the pan and stir to coat in syrup.
- 6 Remove from heat and allow to cool a little, then serve in small mounds. For colour, freshness and a subtle peppery note, we recommend serving on a bed of fresh rocket.*

N.B. Rocket will wilt under intense heat, so make sure your halloumi 'teiglach' have cooled enough before serving!



Honey, Mushroom and Onion Sambousek

Makes 18-20 Sambousek

Sambousek are delicious little stuffed hand pies originating in the Levant, and traditionally made with either cheese or beef fillings. Easier to make than you might think, our Sambousek are great as a snack or as a crowd-pleasing starter. We've substituted the traditional fillings for a honey-sweetened onion and mushroom mixture which delivers a satisfying flavour punch and the perfect balance of sweet and savoury, pocketed inside a wafer-thin pastry crust. Delicious warm or cold with tehina or a fresh rocket salad dressed with oil and balsamic.

INGREDIENTS

FOR THE FILLING

1 punnet Chestnut Mushrooms, *minced*

1 Red Onion, *finely diced and lightly salted*

1 tbsp Oil

½ Stock Cube, *crumbled (we used beef but you could use vegetable or chicken)*

2 tbsp Honey

FOR THE DOUGH

250g Plain Flour

½ tsp Salt

113g Margarine, *softened*

60ml cold Water

1 Egg, *beaten (for glazing)*

METHOD *Active prep & cooking time: 30-45 minutes – Cooking time 20-25 mins per batch*

- 1 Line two baking sheets with baking paper, then set aside. Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)

FOR THE FILLING

- 2 Heat 1 tbsp oil in a pan and add the mushrooms and onions.
- 3 Cook down for 2-3 minutes, stirring regularly, then crumble in the stock cube and mix together.
- 4 Continue cooking until reduced and the mixture starts to hold together.
- 5 Add 2 tbsp honey and cook for a further minute, stirring often.

FOR THE DOUGH

- 6 Place the flour, salt, margarine and most of the water into a mixing bowl or a food processor.
- 7 Mix with hands and knead, or mix together in food processor on a low speed, until a ball of dough begins to form. If needed, add in a little extra water, a spoonful at a time.
- 8 Turn the dough out onto a floured surface and knead until an oily dough has fully formed.

TO MAKE THE SAMBOUSEK:

- 9 Take half the dough, and cover in cling film to prevent it drying out.
- 10 Roll the other half the dough out into a thin sheet (2-3mm thick).
- 11 Used the top of a regular drinking glass (approx 7-8 cm) or a cookie cutter to cut out discs of dough. In total, both sheets of dough should make around 18-20 circles.
- 12 Fill each disk with 1 tsp of the filling mixture, slightly off centre and leaving about 5mm around the edge.
- 13 Fold over into half-moons and press down the edges so that there are no gaps. Then crimp the edges with a fork. Repeat until all the dough is used.
- 14 Brush each of your sambousek with egg and place on the baking paper-lined oven trays you prepared earlier.
- 15 Oven cook on 200°C (180°C Fan/400°F) for 15-20 mins or until golden brown, then transfer to a cooling rack.
- 16 Whilst the first batch are cooking, use the remaining dough to prepare the second batch by repeating steps 10-15, above.



Marmalade Chicken Pancakes

Serves 6-8

There is a long-standing tradition of adding fruit to savoury dishes at Rosh Hashanah, with dishes such as Apricot Chicken and *Tzimmes* (carrots with dried fruits) being particularly popular choices in many Ashkenazi homes. Apples, pomegranates and dates are also common additions to Rosh Hashanah fare due to their status as *Simanim* (see p4-5). A delightfully interactive and rather less traditional approach to bringing stuffed foods to your table this year, we have created a spin on Chinese duck pancakes with a sweet, sticky and tangy marmalade chicken filling.

INGREDIENTS

6-8 boneless Chicken Thighs

3 cups Marmalade

2 tbsp Soy or Tamari Sauce

2 tbsp Sesame Oil

½ tsp Rice Vinegar

Salt & Pepper

2 cloves Garlic, crushed

¼ tsp Chilli Flakes

1 tbsp Honey, (add more to taste)

1 pack 'Chinese Duck Pancakes'

½ Cucumber, julienned

1 bunch Spring Onions, julienned

METHOD *Prep time: 5-10 mins | Cooking time: 1 hour*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 In a bowl mix together the marmalade, soy or tamari sauce, sesame oil, rice vinegar, crushed garlic, chilli flakes, honey and salt and pepper to taste.
- 3 Place the chicken thighs in an oven-proof dish and pour over one third of the marmalade sauce mixture.
- 4 Cover with foil and roast for 45 minutes.
- 5 Remove the chicken from the oven, uncover and carefully shred with forks.
- 6 Pour half of the remaining sauce over the shredded chicken, then cook for a further 15 minutes, uncovered, until sticky and beginning to caramelize around the edges.
- 7 Serve alongside the pancakes, cucumber, spring onions and remaining marmalade sauce (for dipping).



Mini Root Veg Strudels

Makes 8-10 Strudels

These plaited pastry pockets are favourites of ours throughout the autumn and winter months, when root vegetables are in season. While these veggies are readily available year-round on supermarket shelves, the earthiness and warmth of these strudels feels like a hug, and the flavours and colours evoke the very best of autumn. These strudels are packed full of symbolism, too. The seasonal vegetables are traditional Sukkot fare, as are stuffed foods, both evocative of the bountiful harvest that we pray will coincide with the festival of booths. They also contain many of the Rosh Hashanah *Simanim* (see p4-5), making them an equally wonderful choice for the new year! Feel free to substitute or add whichever root vegetables you prefer. Serve hot or cold, as a starter or main, with a simple green salad. Leftovers make great lunchbox fillers, perfect for a Sukkah crawl!

INGREDIENTS

1 roll of Frozen Puff Pastry,
*75% defrosted so it is malleable
but not soft and sticky*

3 Carrots, diced

3 Courgettes, diced

250g Butternut Squash, diced

250g Sweet Potato, diced

3 Onions, diced

4 cloves Garlic

2-3 tbsp Oil

1-2 Eggs, beaten (for glazing)

Salt & Pepper

Dried herbs or spices,
*e.g. Italian Seasoning, nutmeg,
paprika. (optional - to taste)*

METHOD *Prep time: 20-30 mins | Cooking time: approx 2 hours total*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Place all vegetables in an ovenproof dish and coat with oil, salt, pepper and any additional herbs or spices of your choosing. Root vegetables can handle most anything you throw at them, so feel free to play with flavour. Moroccan spices and a little chilli will give these a warming kick, whilst Italian seasoning will bring a fragrant vibrancy.
- 3 Mix to combine, then roast uncovered for 60-90 minutes until cooked through but not mushy. Stir occasionally for an even cook.
- 4 Remove from oven and set aside to cool.
- 5 Roll the pastry out on a chopping board and cut into rectangles approximately 15cm x 18cm (6" x 7").
- 6 At 2cm (½") intervals long each of the longer edges, cut a 4-5cm (1½") slit, so that you have small flaps running down opposite edges.
- 7 Transfer to a baking parchment-lined oven tray, then spoon a generous helping of vegetables down the centre of the pastry, leaving a little space at each end and avoiding the flaps.
- 8 Carefully, starting at the top end, pull the flaps diagonally downwards across the vegetable filling in a lattice pattern, alternating sides as you work your way to the bottom. When you reach halfway, start latticing from the opposite end and meet in the middle pressing the final piece of pastry down to stick to the flap underneath.
- 9 Repeat for all pieces of pastry, then glaze with washed egg and transfer to the oven for 30-40 minutes, or until the pastry has turned golden brown and puffed up. (We recommend checking regularly from 20 minutes onwards). Then serve and enjoy!



Sweet and Sour Fish Tacos

Makes 10-12 tacos

Another contemporary twist on a traditional dish, these tacos are inspired by the Italian-Jewish custom of eating sweet and sour fish for Rosh Hashanah. *Pesce All'Ebraica* (lit. *Jewish Fish*) is normally made with fillets of white fish cooked in oil, honey or sugar and vinegar, and flavoured with raisins or sultanas and toasted pine nuts.

We have seasoned our fish with South American flavours of agave and lime, bringing sugar and vinegar into the dish with pickled onions, and throwing juicy sultanas and tart green apples through a crunchy red cabbage slaw. All this is stuffed into homemade corn tacos for the perfect mouthful. (N.B. You will require a tortilla press for the tacos. If you haven't got the time, equipment or patience to make your own corn tortillas, you can use store-bought flour tortillas, or forego the wraps altogether and serve as a plate of fish and salad with chips!)

Our tacos have been served alongside sweet potato and squash chips with oregano to include one of the *Simanim* (see p4-5) and to add a further hit of Mexican flavour.

INGREDIENTS

FOR THE FISH

6 Cod fillets, *patted dry*

1 tbsp Oil

2-3 tbsp Honey

Juice of 2 Limes

1 tbsp Dried Oregano

Salt and Pepper

FOR THE CHIPS

2-3 large Sweet Potatoes

(*cut into bitesize cubes*)

1 Butternut Squash

(*cut into bitesize cubes*)

2 tbsp oil

½ tbsp Garlic Powder

¼ tbsp Onion Powder

1 tbsp Dried Oregano

Salt and Pepper

FOR THE SLAW

1 small Red Cabbage, *shredded and salted*

Juice of 2 Limes

½ cup fresh Coriander, *finely chopped*

½ cup of Sultanas, *soaked in hot water for 30 mins then drained and patted dry*

1½ to 2 tbsp Agave Nectar (*or honey*)

1 Granny Smith Apple

Mayonnaise (*optional*)

FOR THE PICKLED ONIONS

2 Red Onions, *ribboned and salted*

1½ tbsp Sugar

⅓ cup Rice Vinegar

FOR THE TORTILLAS

1½ cups

Masa Harina Flour

1 cup Water

METHOD

Prep time: approx 30 mins total | Cooking time: approx 2 hours total

FOR THE FISH

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 In a bowl mix honey, lime juice, oil and oregano, and season to taste with salt and pepper.
- 3 Place the cod fillets into an ovenproof dish, then pour over the honey-lime mixture, thoroughly coating both sides of the fish.
- 4 Bake for 10-12 minutes until cooked through and ready to gently flake into your tacos.

- 5 You may wish to pop it under a grill for a couple of minutes (keeping a close eye on it) to char the top a little.

FOR THE CHIPS

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Mix all ingredients together in an ovenproof dish and roast for 45 mins - 1 hour, shaking halfway, until cooked to the desired level.

Continued overleaf

FOR THE SLAW

- 1 Combine the shredded cabbage, lime juice, chopped coriander, agave nectar and pre-soaked sultanas in a bowl and mix together. For a creamier consistency, you may wish to add mayonnaise.
- 2 Refrigerate until ready to serve - can be prepared up to a day before.
- 3 When ready to serve, julienne a Granny Smith apple and mix into the slaw.

FOR THE PICKLED ONIONS

- 1 In a small bowl or airtight container add the onions, sugar and rice vinegar. If required, add a little water to ensure the onions are completely covered.
- 2 Cover and leave to pickle for at least 1 hour, but longer if possible.
- 3 When ready, drain liquid and serve.

FOR THE TORTILLAS

- 1 Thoroughly mix together the water and masa harina to form a dough. The dough should be as moist and soft as possible without sticking to your hands. If the dough cracks when lightly squeezed add a spoonful of water at a time until the dough takes on the consistency of Playdoh and easily forms a ball.
- 2 Cover the bowl with a damp towel.
- 3 Heat a cast iron skillet or heavy-based frying pan over medium-high heat for around 5 minutes
- 4 Cut two squares of greaseproof paper or heavy plastic (e.g. a freezer bag) large enough to cover the plates of the tortilla press.
- 5 Place one on the bottom plate and the other on the top plate, ensuring that the paper/plastic doesn't wrinkle.
- 6 Take a small handful of masa and roll it to about the size of a golf ball, then slightly flatten it in your palm and place it between

the two plates of the press and the paper/plastic sheets.

- 7 Close the press and pull the handle across firmly to flatten the tortilla.
- 8 You should have a thin, even disk around 1mm thick and 8-10cm in diameter between the two sheets.
- 9 Remove the top sheet and pick up the bottom sheet, keeping your tortilla stuck to it. Resting it in the palm of your less-dominant hand, carefully flip it over into the opposite palm.
- 10 Peel off the paper/plastic, position your hand above the hot pan, and quickly (and carefully) flip the tortilla into the pan. The tortilla will start to stick to the surface and cook immediately. Be aware that the first tortilla may not go to plan, and that's ok!
- 11 Cook for 15 seconds. The tortilla should change colour after 10 seconds and then start to lift slightly from the pan.
- 12 Using a metal spatula, flip the tortilla into the hottest part of the pan and cook for 30 seconds.
- 13 Flip the tortilla again and cook for 10 seconds. You may notice air pockets forming and the edges starting to lift from the pan. Flip and cook for a final 10 seconds, then wrap in a clean tea towel, trapping in the heat. The tortillas will steam, making them lovely and soft.
- 14 Repeat the process with the remaining dough (it should make about 12 tortillas in total).

OPTIONAL EXTRAS

Spicy Chipotle Mayo:

2 tbsps mayo mixed with 1 tbsp chipotle sauce, or 1/4tsp chipotle chilli powder

Easy Guacamole

3-4 avocados mashed with lime juice, salt and pepper and a little fresh coriander.





Zesty Leek and Spinach Tagliatelle with a Garlic and Parmesan Crumb

Serves 2

Throughout the month of Tishrei, when we celebrate the High Holy Days, Sukkot and Simchat Torah, there are dozens of Yom Tov and Shabbat meals. The Torah tells us that it is a mitzvah to make these days of rejoicing and the Prophet Isaiah that we should make Shabbat “a delight”. Talmudic sources draw a connection between food and delight, and implore us to eat the finest meals within our means. Historically, when fish and meat were costly luxuries, these became the standards for a fine meal, reserved for these days of celebration. Many have subsequently assumed the custom of eating a heavily meaty diet on Shabbat and Yom Tov, though there is no absolute obligation to do so, and there are those who feel that in 2023, when meat and fish are abundantly available, and good cheese costs almost as much as a chicken, a delicious pasta dish topped with a fine quality cheese can be every bit as delightful and luxurious!

This tasty tagliatelle showcases two of the *Simanim* (see p4-5) at their best, making it a superb choice for a milky (or parev) Rosh Hashanah meal.

INGREDIENTS

FOR THE PASTA

**150-200g good quality
Dry Tagliatelle**

*(or other pasta of your
choice)*

3 tbsp Olive Oil

**100g (approx) Fresh
Spinach**

1 whole Leek,
*halved lengthways
and sliced*

2 cloves Garlic, *sliced*

Zest of 1 Lemon

Fresh Parsley *(for
garnish)*

Salt and Pepper

FOR THE CRUMB TOPPING

1 slice of Challah,
toasted

Extra Virgin Olive Oil

**Freshly grated
Parmesan**

Garlic Powder

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

FOR THE CRUMB TOPPING *(optional)*

- 1 Crumble the toasted challah onto a lined baking tray and push the crumbs together.
- 2 Season with a sprinkle of garlic powder and top with grated parmesan.
- 3 Cook under a hot grill for 2 minutes or until golden brown, then allow to cool.
- 4 Break up the cheesy crumbs and set aside.

FOR THE PASTA

- 5 Warm the olive oil gently over a medium-low flame, and add the sliced garlic and leek.
- 6 Add a large pinch of salt and fry for 10 minutes on medium-low heat, stirring occasionally, until slightly browned.
- 7 Meanwhile, fill a separate pot with boiling water, salt well and put on pasta. (If using

fresh pasta, adjust timings accordingly).

- 8 Into the pan of sautéed garlic and leeks, add approx 100g baby spinach and the zest of one lemon.
- 9 Continue cooking until spinach has wilted down and remove from heat.
- 10 Remove pasta when al dente and spoon into the pan, retaining a little of the pasta water with it.
- 11 Mix the pasta and sauce in the pan to combine and warm through completely, then plate.
- 12 Drizzle over a little of the remaining oil and grate/shave over a generous amount of parmesan or grana padano cheese.
- 13 Garnish with freshly cracked black pepper, a little fresh parsley and extra lemon zest (optional).



Sticky Date & Pomegranate Short Ribs with Root Vegetable Mash and Greens

Serves 6-8

As seasonal as it gets and a celebration of *Simanim*, the earthiness of the root vegetable mash, rich with parsnip, potatoes and sweet potatoes exquisitely complements these deliciously tender and sweet ribs, which are marinated in pomegranate molasses and date honey, both *Simanim* (see p4-5), omens for abundant blessings and redemption from our enemies. The greens are the finishing touch on a perfectly rounded Autumn warmer, just what's needed as those shorter nights start drawing in. Leafy greens (swiss chard, spinach or beetroot leaves) are another of the *Simanim* - 'silka' in Aramaic or 'selek' in Hebrew, related to the Hebrew word 'silek' (to depart). We ask that Hashem remove our adversaries from us in the coming year. If cooking this dish for Rosh Hashanah, you may also choose to add squash to the mash and leeks to the greens to add two more *Simanim* to the dish.

INGREDIENTS

FOR THE RIBS

12 long-cut
Beef Short Ribs
2 tbsp Garlic Powder
1 tbsp Onion Powder
3 tbsp Oil

1 tsp Salt
1 tsp Pepper
3 cups Date Syrup
1 cup Pomegranate
Molasses
2-3 tbsp Cornflour

FOR THE SIDES

Leafy Greens of
your choosing
2 Sweet Potatoes
2 Parsnips
2 large Potatoes
Extra Virgin Olive Oil
Salt & Pepper

METHOD Prep time: 10-15 mins | Cooking time: 3-4 hours

FOR THE RIBS

- 1 Preheat your oven to 180°C / 160°C fan (Gas Mark 4 / 350°F).
- 2 Into a bowl mix oil, onion powder, garlic powder, salt, pepper, date syrup and pomegranate molasses
- 3 Place ribs in an ovenproof dish, coat with the marinade and cover with foil.
- 4 Roast for 3-4 hours, turning and basting every hour, until ribs are tender and falling off the bone.
- 5 When cooked through, remove the ribs from their dish onto a plate and set aside to rest, covered with foil.
- 6 Carefully transfer the cooking liquid and marinade from the ovenproof dish into a saucepan and bring to a simmer.
- 7 In a separate cup, mix 2 tbsp cornflour with 4 tbsp cold water until smooth, then add to the pan.

- 8 Stir constantly as the sauce reduces and thickens. If the sauce does not appear to be thickening after several minutes, mix up another 1 tbsp of cornflour with 2 tbsp cold water and stir in. Heat through until simmering and then turn the heat off to allow the sauce to thicken further. When ready to serve, pour the glaze over the ribs.

FOR THE SIDES

- 9 Peel, cube and boil the potatoes, sweet potatoes and parsnips until soft enough to break easily with a fork.
- 10 Mash together with a little extra virgin olive oil and add salt and pepper to taste.
- 11 Fry, steam, roast or boil your greens and season simply with salt and pepper. You may wish to add garlic or onion when cooking or a little freshly grated nutmeg for a warm aromatic note.



One-pot Baharat Chicken and Mejadra-Stuffed Peppers

Serves 6-8

Mejadra (or Mujadarra) is a dish eaten widely all over the Levant, and commonly seen at Sukkot because of its seasonality, its “jewelled” nature, and for the simple practical reason that it could be easily transported in a single pot from the kitchen to the Sukkah! Fragrant spiced rice with lentils and onions, its symbolism can be elevated still further by stuffing the mejadra inside sweet peppers. To complete this show-stopping one-pot dish, we pack our stuffed peppers around a whole chicken rubbed with an aromatic baharat spice mix, allowing the delicious spiced juices to infuse the peppers and rice with layers of flavour as they cook.

INGREDIENTS

FOR THE PEPPERS

8 long Peppers

2 Brown Onions, finely diced and lightly salted

2 cups of Basmati Rice (washed and drained)

½ cup Brown Lentils (washed and drained)

½ tsp Turmeric

½ tsp Garlic Powder

½ tsp Ground Cumin

¼ tsp Ground

Corriander

⅛ tsp of Cinnamon

2 tbsp Oil

Salt & Pepper

FOR THE CHICKEN

Whole Chicken

2 Lemons

2 Onions,

ribboned and salted

2 tbsp Oil

1 tsp Black Pepper

2½ tsp Baharat Spice Blend

1 tbsp Honey

5-7 cloves of Garlic

100ml Water

METHOD *Prep time: 20 mins | Cooking time: 2 hours 15 minutes*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Add 2 tbsp oil and 2 diced brown onions to a pan and cook over a medium heat, stirring occasionally until brown, around 15 minutes.
- 3 Add thoroughly washed and drained rice and lentils plus all the spices, mix together and stir constantly for 2 minutes to coat the rice and lentil mixture. The rice will turn yellow.
- 4 Add a few twists of black pepper and sprinkle over ½ tsp salt. Stir once more then set aside.
- 5 Remove tops, deseed and thoroughly wash 6 long red (romano peppers).
- 6 Carefully spoon mejadra mix into peppers, quite loosely, around around ¾ full to allow room for the rice to expand.
- 7 In an oven proof dish combine the remaining oil with the ribboned onion placing on the bottom of the dish.
- 8 Layer your filled peppers on top of the onions, then place your whole chicken on top.
- 9 Into a small bowl, juice 2 lemons and put the flesh into the cavity of the bird.
- 10 To the juice, add black pepper, baharat spice blend and honey, then mix together well.
- 11 Pour over the chicken, and add 100ml water and 5-7 garlic cloves to the dish.
- 12 Seal tightly with baking paper then foil.
- 13 Cook covered for 90 minutes, then uncover and cook for a further 20-30 minutes until the chicken skin is golden brown and the juices are running clear.



Moroccan Lamb with 7-Vegetable Couscous

Serves 6-10

There are hundreds of variations of couscous with seven vegetables, traditionally eaten by Moroccan Jews at Rosh Hashanah. With bursts of sweetness, seasonal harvest vegetables, and *Simanim* (see p4-5), this dish is both simple and highly symbolic. You can swap out any of the vegetables, and although the number 7 is incredibly relevant as we remember the creation of the world, there is no hard-and-fast rule that says you have to stick to exactly 7 vegetables! You can enjoy the couscous as a vegetarian meal or side, but we have completed this dish with a Moroccan spiced lamb shoulder. (*Of course, if your own Rosh Hashanah custom includes a sheep's head on the table, as is traditional in many Sephardi homes, you could also use the marinade for that, and adapt the cooking times accordingly.*)

INGREDIENTS

FOR THE LAMB

1 Lamb Shoulder
2 Brown Onions,
ribboned

FOR THE MARINADE

6 tbsp Ras el Hanout
1 tbsp Garlic Powder
1 tbsp Paprika
1 tbsp Turmeric
Juice of ½ Lemon
2 tbsp Honey

3 tbsp Pomegranate Molasses
½ tbsp Olive Oil

FOR THE COUSCOUS

2 cups Couscous
1 Red Onion,
diced and salted
1 large Parsnip
2 Carrots
1 large Sweet Potato
1 Courgette

250g Butternut Squash
1-2 Preserved Lemons,
very finely chopped
400g Chickpeas
1 cup Broad Beans
¼ Red Cabbage,
ribboned
1 tbsp Garlic Powder
½ tbsp ground Cumin
½ tbsp Turmeric
Salt & Pepper
2 tbsp Oil

METHOD *Prep time: 30 mins | Cooking time: 3-4 hours*

FOR THE LAMB

- 1 Mix together all marinade ingredients.
- 2 Line the bottom of an oven proof dish with ribboned brown onions and place the lamb on top.
- 3 Cover with the marinade and massage into the lamb on all sides.
- 4 Cover with baking paper and foil and leave to marinade in the fridge for at least 2 hours or overnight.
- 5 Preheat your oven to 180°C / 160°C fan (Gas Mark 4 / 350°F).
- 6 Place lamb in oven and cook, basting every hour, for 3 hours or until meat is tender and falling off the bone.

FOR THE COUSCOUS

One hour before lamb is ready...

- 7 Chop the parsnip, carrots, sweet potato, courgette and squash into small chunks.

- 8 In a large, heavy-bottomed saucepan, add 2 tbsp oil and red onions, and fry until soft over a medium heat (approx 10 minutes).
- 9 Add in all the chopped root vegetables and fry for 10 minutes, stirring regularly on a medium-high heat. Add a splash of water if necessary to avoid burning.
- 10 Add in turmeric, cumin, garlic powder, preserved lemons and salt and pepper (to taste) and stir to combine.
- 11 Add in chickpeas, broad beans and cabbage and stir in, cooking for a further 5-10 minutes until beginning to brown.
- 12 Add 800ml boiling water, cover and cook for 20-30 minutes until vegetables are tender, but not mushy.
- 13 Turn off heat and add in dry couscous, stir to combine and cover. Wait 10 minutes for the couscous to steam, and serve.



Pea, Courgette and Caramelised Onion Salad

Serves 6 as a side

A seasonal and refreshing accompaniment to meat, chicken, dairy or fish meals, which also gives a nod to the *Simanim* (see p4-5) with the inclusion of gourds in the form of courgette and the sweetness of honey-caramelised onions. A great base for a light lunch with whatever protein you prefer, this vibrant green salad is fantastic for lunchboxes and a delicious choice for a Shabbat, Yom Tov or any day of the week! If you're making this salad for Rosh Hashanah, add baby leaf spinach or swiss chard for an extra *Siman* boost.

INGREDIENTS

1 Courgette, ribboned
1 pack Rocket (160g approx)
2-3 cups frozen Peas, defrosted
1 large Red Onion, ribboned and salted
½ tbsp Olive Oil
1 tbsp Honey

Zest of 1 Lemon
1½ tbsp Mint, washed, checked and finely chopped
1½ tbsp Parsley, finely chopped
Ground Black Pepper, to taste
Small squeeze Lemon juice
Extra Virgin Olive Oil

METHOD *Prep time: 5-10 mins | Cooking time: 15 minutes*

- 1 Heat ½ tbsp oil in a frying pan and add in ribboned courgette and black pepper to taste. Lightly fry over for 2-3 minutes until al dente.
- 2 Remove courgette from the pan onto some kitchen towel, and then add salted onions into the pan. Add a touch more oil if required.
- 3 Cook over a medium heat until starting to soften, then add 1 tbsp honey and stir. Cook for a further 3-5 minutes, stirring constantly, until caramelised, then remove from heat and set aside to cool.
- 4 Wash, check and dry the rocket and place onto a serving platter or into a shallow serving bowl.
- 5 Scatter your peas, mint and parsley on top of the leaves.
- 6 Twirl ribbons of courgette with a fork and evenly distribute.
- 7 Sprinkle over the zest of 1 lemon and squeeze over a little juice.
- 8 Finish with a final drizzle of extra virgin olive oil and top with scattered ribbons of caramelised red onion, then serve.



Caramelised Apple with Honeycomb Ice Cream

Serves 8

A contemporary spin on the iconic Rosh Hashanah offering of apple and honey, this dessert is the perfect way to round off an autumn evening. Our baked apples are caramelised in honey and served warm, alongside a delicious homemade parev ice cream, sweet and full of crunchy honeycomb crumbs. We used Granny Smith apples for their tartness to balance the sweetness of the ice cream, but you can use any other apple of your choosing.

There are many reasons given for eating apples dipped in honey or sugar at Rosh Hashanah. The Talmud and the Midrash explain that when our forefather 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 are recalling the creation of mankind and praying that we too should receive blessings, just as Jacob did.

INGREDIENTS

FOR THE ICE CREAM

1 can (370g) of Vegan Condensed Milk

Approx 650ml (1 large and 1 small carton) Non-dairy Whip Topping

Large pinch of Rock Salt

1½ cups crushed Honeycomb,
(see p33 for instructions on how to make your own!)

FOR THE BAKED APPLES

2 Granny Smith Apples,
cored, peeled and diced

2 Granny Smith Apples,
cored and diced

1.5 tbsp Honey

METHOD *Active prep & cooking time: 10-20 minutes*
Cooking time: 30-45 minutes | Freezing time 12h+

FOR THE ICE CREAM

- 1 In a bowl, whisk together the vegan condensed milk, the non-dairy whip and a large pinch of rock salt.
- 2 Pour into a freezer safe container with a lid and freeze for 2-3 hours.
- 3 Remove and stir fully, adding in 1 cup of crushed honeycomb (saving the rest for later) and stir again, ensuring an even distribution.
- 4 Place in the freezer for a further 1½ hours, then stir again and return to the freezer to set.

FOR THE BAKED APPLE

- 5 Preheat oven to 200°C (180°C Fan/400°F).
- 6 Put the diced and peeled apple mixture into an oven proof dish and sprinkle with brown sugar. Stir to combine, cover and place in hot oven.
- 7 Take the second set of diced apple and pour over the honey. Stir to combine and place in the oven uncovered.
- 8 Cook both for 30-45 min, keeping an eye on the uncovered apple to make sure it doesn't burn (stir occasionally to ensure equal caramelisation).
- 9 To serve, intersperse the two types of apple on a plate, add the ice cream and top with some of the remaining honeycomb for added crunch.



Apple, Carrot and Beetroot Muffins

Makes 8-12 Muffins

Three *Simanim* (see p4-5) come together in one beautifully moist, sweet and delicate bite. These muffins are even reasonably healthy, as cakes go, sweetened with honey rather than refined sugar, and made with olive oil in place of butter or margarine. They're also a sneaky way of getting kids (or fussy grown ups) to eat their fruit and veggies! A tasty dessert, snack or breakfast-on-the-go, this is a recipe you're sure to be coming back to again and again.

INGREDIENTS

2 Apple, peeled, cored and diced

200ml Water

1 tbsp Caster Sugar

1 cup Light Olive Oil

1 cup Honey

4 eggs, lightly beaten

2 tsp Vanilla Extract

2 cups Carrot, grated
(approx 2 large carrots)

1 cup Beetroot, grated
(approx 2 beetroots)

360g Plain Flour

1 tsp Baking Powder

1 tsp Bicarbonate of Soda

1 tsp Salt

2 tsp Ground Cinnamon

2 tsp Ground Allspice

1 tsp Ground Ginger

METHOD *Prep time: 20 mins | Cooking time: 28-30 mins*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F).
- 2 Line a muffin tray with 12 cases.
- 3 Heat 200ml water, the cubes of apple and 1 tbsp caster sugar in a pan and simmer, stirring occasionally, until water has mostly evaporated, around 10 minutes.
- 4 In a medium-sized bowl, whisk together the oil, honey, eggs and vanilla extract.
- 5 Add in the grated beetroot, carrot and apples and set aside.
- 6 In a large mixing bowl, add the flour, baking powder, bicarbonate of soda and spices and mix together.
- 7 Add the wet ingredients to the dry ingredients and stir to combine.
- 8 Pour the mixture into the muffin cases and bake for 18-20 minutes, until cooked through.
- 9 Leave to stand on a wire cooling rack and enjoy!



Honey Bourbon Tiramisu

Makes 6-8 Ramekins

Whilst developing a dairy menu for Rosh Hashanah, we decided to put a twist on one of our favourite Italian desserts. A crowd-pleaser that is surprisingly easy to make, we've switched out the usual brandy for a rather less traditional spirit - Honey Bourbon.

Sweet, warming and heady, these little tiramisu pots are a wonderful, unconventional dessert to round off a dairy meal this Rosh Hashanah. You could, optionally, add in a layer of apple puree or serve with caramelised apples (see p27) for an extra nod to tradition!

We made ours in ramekins but you could use any dish and make one large tiramisu.

INGREDIENTS

397g can of Condensed Milk

500g carton Mascarpone

100ml Honey Bourbon

(Or substitute with 75ml Bourbon and 1 tbsp honey mixed together)

150ml strong Black Coffee

1 pack Lady Fingers (*sponge fingers*)

Cocoa Powder, *for dusting*

Milk Chocolate, *for grating*

METHOD *Prep time: 20 mins | Chilling time: 2 hours*

- 1 In a mixing bowl, whisk together the condensed milk and mascarpone.
- 2 In a separate, shallow bowl, mix together the coffee and bourbon.
- 3 Take one sponge finger at a time, dip it in the coffee and whisky mixture for a few seconds, allowing it to absorb liquid, but taking care not to make the biscuit soggy.
- 4 Line the base of your ramekins or dish with a layer of the dipped sponge fingers, then evenly distribute half the cream mixture between your ramekins, and spread into a smooth layer on top of the biscuits.
- 5 Grate in a layer of milk chocolate and then repeat steps 3 and 4.
- 6 Finish by sifting a generous layer of cocoa over the top and refrigerate for at least 2 hours before serving.



Chocolate-dipped Honeycomb

This recipe is pure, sweet indulgence. True honeycomb, of course, is one of the *Simanim* (see p4-5), has multiple health benefits and is emblematic of the bees on which the harvest relies, but these chocolate dipped treats are somewhat less healthy and despite what the name suggests, they contain no honey whatsoever! They are, however, delicious and the combination of crunchy honeycomb and rich, dark chocolate is a winner, sure to bring a smile to the faces of friends and family as they ask for a sweet and good new year.

For a more traditional honeycomb-infused sweet treat, try our *Caramelised Apple with Honeycomb Ice Cream* (p29).

INGREDIENTS

200g Caster Sugar
5 tbsp Golden Syrup
2 tsp Bicarbonate of Soda
Cooking Chocolate

METHOD *Prep time: 5 mins | Cooking time: 10 mins*

- 1 First, line a 9-inch (23cm) cake tin with baking paper or lightly grease the sides. Avoid using a spring-form tin.
- 2 Heat the caster sugar and golden syrup together in a reasonably deep pan over a low heat, stirring constantly with a wooden spoon until the sugar has completely dissolved. Avoid letting the sugar bubble.
- 3 Once sugar has completely dissolved, increase the heat and bring the caramel to simmer until the temperature on a sugar thermometer reaches 140°C and the colour changes to a dark amber, (this will happen quite quickly).
- 4 Test if it's ready by turning off the heat and dropping a little of the caramel into a glass of very cold water. If it forms a hard ball, it's ready. If not, heat up a little longer and test again.
- 5 Immediately add in the bicarbonate of soda and beat the mixture quickly until the bicarb is fully mixed in. The mixture will bubble and rise rapidly.
- 6 Scrape the mixture into the lined cake tin, taking care as the mixture will be extremely hot! The mixture will continue to bubble in the cake tin.
- 7 Leave the mixture to cool in the tin for 60-90 minutes and it should turn hard, ready to be broken or cut into chunks or crumbled.
- 8 Place a wire cooling rack on a lined baking tray to catch spillages.
Melt cooking chocolate in a bain marie or microwave, according to your preference, then dip the honeycomb and set down on the wire rack. Alternatively, put the honeycomb on the rack, and drizzle or pour over the liquid chocolate.
- 9 Leave to set and store the honeycomb in a tin or airtight container in a cool, dark place for up to 3 days, after which it will soften and lose its crunch.



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