

NewKosher  
Cookbook  
Your Favorite Jewish  
Vegan Recipes

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and Michael Sabani

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# About NewKosher

NewKosher highlights the benefits of kashrut including: improving your health, benefiting the environment and connecting to the mystical aspects of Judaism, engaging the next generation of conscious eaters.

The site includes simple ways to create and maintain the kashrut lifestyle, as well as amazing recipes and articles on Judaism and eating. The website's simple-to-understand style is great for someone beginning to explore kashrut. As an outreach project, NewKosher fosters the future of Jewish food journalism through recruiting and developing culinary writers from the US and beyond.

## OTHER PROJECTS YOU MIGHT LIKE

PunkTorah

[www.punktorah.org](http://www.punktorah.org)

PunkTorah (our flagship project) is dedicated to independent Jewish spirituality, culture, learning and debate. We use web-based multimedia to showcase the innovative, insightful and interesting parts of contemporary Jewish spiritual life. We're bringing Judaism in the 21st century, kicking and screaming if we have to.

OneShul

[www.oneshul.org](http://www.oneshul.org)

Finally, a synagogue as unique as you are! OneShul is the world's first online, independent minyan with weekly interactive, online prayer services, Torah study, Shabbat, Rosh Chodesh and holiday events, a peer-generated Jewish library (the Indie Yeshiva), community prayer wall and more. OneShul is also the sponsor of the OneShul Community Siddur, the first communally written, egalitarian, LGBT inclusive siddur available on Kindle and Nook.

3xDaily

[www.3xdaily.org](http://www.3xdaily.org)

Learn how to pray, your way, three times each day. A clearinghouse of contemporary Jewish prayer, 3xDaily is a campaign to inspire the ritual of daily prayer by people who may not be engaged in traditional practice. Articles and insights into prayer also speak to the Jewish connection to prayer, from alternative voices.

Coming soon...

The G-d Project

[www.theg-dproject.org](http://www.theg-dproject.org)

A social network dedicated to G-d and Judaism. Micro-documentaries showcasing profiles of unique Jewish personalities around the world (the famous, the infamous, the unknown, rabbis and scholars, adults and children, LGBT and straight, Reform, Conservative, Orthodox and everything in between) giving their views on G-d and Judaism. These videos are linked together through our Kabbalah-inspired social network tags, revealing an awesome secret: a Hassidic Jew in Crown Heights has just as much spiritually in common as an atheist in Omaha. Coming Fall 2011.

And Then There's Social Media

[www.youtube.com/punktorah](http://www.youtube.com/punktorah)

[www.facebook.com/punktorah](http://www.facebook.com/punktorah)

[www.twitter.com/punktorah](http://www.twitter.com/punktorah)

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And with peace/shalom from your vegan brothers and sisters at the MetroAtlantaEmergence Cohort

<http://metroatlantaemergence.wordpress.com/>

Thank you. We could not have done it without you.

# A Vegan, Kashrut Cookbook.

## WHAT ARE YOU TALKING ABOUT???

When we first announced that NewKosher was publishing a Jewish vegan cookbook, a lot of people met us with skepticism. "How are you defining kashrut" was the most common question. "Who would buy a vegan cookbook, anyway" was another common concern.

The truth is, a vegan diet and traditional Jewish law go hand-in-hand. And with our society's move toward a healthier, more sustainable culinary lifestyle, it only makes sense to showcase how traditional Jewish recipes can be (or already are) complimentary to a vegan diet

In this book you'll find two constant values, which we at NewKosher hold true to in every project we develop:

A belief in inclusion. Our recipes were submitted by professional chefs, stay at home parents, single people living on microwave food and the proverbial rice-and-beans diet, raw foodies, "meat" and potatoes Midwesterners, soul food southerners and Tex Mex enthusiasts. If it's vegan, and reflects the spirit of Jewish cuisine, then it's in this book. All our recipes are original, just as the members of the community we have created online are as original as it gets. We've also included the names of the people submitting each recipe, our way of saying "thank you for being a part of the NewKosher community".

Redefining Jewish. In order to make inclusion possible, you have to remove the barriers which prevent people from participating in a religious community. That's why we have an open door policy with all of our projects. If you come to us as Jewish, by whatever definition you wish to use, then you are Jewish to us. The same is true for the Jewish authors of this book.

More importantly, this cookbook is not "another Jewish cook book". These recipes came from our community. By reading this book, and cooking these recipes, you become a part of the PunkTorah/NewKosher/OneShul community as well.

## WHAT IS JEWISH FOOD?

The words "Jewish" and "kashrut" are often times confused. They are really two different things.

What most people think of as Jewish food is actually Eastern European: matzo ball soup, gefilte fish, borsht and kugel. But fried artichoke hearts in lemon-caper sauce from the Jewish Italian ghetto and cumin spiced vegetable kebabs from the Middle East are just as Jewish as chopped liver.

Three different things have influenced Jewish food: region, kosher dietary laws (kashrut) and tradition.

**Region:** Since the Roman destruction of Judea and the expulsion of Jews from the empire, Jewish communities created in India, China, Europe and Africa led to new forms of Jewish cuisine. As Jews left these regions to explore the possibilities of North America, South America, Australia and the Pacific Islands, so too did traditional Jewish foods undergo massive change. This is best seen in the preparation of the Shabbat (Sabbath) meal. While Jews of the Middle East would have festive salads and stuffed grape leaves for Friday's Shabbat dinner, Eastern European Jews would have prepared roasted meats and regional vegetables.

**Kashrut:** One of the most misunderstood parts of Jewish cuisine is the law of kosher, otherwise known as kashrut. These are a set of dietary restrictions set down in the laws of Moses and further expanded upon in the Talmud (a latter Jewish writing considered to be the oral code of law, contrasted to the Bible's written code). Kashrut primarily deals with how human beings consume animals, including prohibitions on eating pork or shellfish, refraining from meat with blood, not mixing meat and milk, and slaughtering animals in a specific way. Other laws include not eating insects, using different cooking containers for dairy and meat meals, and refraining from cooking on Shabbat. We'll go more into the kashrut of veganism later in this chapter.

Tradition: The Jewish calendar is filled with reasons to celebrate and Jewish food reflects each of these moments. On the holiday of Tu B'Shevat, families gather together to eat nuts and fruits. Shavuot, celebrating the giving of the Torah to the Jewish people, has a tradition involving dairy dishes like cheese blintzes. Passover is famous for its use of the unleavened bread matzo and Hanukkah, making the miracle of oil, is a buffet of fried treats like latkes and jelly doughnuts.

## WHAT DOES VEGAN MEAN?

Simply put, vegans abstain from eating any kind of animal product. This goes from the obvious like beef and eggs, to products like gelatin, which seem innocent enough but are actually derived from animal byproducts.

Many vegans take dietary veganism a step further by eliminating all types of animal-based products from life, including not wearing fur and leather, not attending events like circuses which use animals as entertainment, and refraining from using any medicines, makeup or similar products that are tested on animals.

Whether for health, ethical, environmental or other reasons, a vegan diet is not a fringe lifestyle. Countless chain restaurants around the country have recognized the need for vegan alternatives and grocery store chains have become more accommodating to people who are removing animal products from their daily life.

## HOW CAN VEGANISM AND KASHRUT WORK TOGETHER?

Throughout history, people have lived on a plant-based diet. Kashrut reflects this idea by making the eating of animal products far more complicated than that of non-animal products. In fact, the only law in Judaism regarding the eating of fresh fruits and vegetables is to make sure that they are free of insects and worms. In this way, a vegan diet makes perfect sense from a Jewish perspective.

As an added bonus traditional Jewish observance requires separate dishes and cooking utensils for meat and milk-based food, keeping a vegan home eliminates this issue.

While veganism is practical from a Jewish standpoint, there are also some higher ideals in the Jewish/vegan lifestyle. Some argue that G-d's initial intention for humanity was veganism, as read in the Torah portion Bereshit (Genesis 1:29) where G-d says that we may eat every seed bearing plant and fruit from any tree. Others argue that Judaism and environmentalism go hand-in-hand, and that veganism is the best way to prevent environmental devastation from factory farming and other animal-based industry.

## CONCLUSION

Like any other lifestyle choice, it's important to know that the decisions to keep kashrut and to be a vegan are up to you. While some say that Jewish veganism can bring you closer to G-d's ideal and others simply can't stand the idea of bringing harm to animals, whatever choice you make is entirely yours.

# Breakfast, Brunch and Deli

Whether you're looking for an on-the-go start to your day, or a festive Jewish deli-style meal for the whole family, breakfast and brunch do not have to be milk and egg centric!

## POMEGRANATE TEA

Emily Cayer

4 cups water

4 teabags (any black tea will do)

2 cups pomegranate juice

4 teaspoons agave nectar

Boil water and pour over teabags. Let steep, then add pomegranate juice and agave nectar. In warmer climates, this is also good iced.

## STRAWBERRY MANGO POWER SHAKE

Patrick Aleph

Those overpriced smoothies can be a real drain on your budget. I love having this quick, dairy free pick-me-up in the morning.

1/2 cup almond milk

5 frozen strawberries

5 slices frozen mango

1 banana

agave nectar (to taste)

Pop it all in a blender and you're set! You won't need ice for this because the frozen fruit gives it the same smoothie texture. You can also use soy milk, but almond milk has a lighter, sweeter taste than the soy does.

## PEACH-BERRY SMOOTHIES

Emily Cayer

1 cup frozen peach slices

1 cup frozen strawberries

1 cup frozen blackberries

3 cups apple juice

1/4 cup soy yogurt

Blend ingredients together until smooth, pour into glasses, and enjoy!

## DIY GRANOLA

Patrick Aleph (Based on a Recipe By Mary Sgarlato)

This recipe uses agave nectar, a great honey substitute that is just as affordable and can be found in any decent grocery store in the honey section.

rolled oats

nuts and seeds (almonds, pumpkin seeds, etc.)

olive or coconut oil

cinnamon

agave nectar or maple syrup

1 teaspoon vanilla extract

flax seed meal (1/4 cup or to taste)

dried fruit (apples, raisins, etc.)

Brown a layer of oats on a cookie sheet for about ten minutes (until it smells like oatmeal). Toss the nuts, seeds, vanilla and cinnamon on your cookie sheet of oats. Bake another ten minutes. Check the granola often to prevent burning. Finish by tossing everything into a bowl with dried fruit, flax seed meal, and agave nectar/maple syrup.

## TOFU CREAM CHEESE

Patrick Aleph

Tofutti Better Than Cream Cheese is really where it's at in the vegan cream cheese world. Here's three ways to jazz up the cream cheese for a nice brunch (recipe for homemade bagels in our Bread, Beverages and Desserts chapter).

### *Cinnamon Raisin*

1 8 ounce package of tofu cream cheese

1 teaspoon ground cinnamon

1/2 teaspoon vanilla extract

1/3 cup golden and dark raisins, mixed

### *Jalepeño Peach*

8 ounce package of tofu cream cheese

1/2 cup high quality peach preserves or overripe peaches, chopped (never use canned peaches for this)

2 fresh green jalepenos, seeded and minced fine (do not use jarred as they are pickled and won't taste right)

## *Garlic Herb Veggie*

1 teaspoon minced garlic (the kind in the jar is best as its the most liquid)

3/4 tablespoon mixed herbs (try dill, rosemary, Italian seasoning, or experiment with your own combination.)

2 tablespoons chopped celery

2 tablespoons chopped carrot

2 tablespoons scallion

2 tablespoons seeded red pepper

2 tablespoons peeled cucumber

## MARINATED FRUIT SALAD

Emily Cayer

1 cup dried apricots

1 cup dried figs

1 cup dried apples

1 cup dried dates

1 cup raisins

1/2 cup large flake coconut

3/4 cup cane sugar

1 tablespoon lemon juice

2 1/2 cups boiling water

Toss fruit, coconut, sugar, and lemon juice together in a large bowl, then pour boiling water over. Cover bowl and allow to cool to room temperature, refrigerate for up to three days, or at least overnight. Bring to room temperature before serving.

## DELI SALAD PLATE

This deli salad duo is great when served with toasted bread or on top of lettuce with dressings.

## *Mock Tuna Salad*

Emily Cayer

2 cups cooked chickpeas

1 sheet nori

1/4 cup vegan mayo

1 tablespoon grainy mustard

1/2 small red onion, 1 stalk celery, 1 small kosher dill pickle, 1 clove garlic, minced

1 teaspoon Lemon Juice

1 teaspoon soy sauce

salt and pepper to taste

Mash chickpeas roughly, so there are a few chunks left. Snip the nori into slivers with a pair of kitchen shears, then add it and the rest of the ingredients to the chickpeas. Mix well and pile high on rye with your favorite accompaniments!

## *Mock Egg Salad*

Patrick Aleph

1 block firm tofu, well drained

6 tablespoons vegan mayo

4 tablespoons minced green onion and/or celery

3 tablespoons plain yellow mustard

1/2 teaspoon turmeric (may need less depending on how yellow you want your egg salad to be)

pinches of salt, pepper, paprika, sesame seeds, season salt, etc.

Mash the drained tofu with a fork until you get a shredded egg-like consistency. Add the vegetables and lightly combine.

In a separate bowl, whisk together wet ingredients.

Add the tofu to the wet mixture and fold together.

There are two tricks to this recipe: don't over stir/mash the mixture or it won't have the silky, eggy texture that you need. Also, experiment with how much turmeric, mustard and spices you use.

## HUMMUS WITH PITA CRISPS

Emily Cayer

2 cups cooked chickpeas

2 tablespoon lemon juice

2 tablespoon tahini

2 cloves garlic

extra virgin olive oil as needed

salt and pepper to taste

3 pita rounds

Combine chickpeas, lemon juice, tahini, and garlic in a food processor and pulse a few times. Begin blending, drizzling olive oil in as you do so. Process until smooth and season to taste with salt and pepper.

To make pita crisps, slice pita rounds into triangles, brush with olive oil, sprinkle with salt, and bake at 375 degrees for 10-12 minutes or until golden-brown.

## QUIMBY'S MATZO BALL SOUP

Mulberry Manor

Matzo Balls: (we always double this part of the recipe)

2 tablespoons potato starch

1 teaspoon salt

1/2 cup matzo meal

2/3 cup stock

Mix in medium bowl. Let stand in fridge for 15-25 minutes.

Soup:

3 carrots, chopped

oil

5 cloves of garlic

3 stalks of green onions, chopped

2 boxes of mock chicken broth or 4-6 cups of stock

In medium to large pot add a dash of oil. Sauté carrots for 3-4 minutes. Add garlic and continue for 3-4 minutes. Carrots should be tender now. Add stock and onions. Bring to boil.

We find the small balls are best received. Take about a tablespoon of dough and roll in your hand until you have a ball. Carefully drop into medium boiling stock. Repeat until dough is gone. When the majority of the balls are floating you are ready, about 20 min.

Note: Refrigerates and travels well. Also goes great with latkes

## SPINACH BLINTZES

Emily Cayer

Batter:

3/4 cup rice milk or soymilk

1/4 cup water

1 cup unbleached flour

1/4 cup Earth Balance buttery stick, melted

pinch of salt

Filling:

1 small onion, diced

2 cloves garlic, minced

10 ounce bag frozen spinach, thawed

salt and black pepper to taste

Whisk together all the ingredients for the batter, then set aside while you make the filling.

Sauté the diced onion in a little olive oil over medium heat until it begins to go translucent, then add garlic and sauté a minute longer. Add spinach and cook through, seasoning to taste with salt and pepper.

To make the blintzes, heat a nonstick pan until a drop of water skitters across the surface. Pour  $\frac{1}{4}$  cup batter at a time (it will be very thin), swirling to coat the surface of the pan. These only need a minute or two on each side, so watch closely. When the blintz starts to come away from the side of the pan, it's time to flip.

Fill each blintz with a few tablespoons of the filling. Serve warm, topped with your favorite vegan sour cream and a side of applesauce.

## DILLED TOFU SCRAMBLE

Emily Cayer

6 ounce extra-firm tofu

1 tablespoon turmeric

1 tablespoon dill

salt and pepper to taste

olive oil as needed

1 sweet onion, sliced

1 medium zucchini, halved and sliced

1 medium yellow squash, halved and sliced

1 red bell pepper, sliced

1 green bell pepper, sliced

Crumble tofu and toss with turmeric, dill, salt, pepper, and a drizzle of olive oil. This can be prepared up to two days ahead.

Add sliced vegetables to a hot pan with a little olive oil and sauté until cooked through. Add tofu and toss until heated. Serve with a spoonful of your favorite salsa or a squeeze of chili sauce like Sriracha.

## KASHRUT REUBEN

Patrick Aleph

The first time I had a kashrut reuben was in Asheville, NC. A hippie haven that has a considerable Jewish population (despite being in North Carolina veggie and vegan alternatives abound. This version has three key parts: the meat substitute, the vegan cheese and the vegan variation on Russian dressing. You can make this as a sandwich, or layer together in a baking dish for a German Jewish casserole.

4 slices tempeh

2 slices vegan swiss/white cheese (or Daiya cheese shreds)

3 slices rye bread

4 tablespoons sauerkraut

spray oil

2 large sandwich toothpicks

### *Russian Dressing*

1 tablespoon vegan mayo

1 tablespoon ketchup

1/2 tablespoon minced bread and butter pickles (or relish)

1 pinch paprika, onion powder, salt and pepper

Mix together in a small bowl.

Fry tempeh according to directions. While tempeh is still hot, assemble one piece of bread with a slice of cheese, two pieces of fried tempeh and 2 tablespoons sauerkraut. Add the middle piece of bread. Layer with remaining cheese, tempeh, sauerkraut and top with last piece of bread. Hold together with toothpicks.

Spray pan with a light amount of oil. Grill for a minute and a half, then carefully turn over and grill the other side. Serve with a side of Russian dressing. You can also layer the sandwich with dressing before grilling.

## FRIED EGGPLANT SANDWICH

Patrick Aleph

1 slice fried eggplant (you can buy these frozen in your kosher supermarket)

1 whole wheat hamburger bun

1/2 tablespoon srirachi

1/2 tablespoon vegan mayo

lettuce, onion and tomato

Fry eggplant according to directions. Serve on a grilled wheat hamburger bun with srirachi-mayo, lettuce, tomato and onion.

## VEGETABLE KEBAB AND HUMMUS SANDWICH

Patrick Aleph

red onion

yellow squash

zucchini

button mushrooms (you can use any kind of mushroom, but buttons are inexpensive and work just fine)

Juice From 1/4 cup Lemon

1 teaspoon oregano

1 tablespoon olive oil

pinch of salt and pepper

wood vegetable skewers, soaked in water

Slice all vegetables to slightly larger than bite size. Place in a large bowl with oil, lemon juice and spices. Coat vegetables in sauce and place on skewer.

Grill until vegetables are soft on the inside and lightly crisp on the outside.

Hummus:

1 16 ounce can chickpeas (reserve the liquid)

1 1/2 tablespoons tahini

2 tablespoons minced garlic

2 tablespoons olive oil

1/2 teaspoon paprika

lemon juice and salt, to taste

Drain chickpeas and reserve the liquid from the can. Everything else goes into the food processor. Blend on low until smooth like a paste. If hummus is too dry, add some liquid from the can.

You can use any kind of bread for this, but I prefer pita or naan. Serve with a slather of hummus and the still warm vegetables on top and perhaps some wild field greens.

## GARLIC LATKES WITH FIG APPLE SAUCE

Patrick Aleph

I won "best in show" for this latke recipe at the Atlanta Chevre Minyan latke cooking contest. Enjoy!

1 bag frozen hash browns, thawed  
1/4 cup all-purpose flour  
1/2 teaspoon baking powder  
equal parts garlic salt and pepper (a dash for every latke)  
vegetable oil

After thawing the hash browns, squeeze out as much liquid as possible. It helps to use cheese cloth or paper towels. There won't be too much liquid and it saves a lot of time one otherwise spends grating potatoes and onions.

Mix flour and baking powder to potato mixture.

In a pan, pour a thin layer of vegetable oil. Drop one tablespoon of potato batter into oil and fry until golden brown on both sides. In a regular pan, you should be able to cook at least four latkes at once.

fig apple sauce  
1 jar apple sauce  
handful dried figs  
1 cup hot mint tea  
four cardamom pods  
pumpkin pie spice (to taste)

Boil one cup of mint tea with cardamom pods. After tea is brewed, remove pods and steep the dried figs for five minutes or until figs are plump.

Remove figs from tea and blend in food processor. Slowly add apple sauce until well blended. Add pumpkin pie spice (a mix of cinnamon, nutmeg, mace and allspice) to taste. Serve chilled with latkes.

## MOCK CHOPPED LIVER AND TOAST

Michael Sabani

1/2 pound mushrooms, chopped  
1 small onion, chopped  
3 tablespoon oil  
1 cup chopped walnuts  
salt and pepper, to taste

1 tablespoon water

Sauté the mushrooms and onion in the oil until the onions are caramelized. Pour into a food processor, adding walnuts, salt, pepper and water. Blend until smooth. Serve on grilled toast or matzoh crackers.

# Soups, Salads and Starters

## GOLDEN GLOW SHABBAT SOUP

Dr. Roberta Kalechofsky, Ph.D

This is a great vegan substitute for the chicken soup that everyone expects for a Shabbat dinner--and it is healthier. Serve with toasted barley for more taste or with chopped parsley for color.

1 pound package yellow split peas (2 cups dry)

1 cup grated parsnips

1 cup grated carrots

salt to taste

3 bay leaves

Cook yellow split peas according to directions on package. Halfway through cooking time, add parsnips, carrots, salt and bay leaves. Simmer with partially covered lid. Remove bay leaves before serving. For a golden color and smoother taste, purée.

## MIREPOIX SOUP

Patrick Aleph

4 carrots, peeled and sliced

1/2 bunch celery, sliced

2 medium white onions, chopped

4 medium potatoes, peeled and chopped

4 tablespoons italian seasoning

juice of half lemon

2 tablespoons minced garlic

3 tablespoons olive oil

1 cube vegan stock base (chicken or vegetable flavored)

water

salt and pepper to taste

Sauté all vegetables in a pan of olive oil until they lightly soften. Add garlic and spices and sauté for one minute. Add stock base cube, lemon juice and water until you've covered the vegetables by one half inch. Boil uncovered for thirty minutes. If soup is too weak, continue to boil. If too strong, add water. Salt and pepper to taste.

## BLACK BEAN SOUP

Anna Sgarlato

2 can black beans

1 can red beans

1 can crushed fire-roasted tomatoes (I use Glen Muir)

2 tablespoons margarine

1 tablespoon olive oil

1/2 large yellow onion, chopped

2 carrots, finely chopped

2 stalks celery, finely chopped

1 large green bell pepper, chopped

2 tablespoons minced garlic

2 small cans diced green chiles

1 cup vegetable broth

kosher salt

cumin & chili powder to taste

In a large pot melt butter and oil. Over medium heat, sauté onion, garlic, green pepper, celery and carrots until the onions are translucent. Add vegetable stock and crushed tomatoes, simmer until carrots are tender. Add black beans, red beans, green chiles, and seasoning. Simmer over medium heat for around a half hour, or until soup has reduced slightly and becomes stew-like.

## SOUTHERN STYLE VEGETABLE SOUP

Anna Sgarlato

This recipe is just like grandma's!

1 quart vegetable stock

2 can crushed fire-roasted tomatoes

2 cloves garlic or shallots finely chopped  
2 carrots, peeled and diced  
1 yellow onion, diced  
2 stalks celery, diced  
4 small new (red) potatoes, diced  
1/2 cup okra - washed, dried, aired out for 30 minutes and then sliced into 1/4 inch rounds  
1/2 cup frozen peas  
1 cob of sweet corn, niblets removed  
olive oil  
salt & pepper to taste

In a large stock pot, heat oil over medium-high heat. Sauté onion and garlic until onions are translucent. Add potatoes, carrot, and celery. Pour in vegetable stock and fire roasted tomatoes (juice also). Simmer until vegetables are tender. Add peas, okra and corn.

Simmer for another 10 minutes, until okra is tender but not slimy.

Salt and pepper to taste. Although add salt carefully - the veggie stock probably already has a lot of salt.

## ZUCCHINI BASIL SOUP

Reina Kutner

1 tablespoon oil (canola or olive)  
2 pounds zucchini  
1 large onion, chopped  
3 cloves garlic, minced  
1 cup fresh basil  
4 cups vegan chicken consommé or vegetable stock  
1/2 cup soy creamer

Warm the oil in a soup pot. Add the chopped onions and garlic. Sauté until transparent. Slice the zucchini and add. Sauté for 3-4 minutes. Add the four cups of consommé or vegetable stock and cup of basil. Simmer, covered, for 20 minutes.

Puree with an immersion blender. Turn off the heat and add the soy creamer. This soup can be served hot or chilled for a couple of hours in the chill chest and served cold.

## MOCK CHICKEN SOUP WITH WHITE BEANS

Emily Cayer

1 medium white onion, peeled and diced  
2 medium carrots, peeled and sliced  
2 ribs celery, chopped  
3 cloves garlic, minced  
2 cups your favorite mock chicken strips, diced  
1 quart mock chicken broth  
2 cups cannellini beans  
1 tablespoon thyme  
1 teaspoon rosemary  
1 teaspoon dill  
1 teaspoon sage  
salt and pepper to taste

Sauté onion, carrots, and celery until onions go translucent, then add garlic and mock chicken and sauté a minute more. Add broth, beans, and herbs. Bring to a boil, then simmer 15-20 minutes. Season to taste with salt and pepper and serve with challah.

## MATZOH-POTATO BALL SOUP

Emily Cayer

Matzoh Balls:

1<sup>3</sup>/<sub>4</sub> cup matzoh meal  
<sup>3</sup>/<sub>4</sub> cup russet potato, cooked, mashed, and cooled  
1 tablespoon. potato starch  
<sup>1</sup>/<sub>4</sub> cup grape seed oil  
<sup>1</sup>/<sub>4</sub> cup club soda  
salt and pepper to taste

Broth:

2 quarts vegetable stock  
<sup>1</sup>/<sub>2</sub> pound peeled baby carrots  
1 medium yellow onion, sliced lengthwise  
2 ribs celery, cut in thirds and sliced lengthwise  
several sprigs of dill  
salt and pepper to taste

Combine all matzoh ball ingredients and refrigerate, covered, overnight.

Bring a large pot of salted water to a gentle boil. Form small (about an inch in diameter) matzoh balls with wet hands and drop them into the water. Boil 30-40 minutes. Meanwhile, bring all broth ingredients to a boil, then reduce heat and simmer until carrots are tender. Place matzoh balls into soup bowls and ladle broth and vegetables over.

## SWEET POTATO BISQUE

Emily Cayer

3 large sweet potatoes

1 small onion, diced

2 ribs celery, chopped

1 medium carrot, peeled and sliced

1 clove garlic, minced

1 quart vegetable stock

1 cup coconut milk

salt and black pepper to taste

Peel and dice the sweet potatoes and set aside. Sauté the onion, celery, and carrot in a little olive oil over medium heat until the onion becomes clear, then add the garlic and sauté a minute or two longer. Add the sweet potatoes and stock and stir (the potatoes have been known to stick). Bring to a boil, then reduce to a simmer. Cook for 20 minutes or until the sweet potatoes are tender. Blend with an immersion blender or in a standard blender, being careful not to fill the pitcher too high and letting steam escape before blending. Add coconut milk and season with salt and pepper to taste, but keep a light hand with the salt before the fast.

## MIXED FIELD GREENS WITH MOCK BACON BALSAMIC DRESSING

Patrick Aleph

4 slices of tempeh or mock bacon (make sure mock bacon does not contain eggs)

6 tablespoons balsamic vinegar

1/4 cup olive oil

1/2 tablespoon minced garlic

pinch raw sugar

salt and pepper to taste

fresh field greens

Fry tempeh/mock bacon in a pan. After frying, place on a paper towel and wrap to absorb excess oil. Crumble and reserve.

For dressing, mix vinegar, garlic, sugar, salt and pepper in a mixing bowl. Slowly incorporate oil while whisking. You may use around 1/4 cup of oil.

When dressing is finished, throw in greens and toss. Serve on individual plates with crumbled bacon on top.

Note: want creamy-style dressing? Substitute oil for vegan mayo.

## APPLE-POMEGRANATE SALAD

Emily Cayer

6 cups spring mix

1 pomegranate, seeded

1 apple, julienned (pink lady, fuji, and gala work especially well)

lemon juice as needed

1/4 cup toasted pumpkin seeds

1 teaspoon agave nectar

1 teaspoon grainy mustard

1 garlic clove, minced

1 shallot, minced

1/4 cup apple cider vinegar 3/4 cup olive oil

salt and pepper to taste

To toast pumpkin seeds, put them in a dry pan over medium heat, tossing frequently, until toasty brown.

Dunk the julienned apples in a little lemon water while you make the vinaigrette. Whisk together the agave, mustard, garlic, and shallot, then add the vinegar. Whisk until smooth, then drizzle in the oil, whisking the whole time. Season to taste with salt and pepper.

Divide the greens onto four plates. Drizzle a little vinaigrette on each one, then top with the apples, pomegranate seeds, and pumpkin seeds.

## SEVEN SPECIES SALAD

Naomi Rabkin & Jewish Food Alliance

1 cup cooked wheat berries

1 cup cooked pearled barley

1 cup stemmed dried figs (calmyra or black mission), chopped

1/4 cup pomegranate juice mixed with 1/4 cup water

1/3 cup chopped kalamata olives

1/2 cup extra virgin olive oil

1/3 cup balsamic vinegar

1 tablespoon drained capers chopped

1 1/2 tablespoon fresh thyme

2 tablespoons date honey (or pureed dates)

1 tablespoons pomegranate molasses

6 shallots (medium to large)

juice of 1/2 lemon

2 tablespoons sherry vinegar

1/2 cup toasted walnuts, chopped

3/4 cup halved seedless grapes

1/4 cup parsley, chopped

Combine chopped figs and 1/3 cup water in heavy medium saucepan. Cook over medium-high heat until liquid evaporates and figs are soft, about 7 minutes. Transfer to medium bowl. Mix in olives, olive oil, balsamic vinegar, capers, and chopped thyme. Combine fig and olive mixture with wheat berries and barley.

Dressing:

Mince 1 of the shallots. Combine with date honey (or pureed dates) and pomegranate molasses, sherry vinegar and lemon juice and shallot. Whisk in 2 tablespoons olive oil in a steady stream. Season with salt and pepper to taste. Add vinaigrette to grain and olive/fig mixture. Slice remaining shallots. Heat sauté pan and add 2 tablespoons olive oil and a sprinkle of coarse sea salt or kosher salt. Fry shallots until browned. Right before serving, sprinkle toasted walnuts fried shallots and grapes over grain mixture and finish with chopped parsley.

## SALAD OF ROMAINE HEARTS

Emily Cayer

Dressing:

2 tablespoons tahini

1 tablespoon horseradish

1 tablespoon agave nectar

1/3 cup olive oil

salt and pepper to taste

Salad:

2 romaine hearts

1 red bell pepper, julienned

1 green bell pepper, julienned

1 granny smith apple, julienned

1 braeburn apple, julienned

1 carrot, shredded

1 cup walnuts, toasted

½ bunch scallions, julienned

Whisk together tahini, horseradish, and agave, then drizzle in oil and whisk to emulsify. Season to taste with salt and pepper.

Cut the romaine hearts in quarters lengthwise and place two on each plate. Toss the peppers, apples, carrots, and walnuts together and top romaine with this mixture. Drizzle the dressing over the salads and top with scallions.

## MARINATED FENNEL SALAD

Emily Cayer

¼ cup red wine vinegar

½ cup olive oil

2 tablespoons cane sugar

1 tablespoon mustard

salt and pepper to taste

1 fennel bulb

1 red onion

2 cups chickpeas

2 tablespoons poppy seeds

4 cups spring mix

Whisk together the vinegar, oil, sugar, and mustard until smooth, then season to taste with salt and pepper. Slice fennel and red onion as thinly as possible (a mandoline works well for this, but if you don't have one, a sharp kitchen knife will do). Toss fennel, onion, and chickpeas with marinade and refrigerate at least two hours, but preferably overnight.

Remove fennel, onion, and chickpeas from marinade and toss with poppy seeds. Divide spring mix and top each portion with fennel mix, then drizzle marinade over.

## CITRUS COCONUT TOFU SALAD

Emily Cayer

Salad:

8 cups spring mix

1 orange, sectioned

1 grapefruit, sectioned

½ cup large flake coconut, toasted

Vinaigrette:

1 cup olive oil

1/3 cup apple cider vinegar

2 tablespoons agave nectar

1 tablespoon grainy mustard

1 clove garlic, minced

fresh parsley, chopped

Tofu:

1 cup unbleached flour

1 tablespoon cornstarch

1 cup soymilk

½ cup shredded coconut

½ cup panko breadcrumbs

salt and pepper to taste

1 pound super firm tofu

Divide spring mix between plates. Whisk together all vinaigrette ingredients.

Put flour in a small bowl. Combine cornstarch and soymilk in a second small bowl and the coconut and panko in a third. Season coconut-panko mixture with salt and pepper to taste. Cut tofu into twelve triangles and coat with flour. Dip in the cornstarch slurry and coat with coconut mixture. Pan-fry over medium-high heat until coconut is golden-brown.

Top spring mix with vinaigrette, orange, grapefruit, toasted coconut, and tofu triangles. Serve immediately.

## SIMPLE GUACAMOLE

Gabe McKenzie

This is how I usually make guacamole. It is a fairly simple recipe that I use as a framework to spice up as I see fit.

2 large avocados

1 teaspoon lemon juice

1 teaspoon lime juice

1 clove garlic, minced

1 medium tomato, finely diced

kosher salt to taste

chili powder and fresh, finely chopped jalapenos/chili peppers (optional)

Halve avocados (be mindful of the large pit inside) and scrape out the avocado meat, with a spoon, into a medium mixing bowl. Continue by mashing avocado meat with a fork until it creates a smooth mixture. Add citrus juices, garlic, tomato and salt and mix together.

## MOM'S CUCUMBER-AVOCADO SAUCE

Paula Thompson (Veganized by Jeremiah Satterfield)

OK, OK, OK this is not one of my ingenious creations but hey why fix it if it ain't broke. Recently my good friend Adam (not to be confused with fellow Vegan and Eve's main man the First Man himself) gave me some of his Mom's favorite Vegetarian/Vegan recipes and this gem was one of the first to catch my appetite's eye. This is a great sauce that is awesome with just about anything requiring a serious saucing.

1 large cucumber

5 tablespoons margarine

2 tablespoons flour

1 cup soy milk, warmed

1/2 teaspoon salt

pepper to taste

1 ripe avocado

1 tablespoons lemon juice

1 1/2 tablespoons minced onion

Peel and seed the cucumber and dice. Sauté with the diced onion in margarine stirring often. Stir in the flour for about 3 minutes over a low heat, stirring constantly. Whisk in the warm soy

milk continuing to stir over medium heat until thick. Season with the salt and pepper and remove from heat.

Scoop the avocado out of the shell and mash. Add the avocado, cucumber, and lemon juice to the sauce and puree in a blender till smooth. Serve warm and enjoy.

## SPICED OLIVE TAPENADE ON CHALLAH TOAST

1 cup colossal green olives, any variety, pitted

1 cup colossal black olives, any variety, pitted

2 cloves garlic, crushed

2 tablespoons lemon juice

olive oil

ancho chili powder, to taste

12 slices challah

2 tablespoons lemon zest

2 tablespoons fresh parsley

Combine olives, garlic, and lemon juice in food processor and blend, drizzling in olive oil until a spreadable consistency is reached. Add ancho chili powder to taste.

Brush challah slices with olive oil and grill or toast in over at 350 degrees Fahrenheit until edges turn golden brown. Serve warm, spread with tapenade and sprinkled with parsley and lemon zest.

## SOY CHEESE FLATBREAD WITH CARAMELIZED ONION AND TOMATO

Patrick Aleph

1 bag Daiya cheese

flatbread (any kind will do including naan or pita)

1 jar garden vegetable pasta sauce

1 medium onion, sliced

dash sugar

2 tablespoons margarine or oil plus oil for crisping flatbread

salt and pepper

cherry tomatoes, sliced in half

Set oven to broil. Lightly spray or spread oil on flat bread. Broil until bread becomes crisp and golden brown. Set aside.

In a pan, sauté onion, sugar, salt, pepper in oil/margarine until onions are caramelized. Toss in tomatoes and cook for two more minutes.

On a cooled piece of crisp flat bread, smear a few tablespoons of pasta sauce. Cover with cheese. Add a small spoonful of the tomato/onion mixture.

## FALAFEL TAPAS

Patrick Aleph

I love falafel, but the traditional falafel sandwich can get boring. You can make falafel from scratch, but the boxed kind is just so simple that I use it instead.

1 box falafel mix

water

oil (for frying mini falafel patties)

hummus (use the recipe from our Vegetable Hummus sandwich or pre-made grocery product)

cucumber (thin sliced)

1/4 cup white vinegar

1/4 cup white sugar

1 tablespoon dill

roasted red pepper (jar is fine)

pita bread or pita chips

kosher salt

Prepare the falafel according to directions, while making the patties about half the size. Use a pita chip for reference as to how large you make the patty.

In a food processor, combine hummus and roasted red peppers for instant red pepper hummus. Add as many red peppers at a time to get the taste/color that you want. Set aside.

In a small pan simmer equal parts white vinegar and sugar to make a simple syrup. Once the sugar and vinegar are warm and well combined, add dill. Turn off the heat and allow dill to steep for two minutes. The vinegar mixture should be a little warm, but not hot. Add the sliced cucumber to the pan and let the cucumber soften in the warm liquid for a few minutes. Taste a few cucumbers until you get a sweet, bread and butter style "pickle". Remove cucumbers from liquid and refrigerate for ten minutes or until cooled.

To make the pita chips, simply cut the pita into triangle chips and spray with oil. Broil until the chips are golden brown and crispy. Once crisp, remove from oven and immediately salt.

To prepare each appetizer, layer a pita chip with a small amount of red pepper hummus. Place a falafel patty on top with a slice of cucumber for garnish.

Place flat breads under the broiler and watch carefully until cheese is melted. You can also keep them in a warm oven, but the broiler is a lot faster. Slice like a pizza and serve with vegan parmesan cheese or by itself.

## VEGAN QUESADILLA

Patrick Aleph

This is so simple that even a child could do it. The options are limitless!

4 tablespoons red tomato salsa

4 6-inch whole wheat tortillas (plain flour are fine)

fillings: beans (black or pinto), spinach, mushrooms, onions, black olives, red or green peppers, etc.

1 bag Daiya cheddar cheese

dash chili powder

spray oil

Warm a large pan or griddle.

Spray one side of each tortilla and place on the griddle/pan. Evenly spread the Daiya cheese on top of tortillas, then add toppings.

Note: you don't want to overfill the quesadillas or they won't fold properly.

Once cheese starts to get soft, fold tortilla in half and flip twice until golden brown.

Remove from griddle/pan and place on a paper towel to remove excess oil. With a large kitchen knife, slice into quarters and serve with green salsa (if red salsa was filling), guacamole, cucumber-avocado sauce and/or vegan sour cream.

## FIG AND DAIYA MINI QUESADILLA

12 dried figs

2 medium white onions

12 small corn or flour tortillas

1 ½ cups Daiya cheddar-style shreds

olive oil as needed

Remove stems from figs and cover with warm water. Soak until plump. Meanwhile, peel and slice onions and caramelize over medium high heat. Remove figs from water, pat dry, and slice.

To assemble quesadillas, top six tortillas with Daiya cheese, figs, and caramelized onion, then the remaining tortillas. Pan-cook over medium-high heat until cheese is melted. Slice into wedges and serve warm with your favorite salsa.

# SAGE MUSHROOM PIEROGI

Patrick Aleph

This recipe is adapted from a recipe I found on Epicurious that was posted by Jewish, vegan goddess Isa Chandra Moskowitz. Not being Eastern European, foods like pierogi intrigue me. I love any kind of steamed or fried dough!

My alteration of this recipe comes from another recipe for vegetarian sage mushroom gravy.

Dough:

1 cup warm water

3 tablespoons vegetable oil

4 cups flour, divided (3 will be for dough, the other for kneading)

3/4 teaspoon salt

Filling:

1 pound onions (vidalia are best)

1 tablespoon sugar

vegetable oil

1 1/2 pounds Yukon Gold potatoes peeled and boiled (like mashed potatoes)

1 cup mixed mushrooms, chopped small (or plain button mushrooms are fine)

3 tablespoons minced garlic

pinch of salt and pepper

2 tablespoons fresh chopped sage

2 tablespoons tamari

Prepare Filling:

Always make the filling first. Some people like to do dough first, but for me, making the filling first makes the most sense.

Caramelize the onions in oil and sugar. Just before they are golden brown, add mushrooms, sage, tamari, salt and pepper and cook until mushrooms are soft.

Mix in mashed potatoes and reserve.

Prepare Dough

Pour the water, oil, 3 cups flour, and salt into a mixing bowl. Use a fork to stir the mixture and then switch to your hands until you get a nice dough.

Sprinkle your work surface with a lot of flour, then turn the dough onto it and knead. Add the reserved cup of flour a little bit at a time while kneading until the dough is easy to work with,

nice and elastic. Mine is always too sticky. Don't worry -- you'll work it out with more flour. It'll be just fine.

Assemble Pierogi:

Roll out the dough to about 1/16 of an inch thick. Cut circles with cookie cutters and add one tablespoon of filling. Fold over and set aside. You can keep combining the leftover dough and make more pierogi out of it.

Boil in a large stock pot with salted water for around five minutes. Remove with a slotted spoon.

You can serve them like this with a touch of dill on top. You can also remove them from the water and pan fry them in margarine, which is my favorite method.

## Entrees

The main event is always the most fun. Our recipes include everything from an awesome collection of kashrut sushi, vegan brisket and treats from the African American culinary tradition.

### MACCABEE PIE

Anna Sgarlato

Maccabee pie is the Jewish shepherds pie. There's no actual difference between vegan shepherds pie and Maccabee pie, but the name is fun, right?

- 1 tablespoon margarine
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, crushed
- salt and freshly ground black pepper
- 2 tablespoons tomato paste
- 1 bag vegan mock beef crumbles
- 3 tablespoons vegan Worcestershire sauce
- 1/2 cup vegetable stock
- 1 1/2 cups peas
- mashed potatoes

Mashed Potatoes:

6 Yukon gold potatoes, peeled, quartered

4 tablespoons margarine

2 tablespoons green onions, chopped

1/4 cup vegan cream cheese

2 tablespoons garlic, crushed and lightly sauté

salt and freshly ground black pepper to taste

Preheat oven at 400 degrees Fahrenheit.

Add margarine and oil to a large skillet on medium heat. Sauté onions, carrots, celery and garlic until tender for about 7 to 10 minutes. Season with salt and pepper to taste.

Once the vegetables have softened and start to brown a little add the tomato paste and mix evenly. Add the veggie crumbles and cook about 10 minutes, until slightly browned. Add the vegan Worcestershire sauce and stock. Season with salt and pepper, to taste. Cook and simmer for another 10 minutes. Mix in peas.

Boil potatoes until tender, approximately 20 minutes. Drain the potatoes and place them back into the saucepan for mashing.

Add margarine, garlic, green onions and cream cheese. Mash or whip until smooth and creamy. Add salt and pepper to taste.

Transfer mixture to an oven-proof baking dish and spread evenly. Place potatoes on top of mock beef mixture and spread out evenly, once the top surface has been covered, rake through with a fork so that there are peaks that will brown nicely.

Place the dish into the preheated oven and cook until browned about 20 minutes. Spoon out the pie and serve.

## RED WINE INFUSED SEITAN

Patrick Aleph

16 ounces seitan, sliced

2 tablespoons Minced Garlic

3 tablespoons olive oil

3 tablespoons Fresh Herbs

1/4 cup dry red wine

1 tablespoon brown sugar

pinch of salt and pepper

Pre-Heat oven to 350 degrees Fahrenheit. Slice seitan and add to roasting pan with garlic, olive oil, herbs, salt and pepper. Cover and bake for 25 minutes, stirring occasionally. In the last five minutes, add wine and brown sugar. Serve on top of Orange Blossom Tzimmes for a great combo.

## TRADITIONAL CHULENT

Itta Werdiger-Roth

1 onion, roughly chopped

1/2 teaspoon cumin seeds

2 sticks celery, roughly chopped

2 carrots, roughly chopped

3-5 fresh or dried mushrooms

kosher salt to taste

1/2 cup barley (can be pre-soaked)

1/2 cup red kidney beans or chick peas or both, pre-soaked overnight

3-5 pieces of vital wheat gluten (seitan) torn into nugget sized pieces

16 ounce can chopped tomatoes

1 stick kombu

2 cups of vegetable stock or water to cover

3 tablespoons soy sauce

squirt of ketchup or/and a splash of wine (optional)

handful chopped parsley

2 chopped potatoes

3-4 sprigs of fresh thyme or 1 teaspoon dried thyme

water or vegetable stock to cover

You will need either a dutch oven or a crock pot and sauté pan.

Heat enough oil to cover the bottom of the pan, add the onion and cumin seeds and sauté for a few minutes. Add the celery and carrots. After a few additional minutes, add the mushrooms, then the salt. Continue to sauté on high heat until the onions are browned, about 10 minutes. If using a dutch oven, turn the flame off and then add the rest of the ingredients and place into a hot oven at 300 degrees Fahrenheit overnight. If using a crock pot, transfer the onion mixture

and then add the rest of the ingredients to the crock pot in the same order as above. Start cooking Friday afternoon on low and continue overnight and eat it for lunch on Shabbat !

Tip: The more water you add, the soupier it will be. The longer or higher you cook it at, the more half burned crusty bits to scrape from the side. This could be seen as a good thing or bad thing.

## VEGAN CHILI CHULENT

Itta Werdiger-Roth

1 onion, roughly chopped

1/2 teaspoon cumin seeds

2 sticks celery, roughly chopped

2 carrots, roughly chopped

1/2 cup red kidney beans, pre-soaked overnight

1/2 cup black beans, pre-soaked overnight

1-2 jalapenos

3-5 pieces of vital wheat gluten (seitan) torn into nugget sized pieces

a big handful of fresh cilantro, torn or chopped

16 ounce can chopped tomatoes

1 stick kombu (optional)

1 bell pepper, quartered

vegetable stock or water to cover

kosher salt to taste

any other dried or fresh spice you feel like adding, thyme, parsley, coriander, cumin, chili, pepper. (optional)

You will need either a dutch oven or a crock pot and sauté pan.

Heat enough oil to cover the bottom of the pan, add the onion and cumin seeds and sauté for a few minutes. Add the celery and carrots and continue to sauté on high heat until the onions are browned, about 15 minutes. If using a dutch oven, turn the flame off and then add the rest of the ingredients and place into a hot oven, about 300 degrees Fahrenheit overnight. If using a crock pot, transfer the onion mixture and then add the rest of the ingredients to the crock pot in the same order as above.

You can stir it if you want, but have in mind that certain softer vegetables, like bell peppers will disintegrate unless they are close to the top.

Serve with rice, guacamole, fresh salsa, tortillas, corn on the cob, a Mexican shabbat feast!

## CURRY CHULENT

Roberta Kalechofsky, Ph.D

A great variation on chulent, with a spicy Middle Eastern flavor to it, inspired by Gabi Shahar ([gabi@salata.com](mailto:gabi@salata.com)). This recipe is good for an adventurous crowd. Consider a Shabbat party with this dish. Make it as hot or as mild as you wish. We have simplified some of the steps, but you can check on the original recipes at Archives Homepage, chulent Index. Start this dish Thursday night because it cooks in the oven for at least ten hours.

3 tablespoons olive oil  
2 medium size onions chopped  
2 cloves of garlic, chopped  
1 inch of fresh ginger grated, or 1 teaspoon of commercial ginger  
4 tablespoons of curry powder  
1 large can crushed tomatoes, keep juice  
1 cup vegan sour cream  
6 potatoes, scrubbed and cut in chunks (peeling is not necessary)  
2 yams or sweet potatoes, scrubbed and cut in chunks  
2 carrots, scrubbed  
1/2 pound of brown beans  
salt and pepper to taste

Heat oven to 220 degrees Fahrenheit.

Cover beans with water, bring to a boil. Boil 3 minutes, remove from fire, let rest for 2 hours. Drain and rinse.

Heat oil in a large pot suitable for baking in an oven. Sauté chopped onions, garlic and ginger over low flame, 10-15 minutes. Add curry, and sauté another 2 minutes. Add tomatoes, with juice from the can, cover, cook ten minutes, stir occasionally. Add

vegan sour cream, salt and pepper to taste. Mix well. Add potatoes, yams, carrots and beans. Cover with boiling water 1/2 inch over the top. Cover with a fitting lid, and place in oven for about ten hours.

## CHULENT INSPIRED PASTA

Patrick Aleph

Chulent is a mixed bag of beans, meats, spices and grains commonly served for Shabbat lunch. This pasta dish takes this concept and turns it into a comfort food pasta dish. It's also incredibly simple!

- 1 can white beans, pinto beans, black beans
- 1 can Italian spiced tomatoes
- 1 jar tomato pasta sauce
- 1 cup mock beef or pork shreds
- 1 tablespoon vegetable oil
- salt and pepper to taste
- 4 tablespoons red wine (any dry wine is fine)
- 1 box dry pasta (linguini or spaghetti, not angel hair)

In a deep pan, fry mock meat shreds in oil. Add canned beans, tomatoes, red wine and cook for two minutes. Add pasta sauce and cook on low heat until warm and flavors combine. Add salt and pepper to taste if needed.

In a stock pot, cook pasta according to directions. Drain pasta and return to stock pot. Toss in sauce and serve.

## MASSAMAN CURRY TOFU

Anna Sgarlato

- 1 package extra firm tofu
- 2 tablespoon massaman curry paste
- 2 15 ounce cans coconut milk
- 1 teaspoon soy sauce
- 1 teaspoon sugar
- 1 teaspoon tamarind paste (optional)
- 1/2 cup raw cashews
- 1 avocado, chopped
- 1/2 cup green and red bell peppers, chopped
- 1/2 white onion, chopped
- vegetable oil

Drain tofu and press to remove excess water. Slice into cubes. Deep fry tofu, set aside.

In a wok over medium-high heat, mix curry paste and 1 tablespoon oil, stirring constantly, for a couple of minutes. Pour in coconut milk. Reduce heat to medium-low. Add onions, peppers,

cashews, avocado and tofu. Add soy sauce, sugar and tamarind. Mix well. Reduce sauce until it is an orange-brown color and has slightly thickened, but not until the sauce separates, about 30 minutes. The curry should remain soupy in consistency.

## SIMPLE OLIVE MOCK CHICKEN

Patrick Aleph

marinated/jarred olives (one handful per serving, rough chopped)

1 tablespoon fresh chopped herbs (whatever you like)

1 tablespoon capers (drained)

2 tablespoons lemon juice

1 tablespoon margarine

1 tablespoon olive oil (for frying the mock chicken)

mock chicken breasts (one per serving)

salt and pepper to taste

Pan fry mock chicken according to directions. You can also bake it for less oil.

As mock chicken cooks, add lemon juice, chopped herbs, capers and olives to a bowl and combine. After chicken is finished browning, remove from pan and set aside.

In the same pan, add margarine until melted. Toss in olive mixture and stir until warmed.

Plate the chicken with olive caper sauce drizzled on top.

## MOCK KISHKE

Rena Reich

What is kishke? I'm not sure that anyone really wants to know. It's some sort of dough mixture stuffed into cow intestines. After that description, I'm sure that you're thinking yum. Well it's really a lot better than it sounds. The mock version uses tin foil. And it has all the taste with none of the intestines. I promise you that no animals were hurt in the production of my kishke.

1 large onion

2 carrots

1 stalk celery

3/4 cup oil

2 1/2 teaspoons salt

1 teaspoon paprika

1 1/2 cups flour

In a food processor, shred onion, carrots and celery.

In a bowl, add processed vegetables and the rest of the ingredients.

Wrap in tin foil.

Add to chulent.

You can cook it in the oven, but I really like to put it in chulent. It comes out so moist and flavorful. The kids totally devour it. It sounds weird, but it's really worth giving it a try.

## BBQ TOFU

Patrick Aleph

The reason most people don't like tofu is because they don't know how to prepare it. Think of tofu as a sponge: it soaks up the flavors of whatever surrounds it. You really have to fry tofu to get the right texture. You can use any BBQ sauce you like, but I prefer sauces that don't use high fructose corn syrup. The liquid aminos are like soy sauce, but with a more robust flavor and much healthier.

1 carton extra firm tofu

4 tablespoons vegetable oil

1/4 cup BBQ sauce

3 tablespoons liquid aminos

Remove tofu from carton. Wrap in a paper towel and place on a plate. Put another plate on top of the tofu and place something heavy on top of that plate. This will create a weight that will press out all the liquid from the tofu. Wait about ten minutes, then drain off the liquid and remove the wet paper towel.

Slice tofu in whatever size you would like. Thinner slices makes a crispier tofu. Thicker slices are crisp on the outside, but fluffy on the inside. Heat oil in a pan. Fry on each side until golden brown. Remove tofu to a plate with a paper towel to soak up excess oil.

In the same pan, add BBQ sauce and liquid aminos. Place fried tofu back into the pan and cook for a few minutes, until the tofu has soaked up the sauce.

## VEGAN KREPLACH

Shaun Sarvis

Great as a pre-fast meal for Purim or Yom Kippur or any time of year!

Filling:

1 veggie burger patty, thawed or 1 pound mock beef

1 onion, diced

1 teaspoon pepper

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon paprika

2 tablespoons oil

Dough:

2 cups flour

1/2 cup warm water

2 tablespoons warm water

1/4 cup oil

1 teaspoon salt

Heat oil in a skillet and add onion, cook until translucent. Crumble veggie burger patty and add to onion. Add pepper, salt, garlic powder, and paprika.

Cook until heated and veggie burgers begin to brown. Set aside and let cool while preparing dough.

Mix all dough ingredients together and knead until smooth (will be sticky).

Place dough in a bowl, cover, and let rest for 30 minutes. Roll out dough until 1/8 inch thick and cut into squares. Add about 1 teaspoon of filling to each square and fold in half, pinching ends together to make triangles.

Boil kreplach 4-5 minutes, until they float, then drain. Heat oil in a skillet and fry until kreplach turn golden brown. Serve and devour. Makes: 36

## MUSHROOM-TOFU WONTON KREPLACH IN BROTH

Emily Cayer

For the kreplach:

1 small red onion, minced

2 cups crimini mushrooms, minced

1 cup firm tofu, crumbled small

1 teaspoon thyme

salt and pepper to taste

1 teaspoon cilantro

24 thin square wonton wrappers

For the broth:

1 quart vegetable stock

1 bunch scallions, sliced

1 medium carrot, shredded

1 teaspoon thyme

salt and pepper to taste

Sauté the onion and mushrooms until mushrooms are browned. Add the tofu, thyme, salt, and pepper and sauté a few minutes longer. Remove from heat, add cilantro, and cool to room temperature.

Keep wonton wrappers covered with a damp kitchen towel while you work. In the center of each wrapper, place a tablespoon of filling. Fold wrapper over to make a triangle and pinch edges closed with a fork, using a little water to seal. Be sure there are no air pockets in the kreplach, or they may fall apart when boiling.

Bring a large pan of salted water to a gentle boil and drop the filled and sealed kreplach in, a few at a time. Boil until they float, 3-5 minutes.

For the broth, bring the vegetable stock to a simmer and add the scallions, carrots, thyme, salt, and pepper. Add kreplach and serve immediately.

## EGGPLANT CASSEROLE

Rivka Bowlin

1 large onion, chopped

3 tablespoons oil

1 medium eggplant, peeled and cubed

1/4 cup diced green pepper

11 ounces tomato sauce

1 teaspoon salt

1/2 teaspoon pepper

2 large tomatoes, diced

1 1/2 cups matzo or farfel

Sauté the onions in oil until tender. Combine onions, eggplant, green pepper, tomato sauce, and seasoning. Cook, covered, for 15 minutes or until eggplant is tender. Stir in tomatoes. In a 2-quart baking dish, arrange in alternate layers the vegetables and matzo or farfel. Begin and end with the vegetables. Bake at 350 degrees Fahrenheit (uncovered) for 25 minutes. Makes 6-8 servings.

## KENTUCKY FRIED VEGAN

Rivka Bowlin

Use either well drained tofu or seitan cutlets. I find 1/8 to 1/4 inch thick slices work best.

Breading:

1/2 cup flour (for extra spice use Kentucky Kernel Seasoned Flour)

1/2 cup cornmeal

1/4 cup nutritional yeast

1/4 teaspoon Cayenne Pepper

1 teaspoon kosher salt

1 teaspoon cajun or other spicy seasoning

1/4 teaspoon garlic powder

1/4 teaspoon pepper

Note: These spices are to taste and it is encouraged to spice things up.

Batter:

1/4 cup soy or almond milk

1/2 cup flour (for extra spice use Kentucky Kernel Seasoned Flour)

4 tablespoons brown or spicy mustard

salt and pepper to taste

First add flour and cornmeal, then yeast and spices. In separate bowl, combine batter. Take mock chicken pieces and dip in batter then lay both sides in breading. Fry in canola oil until brown on both sides. Serve with gravy for best effect.

## KASHRUT VEGAN SUSHI

Jeremiah Satterfield

sushi rice

sheet of dried nori seaweed

rice vinegar

organic light brown sugar

sesame seeds

pickled ginger

wasabi

soy sauce

bamboo rolling mat

The secret to a perfect roll is the rice. Own a rice cooker? Awesome! If using a cooker follow package instructions for cooking the rice. If not, no biggie. Cooking the rice just right is easier than you think.

For every 1 cup of uncooked rice use 1 ¼ cups water . Pour both water and rice into a heavy-bottomed pot or saucepan with a cover. Turn the heat on high bringing the water to a boil, stir as needed, once the water starts to boil lower the heat, cover, and allow the rice to steam for 20 minutes.

After the rice is fully steamed, place rice into a plastic bowl. Cover with a towel and allow to cool until slightly above room temperature. I like to place the bowl in the refrigerator for about 15 minutes. Once the rice is at the right temperature add the rice vinegar and organic light brown sugar to taste.

Roast the nori seaweed sheets for 30 seconds over an open flame or in your oven. You want the nori firm and slightly brown, not burned.

Place your sheet of nori seaweed on your bamboo rolling mat and spread the rice over the nori sheet until the sheet is completely covered. To make things easier, I like to keep a small cup of water and rice vinegar to wet my fingers which keeps the rice from sticking.

Sprinkle the sesame seeds over the rice and add your filling to the middle of the rice. Roll as tightly as possible cut into bite size pieces, garnish with soy source, wasabi, and pickled ginger and your ready to feast!

## THE APPALACHIAN ROLL

Jeremiah Satterfield

Ask anyone from West Virginia what the mountain state's claim to culinary fame is and your sure to hear Pepperoni Rolls followed by a huge toothy grin. This recipe takes the essence of the pepperoni roll and sushi and turns both into a very filling and delicious kashrut and vegan extravaganza.

mock pepperoni

sweet peppers (roasted red peppers also work great)

white onion

sesame seeds

Slice the meatless pepperoni, white onion, and sweet pepper into long and thin strips. Assemble as directed in the Kashrut Vegan Sushi Recipe.

## THE CREAMY AVOCADO ROLL

Patrick Aleph

I love the texture of a creamy roll inside mixed with the fried outside, but frying the outside of the roll is so hard for me! Here's my take on that kind of roll, which is easier, and I think tastier.

pickled ginger  
1 package extra firm tofu  
2 tablespoons sesame oil  
2 tablespoons vegetable oil  
1 avocado, sliced thin  
2 tablespoons miso dressing  
shredded carrot

Drain and fry tofu in equal parts vegetable and sesame oil. After crisped, wrap in a paper towel to drain excess oil.

Assemble as directed in the Kashrut Vegan Sushi Recipe.

## THE RABBIT ROLL

Patrick Aleph

I call this the Rabbit Roll because vegans often have to eat like rabbits in non-vegan restaurants: searching everywhere for the lettuces and fresh veggies that make up their diet.

mixed greens, chopped fine  
cucumber  
ginger-soy dressing  
sliced carrot  
wasabi

Assemble as directed in the Kashrut Vegan Sushi Recipe. After slicing the roll, lightly top each slice with wasabi.

## POLENTA PIE

Reina Kutner

This is probably one of Ari's favorite foods, and I must confess, it's one of the least expensive, most healthy and easiest things I make. This tamale styled pie is inspired by the genius of one of my dearest friends Rachel Bookstein. Every Friday night for Shabbat dinner she only serves vegan dishes so both carnivores and herbivores can eat in peas... er, peace.

Note: Polenta is a cornmeal that can be found at your local market either packaged or raw . Whichever form works for you and makes life easier then go for it.

1 tube of polenta  
1 package of frozen spinach.  
3 cloves garlic. minced

- 1 onion, sliced
- 2 tablespoons oil
- 1 package soy crumbles
- 1 can seasoned tomato sauce or 2 cups spaghetti sauce
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 2 tablespoons vegan parmesan cheese (optional)

Preheat the oven to 350 degrees Fahrenheit. Slice the polenta and layer on the bottom of a casserole dish and season with salt and pepper, defrost the spinach in the microwave.

Heat the oil in a skillet. Add the onion and garlic and sauté until onion becomes soft and season with salt and pepper to taste. Remove from heat.

Drain all liquid from the defrosted spinach (see quick tip 1) and stir in the onion and garlic.

Layer the spinach, garlic and onions on top of the polenta. Break up the soy crumbles and put them on top.

Pour the sauce over the crumbles, and top with basil, oregano and cheese. Put in the oven and bake for 20 minutes and serve.

Tip 1: Defrosted spinach will always need drained if defrosted in a microwave or it will make your dish soggy. Use a colander and press out any remaining water. Warning: there will be hot spots so be careful.

Tip 2: If soy isn't your thing, this can easily be translated to carnivores: substitute the soy crumbles for browned ground beef or turkey. Just cook it with the onion, garlic and spinach before you add it on top and leave out the cheese.

Tip 3: You can add vegetables to the polenta pie you want, just layer them in before the tomato sauce and spices. I usually like to put mine in the frying pan with the onion, garlic and spinach to give them a charred.

## JAMBALAYA PASTA

Reina Kutner

While visiting Washington DC, I watched as my southern friends ordered jambalaya. Of course, with all the ingredients in a traditional jambalaya – which can include sausage, shrimp and pork – I couldn't order it as my friends had. And yet, the temptation of those wonderful Creole flavors has inspired me.

I had searched high and low for a vegetarian jambalaya recipe. I thought that the existence of it without shrimp or sausage could cause problems. However, after finding soy chorizo, which is like a spicy sausage, my hopes were renewed, and I created this.

1 package soy chorizo  
1 pound penne pasta  
1 teaspoon oil  
1 large onion, cut into large chunks  
4 garlic cloves, minced  
2 zucchini, halved and sliced  
1 yellow squash, sliced  
1 carrot, julienned  
1 red pepper, diced into 1/4 cubes  
1 can white beans  
1/4 teaspoon hot sauce  
1 tablespoon lemon juice  
Salt and pepper

Cook the pasta according to box directions. Set aside with 1/4 cup pasta water.

In a large skillet heat the oil and add your chorizo and vegetables. As you stir in the pasta add the pasta water, hot sauce and lemon juice. Season with salt and pepper and serve hot.

## TOFU COCONUT CURRY

Reina Kutner

1 block extra-firm tofu  
1/4 cup hoisin sauce  
8 shiitake mushrooms, chopped  
3 small heads bok choy, chopped (discard roots and ends)  
2-3 large carrots, chopped  
4 green onions, slice  
4 garlic cloves, minced  
2 tablespoons sesame oil  
2 cans light coconut milk  
2-3 tablespoons curry powder  
Other curry spices

Drain the tofu and chop into cubes and marinate in hoisin sauce .

In a soup pan, heat the oil and add the shiitake mushrooms and carrots. Season with salt and pepper. Add the garlic and sauté for three to four minutes. Add the tofu. Cook for another two minutes, constantly turning the pan.

Add the bok choy, green onions, coconut milk, curry powder and other spices. Allow to simmer until the coconut milk begins to reduce and the mixture begins to thicken. Serve hot over rice.

Tip 1: I personally like my curry powder and coconut milk mix for this recipe because it doesn't overpower the subtle sweetness of the curry. However, there may be certain components in the curry powder spice mix you like best and may want to accentuate (for example: ginger, tumeric, coriander and cumin, or even cinnamon, clove, nutmeg and mustard powder) . If so, feel free to add them to your curry.

Tip 2: Tofu, if not drained properly, it will fall apart during cooking. If your tofu is packed in water, remove it from the package and wrap it in paper towels. Put it on a plate and place another one on top with a heavy object to weigh it down. You may have to replace the paper towels several times. However, if you can find your tofu vacuum-sealed instead of packed in water, it will take a lot less time to drain it.

## NOODLE BOWLS

Reina Kutner

I love pasta and need an excuse to eat it. So when it comes to noodle bowls, I'm all over it. Traditionally served filled with large and thick udon noodles, but if you can't get these guys, spaghetti works just as well. Since this is so easy, it's great for finals or midterms. Just make sure to get a napkin, because there will be some serious slurping action.

- 1 pound fettuccini or udon noodles
- 1 box soy strips, chicken or beef flavored
- 1 red pepper, cut into 1/4 inch pieces
- 3 scallions, cut into 1/8 inch pieces
- 3 cloves garlic, finely chopped
- 1 cup snow peas
- 1 can stir fry veggies (see Tip 1)
- 2 tablespoons oil
- 3 tablespoons hoison sauce
- 2 tablespoons sesame or canola oil

Cook and drain the noodles according to package directions. In a large skillet heat the oil over medium heat. Add the soy strips.

Stir in all vegetables with the soy strips. making sure they are all cooked through. Combine the veggie mix with the noodles.

In a seperate small bowl, combine the hoison sauce and sesame or canola oil. Pour over the noodles and vegetables and serve.

Tip 1: Although the stir-fry veggie combo of bamboo shoots, water chestnuts and baby corn are yummy, not all stir-fry veggies are created equal. As long as they come from China, they need a special hecsher. There are plenty of brands that aren't from there, which don't necessarily need a hecsher as they vegetables.

Tip 2: Kashrut hoison sauce is a hard find, so if you can't here's a quick replacement for your bowl: 2 tablespoons of soy sauce with 2 tablespoons of honey, paired up with 1 tablespoon of sesame or canola oil. It's a yummy substitute.

## QUINOA AND ZUCCHINI ENCHILADAS

Emily Cayer

1 cup quinoa

1 cup water

1 medium white onion, diced

1 medium carrot, peeled and sliced

1 medium bell pepper, diced

2 medium zucchini, sliced

4 cloves garlic, minced

2 cups crushed tomatoes, divided

1 cup cooked black beans

1 cup vegetable stock

1 tablespoon cumin

chili powder to taste

salt and pepper to taste

6 large flour tortillas

½ bunch cilantro, chopped

Rinse quinoa well, then combine with stock or water in a pot and bring to a boil. Reduce heat to low and cook 30 minutes or until quinoa is tender and fluffy.

Meanwhile, sauté onion, carrot, and bell pepper until tender, add zucchini and garlic and sauté a minute or two longer. Add 1 cup tomatoes, black beans, stock, and seasonings. Simmer 15-20 minutes.

Spread remaining cup of crushed tomatoes on the bottom of a baking dish. Fill tortillas with zucchini mixture and quinoa, then roll and place seam-down in your baking dish. Bake at 350 degrees Fahrenheit, covered, for 15 minutes, then uncover, sprinkle with cilantro, and bake 10 minutes longer.

## SAVORY STUFFED CABBAGE

Emily Cayer

For the cabbage:

- 1 head Napa cabbage
- 2 medium apples, small dice
- 1 medium red onion, small dice
- 1 medium carrot, shredded
- 1 cup cooked brown rice
- salt and pepper to taste

For the sauce:

- 2 cups tomato puree
- 2 tablespoons cane sugar
- 1 teaspoon thyme
- 1 teaspoon dill
- 1 teaspoon marjoram
- 1 cup ground almonds
- 1 tablespoon tamari

Steam large outer cabbage leaves until soft and pliable. Shred smaller inner cabbage leaves. Sauté onion, apples, carrot, and shredded cabbage, then combine with rice and season to taste. Place a couple of tablespoons of filling in each cabbage leaf and roll tightly, tucking in ends.

Combine sauce ingredients and simmer 10 minutes. Spoon a little sauce into the bottom of a baking dish, then place cabbage on top. Spoon remaining sauce over and bake at 375 degrees Fahrenheit for 45 minutes.

# Side Dishes and Salads

## STUFFED ACORN SQUASH

Emily Cayer

3 small acorn squashes of roughly equal size

1 small onion, diced

2 ribs celery, chopped

2 gala or braeburn apples, diced

4 vegan sausages, crumbled

2 cups matzo meal

1 cup walnuts, toasted

½ cup Earth Balance buttery stick, melted

1 cup vegetable stock

½ cup maple syrup

2 tablespoons thyme

1 tablespoon sage

salt and pepper to taste

Halve squashes and remove seeds. Sauté onion and celery for five minutes, then add apples and sausage and cook five minutes longer.

Combine matzo meal, walnuts, Earth Balance, vegetable stock, maple syrup, and herbs in a large bowl and add sausage mixture. Toss to combine, then fill squashes and bake, covered, at 375 degrees Fahrenheit for one hour or until squashes are tender. Just before serving, drizzle a little more maple syrup on top.

## OVEN MAPLE BRUSSELS SPROUTS

Anna Sgarlato

1 1/2 pounds Brussels Sprouts, sliced in half

olive oil

kosher salt

maple syrup, 2 tablespoons or to taste

Preheat oven to 400 Fahrenheit degrees.

Toss sliced brussels sprouts in olive oil and lightly coat with kosher salt lightly coat Bake for forty minutes or until crispy. To finish, drizzle with good quality maple syrup.

## SWEET POTATO KUGEL

Rivka Bowlin

6 small sweet potatoes, peeled and grated

3 apples, peeled and grated  
1 cup raisins  
1 cup matzo meal  
2 teaspoons cinnamon  
1 cup walnuts, chopped (optional)  
1 cup fruit juice or water

I find it is best to use a food processor to prepare the sweet potatoes, apples, and walnuts. Mix ingredients together. Press into a baking dish and bake at 375 degrees Fahrenheit for 45 minutes, until crisp on top. Makes 12 servings.

## SWEET KUGEL

Shaun Sarvis

A variation of my mom's noodle kugel recipe. It's sweet and tastes good with or without the raisins. My wife thinks my family is weird because we like kugel.

8 ounces fettuccine  
1 package silken tofu  
1/2 cup sugar  
1/4 cup brown sugar  
1 cup raisins  
1/3 cup applesauce  
2 apples, peeled and cubed  
1 teaspoon cinnamon

Break the fettuccine into thirds and cook as directed for al dente and drain. Mix the white sugar, tofu, applesauce and cinnamon until smooth. Add noodles, apples, and raisins to tofu mixture. Pour into a 9 inch x 13 inch pan and sprinkle brown sugar over the top. Bake at 400 degrees Fahrenheit for 20-25 minutes.

## APPLE NOODLE KUGEL

Emily Cayer

1/4 cup raisins  
1/2 cup apple juice  
8 ounce wide ribbon noodles  
1/4 cup Earth Balance buttery stick, melted  
2 gala or braeburn apples

1 teaspoon lemon juice  
1 pound silken tofu  
¼ cup brown sugar  
¼ cup agave nectar  
1 teaspoon vanilla extract  
¼ teaspoon salt

Warm apple juice slightly and add raisins, soak until plump. Cook noodles until tender, then drain, toss with melted Earth Balance, and cool. Grate apples coarsely and toss with noodles.

Combine tofu, brown sugar, agave, vanilla, and salt and process until smooth. Combine with noodles and add raisins. Turn into a 9x11 inch pan and bake at 350 degrees Fahrenheit for 40-50 minutes or until firm throughout and golden-brown on top. Serve warm or cold. Can be prepared up to two days ahead.

## COLLARD GREENS

By Rivka Bowlin

1 large bunch of collard greens  
1 onion chopped  
1 carrot chopped  
5-10 cloves of garlic, minced  
2 cubes vegetable bouillon or 2 cartons of mock chicken broth or parve consume  
1/2 teaspoon liquid smoke

Wash greens well, chop, and place in pot. If using broth add just enough water to cover the greens or use water and bouillon. Add the vegetables and liquid smoke. Simmer until greens are tender.

## GARLIC GREEN BEANS

Rivka Bowlin

1 pound green (or pole) beans or 2 cans of cut green beans  
3-5 cloves of garlic, minced

For the freshest green beans steaming is best. Salt and pepper to taste, drizzle lightly with olive oil, and steam with the minced garlic.

For green beans not steamed, place in a pot with oiled garlic and just enough water to cover and simmer.

For canned green beans simmer in pot with garlic for as long as possible. The thorough slow cooking will soften the beans and keep any metallic taste away.

## BAKED ROOT VEGETABLES

Rivka Bowlin

3 red potatoes

2 sweet potatoes

1 turnip

1 rutabaga, diced

2 carrots

1 large parsnip, sliced into medallions

1/4 cup oil

chopped fresh rosemary

salt and pepper to taste

The best approach is to use a food processor to cut and prepare the vegetables or you can toss all the ingredients together in a container with a lid. Spread, into a baking dish, cover with foil and bake at 400 degrees Fahrenheit for 40-50 minutes. Remove foil and continue to bake 10-20 minutes more until slightly browned around the edges. Serve warm or at room temperature.

## MASHED POTATOES & GRAVY

Rivka Bowlin

8-10 potatoes peeled and quartered

kosher salt

In a pot boil potatoes until a knife can be stabbed into a quarter and not stick. Drain, mash, and add salt.

Gravy:

2/3 can soy or almond milk

Kentucky Colonel Flour

Warm milk on medium heat until small bubbles form around edges of pot. Remove from heat and whisk flour slowly in until one has sauce. Don't worry if you use too much flour at first just whisk in a little extra milk.

Note: This may take several tries to perfect.

## SHLADA PLATTERS

Patrick Aleph

Shlada is the salad delicacy of Morocco. This simple, three part salad course should be served in small, separate bowls similar to Japanese rice bowls.

## *Tomato and Green Pepper Shlada*

1 green pepper, roasted

1 roma tomato

italian dressing (made with 2 parts white or red vinegar and three parts olive oil)

salt and pepper to taste

The easiest way to roast a green pepper is to hold it with heavy tongs and place it on a gas or electric stove burner, similar to roasting a marshmallow over a campfire. The skin will turn black. After you've blackened most of the pepper, put it in a paper bag sealed tight and let it sit until cool enough to touch. This steams the pepper and makes the skin easy to remove.

Remove skin and finely dice roasted green pepper and tomato together. Lightly drizzle dressing and toss with salt and pepper. It's that simple.

## *Potato Shlada*

1 large yukon gold potato (others just don't taste right)

juice of 1/2 lemon

olive oil

cumin, salt and pepper to taste

water

chopped green onion as garnish

Peel and finely cube potato. Simmer in a small amount of salted water (around 1/4 - 1/2 a cup) for about three minutes, or until potatoes are soft on the inside. Remove from pan into a sift and cool with cold, running water. Let dry on a paper towel to remove excess water.

In a bowl, combine lemon juice, oil and spices to your preference. Lightly toss cold potatoes in dressing. Add green onion for garnish.

## *Shlada Tabouli*

Both Morocco and the Middle East share parsley salad. This is a variation that combines the Israeli approach with the Moroccan salad.

handful Italian parsley

1 teaspoon, minced garlic

1 tablespoon lemon juice

pinch sumac or mint

3 tablespoon olive oil

salt and pepper to taste

Combine all ingredients into a food processor and serve well chilled.

## CRANBERRY-QUINOA SALAD

Emily Cayer

1 cup quinoa

2 cups vegetable stock

1 cup dried cranberries

½ cup toasted pumpkin seeds

¼ cup balsamic vinegar

¼ cup maple syrup

6 cups mixed greens

olive oil as needed

Bring quinoa and stock to a boil in a saucepan, then reduce to a simmer and cover, cooking until stock is absorbed, 10-15 minutes. Cool to room temperature, then toss with cranberries and pumpkin seeds.

Reduce vinegar and maple syrup together in a small saucepan over medium heat until bubbly and thickened, 4-5 minutes. Remove from heat and set aside.

Place greens on plates and top each with a scoop of quinoa mixture. Drizzle with olive oil and balsamic reduction.

## ORANGE BLOSSOM SCENTED TZIMMES

Patrick Aleph

4 carrots and 1 sweet potato, peeled and sliced into medallions

handful brown sugar

juice 1/2 lemon

1 tablespoon orange blossom water

1/2 teaspoon pumpkin pie spice

1 tablespoon sesame seeds

1/3 cup dark or golden raisins

olive oil

water

Toss vegetables with olive oil and spices. Sauté in a deep pan until vegetables begin to soften. Add brown sugar, lemon, orange blossom water and enough water to cover the vegetables. Simmer until vegetables completely soften and the sauce becomes thick. Add raisins and cook for another minute. Garnish with sesame seeds.

## WILD RICE WITH MUSHROOMS

Emily Cayer

- 1 small onion, diced
- 1 medium carrot, peeled and sliced
- 1 rib celery, chopped
- 8 ounces crimini mushrooms, sliced
- 1½ cups wild rice blend
- 2½ cups vegetable stock
- salt and black pepper to taste

Sauté onion, celery, and carrot until the onion begins to go translucent. Add mushrooms, sautéing until browned. Add rice and stock and bring to a boil, then reduce heat to low and cover. Simmer 30-40 minutes or until water is absorbed and rice is tender. Season to taste with a little salt and black pepper.

## PAN YAMS

Tyler Anthony

With all the health benefits of Yams, I would be remiss not including them at least once in a weekly meal plan. After a while though, you need to change it up – as an oven baked yam more than once a week can put you in a world of orangey-yellow doldrums.

This is a very simple recipe that can be whipped up very quickly and is a great way to split a yam between friends.

Remember yams are the reddish orange tuber next to the potatoes in your local market, the tan yellow tubers are sweet potatoes though these are also awesome little fellows, this recipe calls for yams specifically.

- ¼ mayan yellow onion, chopped course
- 1 large or 2 small yams
- ½ tablespoon extra virgin olive oil
- 1-2 tablespoons dried basil
- garlic or season salt to taste

This recipe only works with a previously cooked yam. If you have precooked yams great! If not, pierce the skin of the yam in 5-10 places with a fork and place the uncooked yams in the microwave for approximately 4 minutes on high. Slice the cooked yams long ways in half, turn and slice the halves sideways into ½ inch cubes.

In a pan (cast-iron preferred) heat olive oil under medium heat. Add the onions. Once the onions start to become translucent include the yams. Allow the yam slices to sit in the pan for 5

minutes or until brown. Once you are ready to turn the yam slices over, sprinkle with salt and add basil, turn and cook additional 5 minutes or until brown.

You are done when the edges of the onion are dark brown and the sweetness of the onion, yam, basil, and salt dance together in your mouth. This is a great, healthy side-dish that can be made in less than 20 minutes.

## EGGPLANT COOKIES WITH ROASTED TOMATO SAUCE

Emily Cayer

When I was growing up, my mom used to make huge batches of fried eggplant which she would then freeze for later use. I apparently thought that anything round and brown was a cookie, and so these have always been called "eggplant cookies" in my home. But you can feel free to give them a less ridiculous name.

For eggplant:

1 medium eggplant, sliced into  $\frac{1}{4}$  inch rounds  
2 cups unbleached flour, seasoned with salt and pepper  
3 tablespoons potato starch dissolved in 2 cups almond milk  
2 cups matzo meal, seasoned with salt, pepper, and thyme  
grapeseed oil as needed

For sauce:

12 ripe Roma tomatoes  
grapeseed oil as needed  
1 small red onion, diced  
2 cloves garlic, minced  
2 tablespoon cane sugar  
 $\frac{1}{2}$  inch cup vegetable stock  
salt and pepper to taste  
chopped parsley as needed

Salt eggplant rounds lightly and place in colander over sink for 20 minutes. Blot with paper towels. Dip each slice in flour, then potato starch slurry, then matzo meal. Fry in a little grapeseed oil over medium-high heat until golden brown on both sides. Do not crowd the pan or the eggplant will steam instead of brown.

Cut an x into the bottom of each tomato, then blanch briefly in a large pot of boiling water. Submerge tomatoes in an ice bath, then slip off skins and cut in half lengthwise. Toss tomatoes with a drizzle of grapeseed oil and a little salt and pepper, then roast at 325 degrees Fahrenheit for 60-75 minutes. Sauté onion and garlic in grapeseed oil, then add tomatoes, sugar, and stock.

Simmer 20 minutes or until tomatoes have broken down and sauce is slightly thickened. Season to taste with salt and pepper. Serve a few eggplant rounds to each person with a little of the sauce spooned over them. Sprinkle chopped parsley on top.

## OVEN-ROASTED BABY BEETS

Emily Cayer

2 pounds assorted baby beets

2 tablespoons dill

2 tablespoons thyme

grapeseed oil as needed

salt and pepper to taste

Peel the baby beets, retaining their shape, then cut in half lengthwise. Toss with herbs, oil, salt, and pepper, then roast at 350 degrees Fahrenheit for 40-50 minutes or until tender.

Bean Salad Tyler Anthony Oh G-d!!! It is Shabbat – it's the middle of summer, so the chulent pot is empty and you can't light a fire; now there are people coming over after Shul and nothing is ready!

Don't panic. There are recipes you can make in 10 minutes and will satisfy just about any dietary restrictions – keep it simple and vegan.

1 can of red kidney beans

1 can of great northern beans (I might use any beans I have in the cupboard but these are preferred)

1 cup of frozen green beans sliced or julienned

¼ inch white onion – diced

2 large celery stalks diced

2 tablespoons olive oil (see Tip 1)

1 tablespoon balsamic vinegar

1 teaspoon Dijon mustard

1 teaspoon dry oregano (see Tip 2)

1 teaspoon dry basil (see Tip 2)

1 teaspoon dry fenugreek (see Tip 2)

1 teaspoon dry thyme (see Tip 2)

¼ teaspoon garlic salt (or to taste)

Place all items in bowl and mix.

Seriously that is about it. If I have some in the garden I might add a few sprigs of fresh, chopped basil or parsley. Also, if you think about it ahead of time, this recipe only gets better if it is allowed to sit overnight in the fridge.

You can serve this with some hummus/tomato sandwiches or pita slices and enjoy the rest of Shabbat.

Tip 1: You can also just use 1.5 TBS of Italian herb mix in place of the olive oil.

Tip 2: If you want to save time you can just use 3 TBS of your favorite Italian style dressing.

## MR. AMAZING RED CABBAGE

Patrick Aleph

I found myself with a head of red cabbage and no clue what to do with it. So I came up with this recipe on the spot, which was shockingly good despite its simplicity (hence Amazing). I think you could also use this as the base for some kind of vegetable soup.

1/2 head cabbage, finely chopped

juice from a half lemon

1/4 cup balsamic vinegar

2 tablespoons olive oil

1 tablespoon Italian seasoning

pinch sugar

salt and pepper to taste

Sauté finely chopped red cabbage in oil. When the cabbage is softening, add remaining ingredients and cook until very soft.

# Breads, Beverages and Desserts

## CARDAMOM COFFEE

Patrick Aleph

I love Turkish style coffee but hate the sludge at the bottom. This is my own recipe, which is half Turkish coffee flavor with an Americanized coffee shop latte approach.

2 tablespoons good quality ground coffee, normal blend

4 whole cardamom pods, smashed

1/2 cup warmed vanilla soy milk (other milks are fine, but soy milk is richer)

2 tablespoons cinnamon

4 cups water

Pour four cups of water into a coffee maker. Place 2 tablespoons coffee into filter, mixed with cinnamon and cardamom pods. After brewing coffee, pour into a carafe with warmed vanilla soy milk.

## CHOCOLATE EGG CREAM

Patrick Aleph

It's funny enough that a classic deli style chocolate egg cream has neither eggs nor cream, but still, it did require a revision to become vegan. This is as close as its gets and in my opinion is pretty remarkable.

1/4 cup good chocolate syrup

2/3 cup vanilla almond milk

1/3 cup soy creamer

2/3 cup soda water, very cold (see Tip 1)

This technique is the most important part. Pour syrup in the glass, then add milk. Add a small portion of the seltzer and stir. The idea is to create a nice, foamy head at the top. Serve with a large straw.

Tip 1: Put soda water in the freezer for a few minutes to get it extra cold.

## WHOLE WHEAT CHALLAH

Rena Reich

I love Toby. She's one of my most favorite people in the world. She always has a smile on her face and a nice thing to say. Toby gave me a recipe for really yummy bread. I made a couple of modifications to it to make it a really yummy whole wheat challah.

2 1/4 Cups Warm Water

3 teaspoon yeast

1/2 cup agave nectar

4 tablespoons oil

2 teaspoon salt

6-7 cups 70% whole wheat flour (or 4 cups whole wheat and 3 cups white flour)

Activate yeast in agave nectar water mixture. Add the rest of the ingredients. Let rise 45 minutes. Divide into two, one for each challah and shape. I always make 2 challahs and 2 rolls. Let rise another 30 minutes. Bake for 35 minutes at 350 degrees Fahrenheit.

100% whole wheat flour can be very heavy, but this challah isn't.

Instead of using an egg wash, I use a water sugar mixture. It doesn't come out as shiney, but it tastes really yummy. I've also heard of people using a soy milk mixture. You can also sprinkle with seeds. I don't think it adds any flavor, but it looks nice.

Note: this recipe originally used honey. NewKosher has used Agave Nectar as a honey substitute.

## MARGARINE PECAN MATZO CRISPS

Rivka Bowlin

2 unsalted matzoh

2/3 cup margarine

2/3 cup brown sugar

2/3 cup chopped pecans

1 tablespoon vanilla

1/2 cup chocolate chips

Lay matzos side by side in a foil-lined cookie sheet. Melt margarine, add sugar and pecans and stir until boiling. Boil until big bubbles form, 1 to 2 minutes. Remove from heat, add vanilla and pour over matzos, up to, but not over edges. Bake at 375 degrees Fahrenheit for 3-6 minutes until matzos are crisp. Scatter chocolate over hot matzohs. Let cool.

## HOMEMADE BAGELS

4 cups bread flour

1 tablespoon sugar (don't substitute for agave nectar or anything else)

2 teaspoons salt

1 tablespoon vegetable oil

2 teaspoons instant yeast

1-1/4 to 1-1/2 cups of warm water

Preheat oven to 425 degrees.

Mix all the ingredients in a bowl. Incorporate together until the dough is firm but easy to work with. You may need to add more or less water.

Knead dough on counter for about ten minutes until well combined and smooth. Cut into 8 equal sized balls, and let rest for 20 minutes.

Roll the dough out into a tube shape and wrap around hand to make the bagel. Let your bagels rest for 20 more minutes, and during that time, boil a stock pot of water.

Boil each bagel for about two minutes, flipping them lightly . After they have boiled, place on a lightly oiled baking sheet and bake for 20 minutes, flipping the bagels once.

## ANISE POACHED PEARS

Emily Cayer

1 bottle Riesling grapes

$\frac{3}{4}$  cup cane sugar

3 whole star anise

4 whole cloves

$\frac{1}{2}$  vanilla bean or 1 tablespoon vanilla extract

pinch of salt

1  $\frac{1}{2}$  cups water

6 Bosc pears, peeled, stems intact

Combine first six ingredients in a heavy-bottomed saucepan and bring to a boil, then reduce to a simmer. Add water and pears and simmer gently until pears are tender, 5-6 minutes.

Remove pears with a slotted spoon and reduce pan liquid until syrupy, 5-6 minutes more. Remove from heat and cool pears and syrup overnight in separate containers. Serve cold or at room temperature, in a pool of syrup, dusted with cinnamon and powdered sugar.

## RASPBERRY RUGELACH

Anna Sgarlato

I made this vegan rugelach for my mom and she loves it. This is inspired by Ina Garten's rugelach recipe, which is absolutely amazing, as are all of her recipes (her old fashioned gingerbread I could die for!) I use raspberry jam, but you can use any jam that you like.

8 ounces Tofutti cream cheese, at room temperature

1/2-pound margarine, at room temperature

1/2 cup white sugar

1/4 teaspoon kosher salt

1 teaspoon vanilla extract

2 cups all-purpose flour

1/4 cup light brown sugar, packed

1 1/2 teaspoons ground cinnamon

3/4 cup raisins

1 cup English walnuts, finely chopped

1/2 cup raspberry jam

In an electric mixer, cream the Tofutti and margarine until light and well combined. Add 1/4 cup sugar, salt and vanilla. Add the flour until just combined. Roll dough into a ball, then cut into four pieces. Wrap each piece in plastic and refrigerate for at least an hour.

To make the rugelach filling, mix brown sugar, cinnamon, raisins, walnuts and 1/4 cup granulated white sugar.

Roll out the cold dough onto a well floured surface. Roll each ball into roughly a 9 inch circle. Spread each circle with 2 tablespoons of the fig jam and 1/2 of the walnut raisin filling. Press lightly with your fingers. Cut the circle into 12 wedges. Starting with the wide edge of the wedge, roll up each piece of dough. Repeat.

On a parchment paper lined pan, arrange the cookies with the point facing down. Sprinkle with sugar. I recommend watching Ina Garten do it to get a good idea of how it should look - the episode on which the rugelach is featured is Friday Night Dinner. (aww...Shabbat dinner for Jeffrey!)

Bake at 350 degrees Fahrenheit for 15 to 20 minutes.

## SUFGANIYOT (AKA JELLY DOUGHNUTS)

Rena Reich

This recipe is for mini doughnuts. I find them much easier to make since you don't need special equipment. Just use a cup to cut them out. Like all fried food, they are best served fresh, so make sure that you have a crowd coming because this recipe makes about 25 of these little bad boys.

1 1/2 teaspoon yeast

1/4 cup sugar

1 1/4 cups warm water

2 1/2 Cups flour

1 teaspoon salt

1/2 teaspoon baking powder

1 teaspoon cinnamon

3 tablespoons margarine, melted

oil for frying

powdered sugar for frosting

jam for filling

Activate yeast with warm water and sugar. Mix in flour, baking powder, salt, cinnamon, and margarine. Knead dough on floured surface for 5 minutes. Let rise 1 1/2 hours. Roll out dough and cut into circles. Let dough rise 15 minutes and heat oil.

Deep fry, turning a couple of times, until golden brown (about a minute on each side). Remove with slotted spoon and let drain on paper towels. While warm, sprinkle generously with powdered sugar. Coat both sides.

To inject the doughnuts with the Jelly, I used a syringe that I keep in my messy, everything else, kitchen drawer. It was much easier to use than poking each doughnut with the nozzle of a pastry bag, and a lot less messy.

## BASIC VEGAN ICE CREAM

Patrick Aleph

I have one culinary regret in my life: I no longer own my ice cream machine. If I did, I would be making vegan ice cream all over the place! Here is the "ice cream base" recipe, to which you can add any number of flavors. I've added two recipes for Strawberry Chocolate Swirl and Sundae Bloody Sundae.

2 cups soy creamer

1 cup soy milk, almond milk or coconut milk

$\frac{3}{4}$  cup sugar

2 tablespoons arrowroot

2 teaspoons good vanilla extract

Mix  $\frac{1}{4}$  cup of soy milk with the 2 tablespoons of arrowroot and set aside.

Mix the soy creamer, milk, vanilla and sugar in a saucepan on low-medium heat. When the mixture just starts to rumble, take off the heat and stir in the arrowroot mixture (this is a lot like thickening a soup/stew).

Allow to cool and pour into ice cream machine according to directions. If you don't have an ice cream machine, buy one. The chill-it-scrape-it-chill-it technique just isn't the same.

### *Chocolate Strawberry Swirl*

Patrick Aleph

ice cream base

chocolate and strawberry sauce

$\frac{1}{2}$  cup chopped dark chocolate

$\frac{1}{2}$  cup frozen chopped strawberries (available frozen in bags)

Just before pouring the ice cream base into the ice cream machine, add chocolate and strawberries. Churn according to machine directions.

Two minutes before stopping the machine, slowly drizzle strawberry and chocolate sauces.

Note: do not pour too much in. You want just enough to create a light swirl and nothing more. Otherwise, the ice cream will turn into a giant mess.

## *Sundae Bloody Sundae*

Patrick Aleph

Forgive my U2 pun, but the title was just too easy.

ice cream base

1 cup vegan brownies, cut to smaller than bite size

1/4 cup honey roasted peanuts

handful chopped frozen cherries

whipped topping and sprinkles, for garnish

Make ice cream base and churn according to machine directions.

Five minutes before stopping machine, add brownie bites, nuts and cherries. Allow to combine. Serve with your favorite toppings.

## POPPY SEED SUNDAES

Emily Cayer

1 cup poppy seeds

1 cup rice milk

1/4 cup cane sugar

2 tablespoons agave nectar

1 tablespoon lemon zest

1 teaspoon cinnamon

1 pint of your favorite kashrus vegan ice cream (I like Coconut Bliss)

Combine poppy seeds, rice milk, and sugar in a saucepan and heat, stirring occasionally, until slightly thickened. Remove from heat and add agave, lemon zest, and cinnamon. Put a scoop of ice cream in each dish, then add a tablespoon or so of poppy seed sauce. Add another scoop and more sauce. Serve with a cherry on top!

## SWEET AGAVE CAKE

Emily Cayer

1 1/2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 cup brown sugar

1/2 teaspoon salt

1 teaspoon cinnamon  
1/2 teaspoon . allspice  
1/2 teaspoon cloves  
1 cup vegetable oil  
1 cup agave nectar  
1 teaspoon vanilla extract  
4 1/2 teaspoon Ener-G egg replacer  
6 tablespoon water  
1/4 cup sliced almonds

Preheat oven to 350 degrees Fahrenheit. Sift together first eight ingredients. Add oil, agave, and vanilla. Combine egg replacer with water and add to the rest of the ingredients. Stir just until the mixture comes together, it's okay if there are a couple of lumps. Oil a loaf pan and spoon batter in, then dot the top with almonds. Bake 40-50 minutes or until a toothpick comes out clean.

## MINTED MELON POPS

Emily Cayer

1 bunch fresh mint  
1 cup cane sugar  
1 cup water  
1 small honeydew melon  
1 tablespoon lemon juice

Finely chiffonade the mint and place in a small saucepan with the water and sugar. Bring to a boil, then reduce to a simmer. Stir carefully until sugar is dissolved. Remove from heat.

Remove peel and seeds from melon and puree. Combine 1 1/2 cups melon puree and 1/2 cup minted simple syrup (reserve the remaining melon and syrup for another use). Add lemon juice and blend, then pour into molds and freeze at least three hours or overnight.

Note: I live in Arizona, where something like this wouldn't seem out of place in September or October. Those living in cooler climates might prefer a fruit salad for dessert, concentrating on fruits with high water contents, such as melons, grapes, and citrus. Add some large flake coconut and a little minted simple syrup to chopped fruit: easy, beautiful, and tasty.

## CHOCOLATE-CARAMEL-ALMOND MATZO

Emily Cayer

6 matzos

½ cup Earth Balance buttery stick

1 cup brown sugar, packed

1 cup salted almonds, chopped

16 ounce dark chocolate, chopped

1 teaspoon. vanilla extract

fleur de sel as needed

Break matzos into thirds and lay on parchment paper. Melt earth Balance and brown sugar over medium heat, until sugar is dissolved and mixture is syrupy. Remove from heat and stir in almonds. Meanwhile, melt chocolate in a double boiler and stir in vanilla. Drizzle matzo pieces with caramel and chocolate, then grind a little fleur de sel over the top. Allow to cool before eating.

# Jewish Holiday Menus

## TU B'AV MENU

Patrick Aleph

Tu B'Av is considered the Jewish Valentines Day. Enjoy this romantic meal with the one you love.

Shlada Platter: tomato and green pepper, potato, tabouli

Red Wine Infused Seitan

Orange Blossom Scented Tzimmes

## TU B'SHEVAT MENU

Emily Cayer

Tu B'Shevat combines Kabbalistic mysticism with a reverence for nature. Traditional meals include nuts and fruits as part of the Tu B'Shevat seder.

Citrus Coconut Tofu Salad

Spiced Olive Tapenade on Challah Toast

Fig and Daiya Mini Quesadillas

Quinoa and Zucchini Enchiladas

## PURIM MENU

Emily Cayer

Time to be merry! Purim celebrates the Book of Esther and is similar to Halloween and Mardi Gras.

Mushroom-Tofu Wonton Kreplach in Broth

Savory Stuffed Cabbage

Marinated Fennel Salad

Poppy Cookie Sundaes

## PASSOVER MENU

Emily Cayer

Passover remembers the Exodus from Egypt to the promised land. This cruelty free menu pays tribute to the eating of matzo and liberates us from an animal-based diet.

Matzo-Potato Ball Soup

Salad of Romaine Hearts

Eggplant Cookies with Roasted Tomato Sauce

Oven-Roasted Baby Beets

Chocolate-Caramel-Almond Matzo

## LAG B'OMER

Rivka Bowlin

A southern-style picnic basket brought to us by PunkTorah Director of Online Engagement Rivka Bowlin. Lag B'Omer is a break during the Omer where families often have picnics and enjoy nature.

Ketucky Fried Vegan

Mashed Potatoes and Gravy

Collard Greens

Butter Pecan Matzo Crisps

## SHAVUOT MENU

Patrick Aleph

Traditionally a dairy-laden holiday, this Shavuot menu pays tribute to the all night Torah study most common on the holiday, but without all the "cheesiness."

Soy Cheese Flatbread With Caramelized Onion and Tomato

Chocolate Strawberry Swirl Ice Cream

Cardamom Coffee

## ROSH HASHANAH MENU

Emily Cayer

The Jewish new year often includes apples dipped in honey. Try Emily's agave cake and apple salad for a vegan, modern update.

Mock Chicken Soup with White Beans

Apple-Pomegranate Salad

Sweet Agave Cake

Pomegranate Tea

## YOM KIPPUR (PRE-FAST) MENU

Emily Cayer

This is the perfect meal before the Day of Atonement. Light and simple, the energy from this cruelty free meal will get your through the day.

Sweet Potato Bisque

Spinach Blintzes

Wild Rice with Mushrooms

Minted Melon Pops

## YOM KIPPUR (BREAK-FAST) MENU

Emily Cayer

As the sun sets on Yom Kippur, enjoy this festive meal with your community.

Apple Noodle Kugel

Dilled Tofu Scramble

Marinated Fruit Salad

Peach-Berry Smoothies

## SUKKOT MENU

Emily Cayer

Sukkot celebrates our people's ties to the land. Acorn squash and pears highlight this festive "Jewish Thanksgiving".

Hummus with Pita Crisps

Stuffed Acorn Squash

Cranberry-Quinoa Salad

Anise Poached Pears

## HANUKKAH MENU

Anna Sgarlato and Patrick Aleph

The miracle of Hanukkah always involves latkes! This recipe won the 2010 Atlanta Chevre Minyan latke cooking contest for best condiment and best in show!

Garlic Latkes with Fig Apple Sauce

Maccabee Pie

Oven Brussels Sprouts

Raspberry Rugelach

# The Jewiest, Vegan Essays Ever

## *A Dialogue Between a Jewish Vegan Activist and a Rabbi*

Dr. Richard H. Schwartz, Ph.D.

For a long time, I have been trying to start a respectful dialogue in the Jewish community. Because I have had very little success, I am presenting the fictional dialogue below. I hope that many readers will use it as the basis of similar dialogues with local rabbis, educators, and community leaders.

Jewish Vegan Activist: Shalom rabbi.

Rabbi: Shalom. Good to see you.

JVA: Rabbi, I have been meaning to speak to you for some time about an issue, but I have hesitated because I know how busy you are, but I think this issue is very important.

Rabbi: Well, that sounds interesting. I am never too busy to consider important issues. What do you have in mind?

JVA: I have been reading a lot recently about the impacts of our diets on our health and the environment and about Jewish teachings related to our diets. I wonder if I can discuss the issues with you and perhaps it can be put on the synagogue's agenda for further consideration.

Rabbi: I would be happy to discuss this with you. But, I hope that you are aware that Judaism does permit the eating of meat. Some scholars feel that it is obligatory to eat meat on Shabbat and holidays.

JVA: Yes, I recognize that Judaism permits people to eat meat. Jewish vegans do not argue that Jews must be vegetarians. We recognize that people have a choice, but we feel that this choice should consider basic Jewish teachings and how animal-based diets and modern intensive livestock agriculture impinge on these teachings. For example, we should recognize the current and increasing tension between the permission to consume animals for human benefit and the extremely cruel treatment they now receive in preparation for such consumption on factory farms, which have become more prevalent in response to population increase and efficiency and cost concerns. With regard to eating meat on Shabbat and holidays, according to the Talmud (T. B. Pesachim 109a), since the destruction of the Temple, Jews are not required to eat meat in order to rejoice on sacred occasions. This view is reinforced in the works Reshit Chochmah and Kerem Shlomo and Rabbi Chizkiah Medini's Sdei Chemed, which cites many classical sources on the subject. Several Israeli chief rabbis, including Shlomo Goren, late Ashkenazic Chief Rabbi of Israel, and Shear Yashuv Cohen, Ashkenazic Chief Rabbi of Haifa, have been or are vegetarians. Also, Rabbi Jonathan Sacks, Chief Rabbi of the United Kingdom is a vegetarian, as is Rabbi David Rosen, former Chief Rabbi of Ireland.

Rabbi: we also should recognize that there is much in the Torah and the Talmud about which animals are kashrut and about the proper way to slaughter animals. So eating meat is certainly not foreign to Judaism.

VJA: Yes, that is certainly true. But, there is also much in the Torah and our other sacred writings that point to vegetarianism as the ideal Jewish diet. For example, as the Torah verse below indicates, G-d's initial intention was that people be vegans.

And G-d said: "Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree that has seed-yielding fruit -- to you it shall be for food." Genesis 1:29

The foremost Jewish Torah commentator, Rashi, states the following about G-d's first dietary plan: "G-d did not permit Adam and his wife to kill a creature to eat its flesh. Only every green herb were they to all eat together." Most Torah commentators, including Rabbi Abraham Ibn Ezra, Maimonides, Nachmanides, and Rabbi Joseph Albo, agree with Rashi.

In addition, Rabbi Abraham Isaac Hakohen Kook, first Chief Rabbi of pre-state Israel and a major Jewish 20th century writer and philosopher, believed that the messianic period would also be vegan. He based this on Isaiah's powerful prophecy that "the wolf shall dwell with the lamb, ... the lion shall eat straw like the ox.... and no one shall hurt nor destroy in all of G-d's holy mountain... (Isaiah 11:6-9). Hence the two ideal times in Jewish thought - the Garden of Eden and the messianic period - are vegan.

Rabbi: I have to tell you one thing that concerns me. Jews historically have had many problems with some animal rights groups, which have often opposed shechita (ritual slaughter) and advocated its abolishment. Some have even made outrageous comparisons between the Holocaust and the slaughter of animals for food.

JVA: Jews should consider switching to veganism not because of the views of animal rights groups, whether they are hostile to Judaism or not, but because it is the diet most consistent with

Jewish teachings. It is the Torah, not animal rights groups, which is the basis for observing how far current animal treatment has strayed from fundamental Jewish values. As Samson Raphael Hirsch stated: "Here you are faced with G-d's teaching, which obliges you not only to refrain from inflicting unnecessary pain on any animal, but to help and, when you can, to lessen the pain whenever you see an animal suffering, even through no fault of yours."

Rabbi: Another concern is with two teachings in Genesis: The Torah teaches that humans are granted dominion over animals (Genesis 1:26) and that only people are created in the Divine Image (Genesis 1:26, 5:1). I fear that vegans are promoting a philosophy inconsistent with these Torah teachings, hence potentially reducing the sacredness of human life and the dignity of human beings.

JVA: I think that if we explain how Judaism interprets these important verses, we can go a long way to reduce this potential problem. As you know, Jewish tradition interprets "dominion" as guardianship, or stewardship: we are called upon to be co-workers with G-d in improving the world. Dominion does not mean that people have the right to wantonly exploit animals, and it certainly does not permit us to breed animals and treat them as machines designed solely to meet human needs. This view is reinforced by the fact that immediately after G-d gave humankind dominion over animals, He prescribed vegan foods as the diet for humans (Genesis 1:29). While the Torah states that only human beings are created "in the Divine Image," animals are also G-d's creatures, possessing sensitivity and the capacity for feeling pain. G-d is concerned that they are protected and treated with compassion and justice. In fact, the Jewish sages state that to be "created in the Divine Image," means that people have the capacity to emulate the Divine compassion for all creatures. "As G-d is compassionate," they teach, "so you should be compassionate."

Rabbi: Yes, these are good points, but some vegans elevate animals to a level equal to or greater than that of people. This is certainly inconsistent with Judaism.

JVA: Vegans concern for animals and their refusal to treat them cruelly does not mean that they regard animals as being equal to people. There are many reasons for being vegan other than consideration for animals, including concerns about human health, ecological threats, and the plight of hungry people. Because humans are capable of imagination, rationality, empathy, compassion, and moral choice, we should strive to end the unbelievably cruel conditions under which farm animals are currently raised. This is an issue of sensitivity, not an assertion of equality with the animal kingdom.

Rabbi: Another issue to be considered is that, with all the problems facing humanity today, can we devote much time to consider animals and which diets we should have?

JVA: Vegan diets are not beneficial only to animals. They improve human health, help conserve food and other resources, and put less strain on endangered ecosystems. In view of the many threats caused or worsened by today's intensive livestock agriculture (such as deforestation, global climate change, and rapid species extinction), working to promote vegetarianism may be the most important action that one can take for global sustainability. In addition, a switch toward

veganism would reduce the epidemic of heart disease, various types of cancer, and other chronic degenerative diseases that have been strongly linked to the consumption of animal products.

Rabbi: Perhaps I am playing the devil's advocate here, but by putting vegan values ahead of Jewish teachings, aren't vegans, in effect, creating a new religion with values contrary to Jewish teachings.

JVA: Jewish vegans are not placing so-called 'vegan values' above Torah principles but are challenging the Jewish community to apply Judaism's splendid teachings at every level of our daily lives. Vegans argue that Jewish teachings about treating animals with compassion, guarding our health, sharing with hungry people, protecting the environment, conserving natural resources, and seeking peace, are all best applied through vegan diets.

Rabbi: What about the Torah teachings about animal sacrifices and that Jews have to eat korban Pesach (the Passover sacrifice) and parts of other animal sacrifices?

JVA: The great Jewish philosopher Maimonides believed that G-d permitted sacrifices as a concession to the common mode of worship in Biblical times. It was felt that had Moses not instituted the sacrifices, his mission would have failed and Judaism might have disappeared. The Jewish philosopher Abarbanel reinforced Maimonides' position by citing a midrash (rabbinic teaching) that indicates G-d tolerated the sacrifices because the Israelites had become accustomed to sacrifices in Egypt, but that He commanded they be offered only in one central sanctuary in order to wean the Jews from idolatrous practices. Rav Kook and others believed that in the Messianic period, human conduct will have improved to such a degree that animal sacrifices will not be necessary to atone for sins. There will only be non-animal sacrifices to express thanks to G-d.

Rabbi: You have correctly pointed out that Jews must treat animals with compassion. However, the restrictions of shechita minimize the pain to animals in the slaughtering process, and thus fulfill Jewish laws on proper treatment of animals.

JVA: Yes, but can we ignore the cruel treatment of animals on "factory farms" in the many months prior to slaughter. Can we ignore the force-feeding of huge amounts of grain to ducks and geese to produce foie gras, the removal of calves from their mothers shortly after birth to raise them for veal, the killing of over 250 million male chicks immediately after birth at egg-laying hatcheries in the U.S. annually, the placing of hens in cages so small that they can't raise even one wing, and the many other horrors of modern factory farming?

Rabbi: As a rabbi, I feel that I must point out that if Jews do not eat meat, they will be deprived of the opportunity to fulfill many mitzvot (commandments).

JVA: By not eating meat, Jews are actually fulfilling many mitzvot: showing compassion to animals, protecting health, conserving resources, helping to feed the hungry, and preserving the earth. And by abstaining from meat, Jews reduce the chance of accidentally violating several prohibitions of the Torah, such as mixing meat and milk, eating non-kashrut animals, and eating forbidden fats or blood. There are other cases where Torah laws regulate things that G-d would prefer people not do at all. For example, G-d wishes people to live in peace, but he provides

commandments relating to war, knowing that human beings will quarrel and seek victories over others. Similarly, the Torah laws that restrict taking female captives in wartime are a concession to human weakness. Indeed, the sages go to great lengths to deter people from taking advantage of such dispensations.

Rabbi: Judaism teaches that it is wrong not to take advantage of the pleasurable things that G-d has put on the earth. Since He put animals on the earth, and it is pleasurable to eat them, is it not wrong to refrain from eating meat?

JVA: Can eating meat be pleasurable to a sensitive person when he or she knows that, as a result, their health is endangered, grain is wasted, the environment is damaged, and animals are being cruelly treated? One can indulge in pleasure without doing harm to living creatures. There are many other cases in Judaism where actions that people may consider pleasurable are forbidden or discouraged - such as the use of tobacco, drinking liquor to excess, having sexual relations out of wedlock, and hunting.

Rabbi: As you know the laws of kashrut (dietary laws) are very important in Judaism. But, a movement by Jews toward veganism would lead to less emphasis on kashrut, and eventually possibly a disregard of these laws.

JVA: I believe that there would be just the opposite effect. In many ways, becoming a vegan makes it easier and less expensive to observe the laws of kashrut. This might attract many new adherents to keeping kashrut, and eventually to other important Jewish practices. As a vegan, one need not be concerned with mixing milchigs (dairy products) with fleichigs (meat products), waiting three or six hours after eating meat before being allowed to eat dairy products, storing four complete sets of dishes (two for regular use and two for Passover use), extra silverware, pots, pans, etc., and many other considerations incumbent upon the non-vegetarian who wishes to observe kashrut.

Rabbi: I must express a concern for the livelihood of some of my congregants and other Jews. If everyone became vegan, butchers, shoachim (slaughterers), and others dependent for a living on the consumption of meat would lack work.

JVA: There could be a shift from the production of animal products to that of nutritious vegetarian dishes. In England during World War II, when there was a shortage of meat, butchers relied mainly on the sale of fruits and vegetables. Today, new businesses could sell tofu, miso, falafel, soy burgers, and vegetarian chulent (Shabbat hot dish). Besides, the shift toward veganism will be gradual, providing time for a transition to other jobs. The same kind of question can be asked about other moral issues. What would happen to arms merchants if we had universal peace? What would happen to some doctors and nurses if people took better care of themselves, stopped smoking, improved their diets, and so on? Immoral or inefficient practices should not be supported because some people earn a living in the process.

Rabbi: If veganism solves some problems, doesn't it create others. For example, if everyone became vegan, wouldn't animals overrun the earth?

JVA: Respectfully, this concern is based on an insufficient understanding of animal behavior. For example, there are millions of turkeys around at Thanksgiving not because they want to help celebrate the holiday, but because farmers breed them for the dinner table. Dairy cows are artificially inseminated annually so that they will constantly produce milk. Before the establishment of modern intensive livestock agriculture, food supply and demand kept animal populations relatively steady. An end to the manipulation of animals' reproductive tendencies to suit our needs would lead to a decrease, rather than an increase, in the number of animals. We are not overrun by animals that we do not eat, such as lions, elephants, and crocodiles.

Rabbi: Instead of advocating veganism, shouldn't we alleviate the evils of factory farming so that animals are treated better, less grain is wasted, and less health-harming chemicals are used.

JVA: The breeding of animals is "big business". Animals are raised the way they are today because it is very profitable. Improving conditions, as suggested by this assertion, would certainly be a step in the right direction, but it has been strongly resisted by the meat industry since it would greatly increase already high prices. Why not abstain from eating meat as a protest against present policies while trying to improve them? Even under the best of conditions, why take the life of a creature of G-d, "whose tender mercies are over all His creatures" (Psalms 145:9), when it is not necessary for proper nutrition?

Rabbi: If vegan diets were best for health, wouldn't doctors recommend them?

JVA: Unfortunately, while doctors are devoted to the well-being of their patients, many lack information about the basic relationship between food and health, because nutrition is not sufficiently taught at most medical schools. Also, many patients are resistant to making dietary changes. The accepted approach today seems to be to prescribe medications first and, perhaps, recommend a diet change as an afterthought. However, there now seems to be increasing awareness on the part of doctors about the importance of proper nutrition, but the financial power of the beef and dairy lobbies and other groups who gain from the status quo prevents rapid changes. Experts on nutrition, including the American and Canadian dietetic associations stress the many health benefits of plant-centered diets.

Rabbi: Some of my congregants would respond: I enjoy eating meat. Why should I give it up?

JVA: If one is solely motivated by what will bring pleasure, perhaps no answer to this question would be acceptable. But, as you well know, Judaism wishes us to be motivated by far more: doing mitzvot, performing good deeds and acts of charity, sanctifying ourselves in the realm of the permissible, helping to feed the hungry, pursuing justice and peace, etc. Even if one is primarily motivated by considerations of pleasure and convenience, the negative health effects of animal-centered diets should be taken into account. One cannot enjoy life when one is not in good health.

Rabbi: Well, I am sure that there are other questions that should be addressed. But I think that you have made the case for at least having a broad discussion of the Jewish and universal

issues related to our diets. Why don't you form a committee with members of different viewpoints and set up a forum at which all of the issues related to our diets can be discussed.

## A PIECE FROM YOM KIPPUR A GO-GO: A MEMOIR

*Matthue Roth*

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I cook. When I'm upset I cook. When I was a kid, it was playing with Legos, and when I was thirteen, that developed into writing stories, and now that writing is what I do all the time, it counts as an escape about as much as checking email counts as escape. Cooking is the last refuge of purity that I have. I splash oil in a pan, throw shit in, and I don't stop till everything is fried hard and crispy.

Sometimes I don't even know what I'm doing. I chop vegetables automatically, subconsciously—carrots into wheels, peppers into nail-sized rectangles, spinach in strips. Eggplants, I roast over an oven grill till they liquefy. Lately I have started baking, and I beat the dough with my hands, no beater or spoon, until it congeals into a single squelchy blob.

But I'm getting ahead of myself. Mostly I roast vegetables. They're easy, they're already edible, and you can't mess up vegetables too badly. I mean, there's sour milk and salmonella and mad cow disease, but nobody ever got seriously poisoned by carrots. No matter what you do to them, they'll still be fat and orange and round. Vegetables are G-d's way of saying to humanity, If you f\*\*\* this up, it's your own fault. Whatever happened in my kitchen, it was my own fault: that was the stuff I could live by. That was my freakout zone. When my bed is not safe territory and even my dreams are about my girlfriend putting me through a blender to turn me into a girl, the kitchen becomes my fortress of solace.

## EIGHTEEN MYTHS ABOUT JUDAISM AND VEGETARIANISM

By Dr. Richard H. Schwartz, Ph.D.

1) The Torah teaches that humans are granted dominion over animals (Genesis 1:26), giving us a warrant to treat animals in any way we wish.

Response: Jewish tradition interprets "dominion" as guardianship, or stewardship: we are called upon to be co-workers with G-d in improving the world. Dominion does not mean that people have the right to wantonly exploit animals, and it certainly does not permit us to breed animals and treat them as machines designed solely to meet human needs. In "A Vision of Vegetarianism and Peace," Rav Kook states: "There can be no doubt in the mind of any intelligent person that [the Divine empowerment of humanity to derive benefit from nature] does not mean the domination of a harsh ruler, who afflicts his people and servants merely to satisfy his whim and desire, according to the crookedness of his heart. It is unthinkable that the Divine Law would impose such a decree of servitude, sealed for all eternity, upon the world of G-d, Who

is 'good to all, and His mercy is upon all His works' (Psalms 145:9)." This view is reinforced by the fact that immediately after G-d gave humankind dominion over animals (Genesis 1:26), He prescribed vegetarian foods as the diet for humans (Genesis 1:29).

2) The Torah teaches that only people are created in the Divine Image, meaning that G-d places far less value on animals.

Response: While the Torah states that only human beings are created "in the Divine Image" (Genesis 5:1), animals are also G-d's creatures, possessing sensitivity and the capacity for feeling pain. G-d is concerned that they are protected and treated with compassion and justice. In fact, the Jewish sages state that to be "created in the Divine Image," means that people have the capacity to emulate the Divine compassion for all creatures. "As G-d is compassionate," they teach, "so you should be compassionate."

3) Inconsistent with Judaism, vegetarians elevate animals to a level equal to or greater than that of people.

Response: Vegetarians' concern for animals and their refusal to treat animals cruelly does not mean that vegetarians regard animals as being equal to people. There are many reasons for being vegetarian other than consideration for animals, including concerns about human health, ecological threats, and the plight of hungry people. Because humans are capable of imagination, rationality, empathy, compassion, and moral choice, we should strive to end the unbelievably cruel conditions under which farm animals are currently raised. This is an issue of sensitivity, not an assertion of equality with the animal kingdom.

4) Vegetarianism places greater priority on animal rights than on the many problems related to human welfare.

Response: Vegetarian diets are not beneficial only to animals. They improve human health, help conserve food and other resources, and put less strain on endangered ecosystems. In view of the many threats related to today's livestock agriculture (such as deforestation and global climate change), working to promote vegetarianism may be the most important action that one can take for global sustainability.

5) By putting vegetarian values ahead of Jewish teachings, vegetarians are, in effect, creating a new religion with values contrary to Jewish teachings.

Response: Jewish vegetarians are not placing so-called "vegetarian values" above Torah principles but are challenging the Jewish community to apply Judaism's splendid teachings at every level of our daily lives. Vegetarians argue that Jewish teachings that we must treat animals with compassion, guard our health, share with hungry people, protect the environment, conserve resources, and seek peace, are all best applied through vegetarian diets.

6) Jews must eat meat on Shabbat and Yom Tov (Jewish holidays). Response: According to the Talmud (T. B. Pesachim 109a), since the destruction of the Temple, Jews are not required to

eat meat in order to rejoice on sacred occasions. This view is reinforced in the works Reshit Chochmah and Kerem Shlomo and Rabbi Chizkiah Medini's Sdei Chemed, which cites many classical sources on the subject. Several Israeli chief rabbis, including Shlomo Goren, late Ashkenazic Chief Rabbi of Israel, and Shear Yashuv Cohen, Ashkenazic Chief Rabbi of Haifa, have been or are strict vegetarians.

7) The Torah mandated that Jews eat korban Pesach and other korbanot (sacrifices).

Response: The great Jewish philosopher Maimonides believed that G-d permitted sacrifices as a concession to the common mode of worship in Biblical times. It was felt that had Moses not instituted the sacrifices, his mission would have failed and Judaism might have disappeared. The Jewish philosopher Abarbanel reinforced Maimonides' position by citing a midrash (Rabbinic teaching) that indicates G-d tolerated the sacrifices because the Israelites had become accustomed to sacrifices in Egypt, but that He commanded they be offered only in one central sanctuary in order to wean the Jews from idolatrous practices.

8) Jews historically have had many problems with some animal rights groups, which have often opposed shechita (ritual slaughter) and advocated its abolishment.

Response: Jews should consider switching to vegetarianism not because of the views of animal rights groups, whether they are hostile to Judaism or not, but because it is the diet most consistent with Jewish teachings. It is the Torah, not animal rights groups, which is the basis for observing how far current animal treatment has strayed from fundamental Jewish values. As Samson Raphael Hirsch stated: "Here you are faced with G-d's teaching, which obliges you not only to refrain from inflicting unnecessary pain on any animal, but to help and, when you can, to lessen the pain whenever you see an animal suffering, even through no fault of yours."

9) The restrictions of shechita minimize the pain to animals in the slaughtering process, and thus fulfill Jewish laws on proper treatment of animals.

Response: This ignores the cruel treatment of animals on "factory farms" in the many months prior to slaughter. Can we ignore the force-feeding of huge amounts of grain to ducks and geese to produce foie gras, the removal of calves from their mothers shortly after birth to raise them for veal, the killing of over 250 million male chicks immediately after birth at egg-laying hatcheries in the U.S. annually, the placing of hens in cages so small that they can't raise even one wing, and the many other horrors of modern factory farming?

10) If Jews do not eat meat, they will be deprived of the opportunity to fulfill many mitzvot (commandments).

Response: By not eating meat, Jews are actually fulfilling many mitzvot: showing compassion to animals, preserving health, conserving resources, helping to feed the hungry, and preserving the earth. And by abstaining from meat, Jews reduce the chance of accidentally violating several prohibitions of the Torah, such as mixing meat and milk, eating non-kashrut animals, and eating forbidden fats or blood. There are other cases where Torah laws regulate things that G-d would

prefer people not do at all. For example, G-d wishes people to live in peace, but he provides commandments relating to war, knowing that human beings will quarrel and seek victories over others. Similarly, the Torah laws that restrict taking female captives in wartime are a concession to human weakness. Indeed, the sages go to great lengths to deter people from taking advantage of such dispensations.

11) Judaism teaches that it is wrong not to take advantage of the pleasurable things that G-d has put on the earth. Since He put animals on the earth, and it is pleasurable to eat them, is it not wrong to refrain from eating meat?

Response: Can eating meat be pleasurable to a sensitive person when he or she knows that, as a result, their health is endangered, grain is wasted, the environment is damaged, and animals are being cruelly treated? One can indulge in pleasure without doing harm to living creatures. There are many other cases in Judaism where actions that people may consider pleasurable are forbidden or discouraged - such as the use of tobacco, drinking liquor to excess, having sexual relations out of wedlock, and hunting.

12) A movement by Jews toward vegetarianism would lead to less emphasis on kashrut (dietary laws) and eventually a disregard of these laws.

Response: Quite the contrary. In many ways, becoming a vegetarian makes it easier and less expensive to observe the laws of kashrut. This might attract many new adherents to keeping kashrut, and eventually to other important Jewish practices. As a vegetarian, one need not be concerned with mixing milchigs (dairy products) with fleichigs (meat products), waiting three or six hours after eating meat before being allowed to eat dairy products, storing four complete sets of dishes (two for regular use and two for Passover use), extra silverware, pots, pans, etc., and many other considerations incumbent upon the non-vegetarian who wishes to observe kashrut.

13) If everyone became vegetarian, butchers, shoachim (slaughterers), and others dependent for a living on the consumption of meat would lack work.

Response: There could be a shift from the production of animal products to that of nutritious vegetarian dishes. In England during World War II, when there was a shortage of meat, butchers relied mainly on the sale of fruits and vegetables. Today, new businesses could sell tofu, miso, falafel, soy burgers, and vegetarian chulent (Shabbat hot dish). Besides, the shift toward vegetarianism will be gradual, providing time for a transition to other jobs. The same kind of question can be asked about other moral issues. What would happen to arms merchants if we had universal peace? What would happen to some doctors and nurses if people took better care of themselves, stopped smoking, improved their diets, and so on? Immoral or inefficient practices should not be supported because some people earn a living in the process.

14) If everyone became vegetarian, animals would overrun the earth.

Response: This concern is based on an insufficient understanding of animal behavior. For example, there are millions of turkeys around at Thanksgiving not because they want to help

celebrate the holiday, but because farmers breed them for the dinner table. Dairy cows are artificially inseminated annually so that they will constantly produce milk. Before the establishment of modern intensive livestock agriculture, food supply and demand kept animal populations relatively steady. An end to the manipulation of animals reproductive tendencies to suit our needs would lead to a decrease, rather than an increase, in the number of animals. We are not overrun by animals that we do not eat, such as lions, elephants, and crocodiles.

15) Instead of advocating vegetarianism, we should alleviate the evils of factory farming so that animals are treated better, less grain is wasted, and less health-harming chemicals are used.

Response: The breeding of animals is "big business". Animals are raised the way they are today because it is very profitable. Improving conditions, as suggested by this assertion, would certainly be a step in the right direction, but it has been strongly resisted by the meat industry since it would greatly increase already high prices. Why not abstain from eating meat as a protest against present policies while trying to improve them? Even under the best of conditions, why take the life of a creature of G-d, "whose tender mercies are over all His creatures" (Psalms 145:9), when it is not necessary for proper nutrition?

16) One can work to improve conditions for animals without being a vegetarian.

Response: Certainly, animal abuse is a widespread problem and there are many ways to improve conditions for animals. However, one should keep in mind that factory farming is the primary source of animal abuse in this country. According to FARM (Farm Animal Reform Movement), "The number of warm-blooded animals brutalized and slaughtered each year is approximately 70 times the number of animals killed in laboratories, 30 times the number killed by hunters and trappers, and 500 times the number killed in pounds." They also reported that almost ten billion farm animals are killed annually to produce food. A typical meat-eating animal welfare advocate is personally responsible for the slaughter of twenty-two warm-blooded animals per year, 1,500 in an average lifetime.

17) If vegetarian diets were best for health, doctors would recommend them.

Response: Unfortunately, while doctors are devoted to the well-being of their patients, many lack information about the basic relationship between food and health, because nutrition is not sufficiently taught at most medical schools. Also, many patients are resistant to making dietary changes. The accepted approach today seems to be to prescribe medications first and, perhaps, recommend a diet change as an afterthought. However, there now seems to be increasing awareness on the part of doctors about the importance of proper nutrition, but the financial power of the beef and dairy lobbies and other groups who gain from the status quo prevents rapid changes.

18) I enjoy eating meat. Why should I give it up?

Response: If one is solely motivated by what will bring pleasure, perhaps no answer to this question would be acceptable. But Judaism wishes us to be motivated by far more: doing mitzvot,

performing good deeds and acts of charity, sanctifying ourselves in the realm of the permissible, helping to feed the hungry, pursuing justice and peace, etc. Even if one is primarily motivated by considerations of pleasure and convenience, the negative health effects of animal-centered diets should be taken into account. One cannot enjoy life when one is not in good health.

## VEGETARIANISM AND JEWISH HOLIDAYS

Dr. Richard H. Schwartz, Ph.D.

Many important Jewish teachings are reflected in Jewish holidays. Rabbi Irving Greenberg has written, "The Holy Days are the unbroken master code of Judaism. Decipher them and you will discover the inner sanctum of your religion. Grasp them and you hold the heart of the faith in your hand." [1]

Many Jews seem to think that it is necessary to eat chopped liver, gefilte fish, chicken soup, and roast chicken in order to properly celebrate the holidays. However, according to the Talmud (Pesachim 109a ), the celebration of Jewish holidays does not require the consumption of meat. Many rabbis have written scholarly articles that agree with this assessment. This article argues, respectfully, that vegetarianism is the diet that is most consistent with Judaism, and best puts into practice values reflected in Jewish holidays. (While this article is related to the Jewish tradition, similar arguments can be made with regard to other religious traditions.)

1) Vegetarian diets have been found to have many health benefits, and this is consistent with Jews asking G-d on Rosh Hashanah for a healthy year, and their pleas to "our Father, our King" on Yom Kippur to "keep the plague from thy people". In contrast, non-vegetarian diets have been linked to heart disease, strokes, several forms of cancer, and other illnesses, a plague of degenerative diseases that have resulted in soaring medical costs.

2) Vegetarianism is consistent with prayers on the Jewish New Year that G-d "remove pestilence, sword, and famine", since , to raise meat and other animal products, over 80% of the grain grown in the United States is fed to animals destined for slaughter, as 20 million people die annually because of hunger and its effects. Flesh-centered diets, by wasting valuable resources, help to perpetuate the widespread hunger and poverty that often lead to instability and war.

3) Livestock agriculture is a major contributor to many global environmental threats,, such as soil erosion and depletion, air and water pollution related to the production and use of pesticides and chemical fertilizer, and the destruction of tropical rain forests and other habitats; hence, vegetarian diets are more consistent with Rosh Hashanah, when Jews commemorate the creation of the earth, Passover, when Jews celebrate the rebirth of nature`s beauty and G-d`s supremacy over the forces of nature, and Succoth, the harvest festival.

4) Prayers on Rosh Hashanah for G-d`s compassion during the coming year are most consistent with vegetarian diets which, unlike meat-centered diets, do not require that animals be raised for food under cruel conditions, in crowded, confined cells, where they are denied fresh air, exercise, and any chance to live as nature intended.

5) Consistent with Rosh Hashanah as a time when Jews are to "awake from our slumber" and mend our ways, moving away from meat on Rosh Hashanah means changing habits that are so detrimental to health, animals, hungry people, and ecosystems.

7) Vegetarianism is consistent with G-d's "delighting in life" on Rosh Hashanah, since, unlike non-vegetarian diets, it doesn't involve the brutal treatment and death of billions of animals as well as many human deaths annually, from insufficient food in poor countries and too much rich food in the wealthy countries.

8) Vegetarianism is consistent with the universal message of the Jewish New Year, which involves the prayer that "all the world's people shall come to serve (G-d)", since it best shares food and other resources with the world's people..

9) Vegetarianism is the diet that is most consistent with the commemoration of the Israelites release from bondage on Passover, since, unlike meat-based diets, it does not require that animals be raised under extremely brutal conditions, where they lack freedom for most or all of their lives.

10) As Passover celebrates that Jews are no longer enslaved to Pharaoh, vegetarianism means not being slaves to flesh-centered diets that have been linked to many degenerative diseases and have so many other negative effects.

11) Vegetarianism helps fulfill the assertion at the seders, "Let all who are hungry come and eat", since it doesn't involve the wasteful use of grain, land, water, and other agricultural resources.

12) Vegetarianism can also be associated with Channukah, since the Maccabees lived on vegetarian diets while they were fleeing the Syrian Greeks and were hiding in the mountains, and Purim, since Queen Esther only ate vegetarian food in order not to violate the Jewish dietary (kashrut) laws, while she was in the palace of King Ahashveros.

In view of these and other connections between our diets and Jewish teachings, I hope that Jews will enhance their celebrations of the beautiful and spiritually meaningful holidays by making them times to begin striving even harder to live up to Judaism's highest moral values and teachings by moving toward vegetarianism, the diet that G-d originally provided for human beings (Genesis 1:29).

NOTE:

1. Rabbi Irving Greenberg, *The Jewish Way*, New York: Summit Books, 1988, p. 17.

## **LATKES WITH PURPLE POTATOES: AN ESSAY**

Michael Croland

I've been beyond fascinated with colorful vegetables this year. At the Union Square Greenmarket, I've purchased purple potatoes, string beans, artichokes, bell peppers, okra, asparagus, and cauliflower—in addition to orange and green cauliflower. This obsession extends past the enthusiasm I had as a child for three- or four-color pasta. There is actually a nutritional

basis for it, and as Chanukah drew nearer, I was eager to “apply” it to that quintessential potato dish: latkes.

The core principle is that vegetables with colorful flesh and skin tend to be healthier than those with white flesh and skin. In *Food Rules: An Eater’s Manifesto*, Michael Pollan explained, “The colors of many vegetables reflect the different antioxidant phytochemicals they contain—anthocyanins, polyphenols, flavonoids, carotenoids. Many of these chemicals help protect against chronic diseases, but each in a slightly different way, so the best protection comes from a diet containing as many different phytochemicals as possible.”

I first learned about purple- and blue-flesh potatoes when I attended a presentation by Dr. Michael Greger in 2008. Although the vegan nutritionist touted the antioxidants and other health benefits of colorful produce, in the realm of potatoes, he pushed for orange-flesh sweet potatoes as packing the best punch all-around for one’s health. I’ve never been a big yam fan, so I focused more on the purple and blue potatoes he mentioned in passing. They still seemed better than typical white-flesh potatoes.

While I do not challenge Dr. Greger’s point that yams are best, there have been numerous studies highlighting the health benefits of certain varieties of purple and blue potatoes. A Kansas State University researcher has been in the news of late after finding, “[O]range-fleshed sweet potatoes are high in carotenoids — vitamin A precursors. But the [particular variety of purple potatoes studied] have higher levels of anthocyanins, dietary fiber and vitamins.”

Truth be told, my latkes came out sub par. I do not blame the purple potatoes. With all the work I put into peeling and hand-grating the spuds, I should have looked harder for a vegan latke recipe with better binding qualities in the absence of eggs. But nobody can take away from the purple potatoes’ prettiness!

Then again, if you’re health-conscious, maybe frying potatoes in oil isn’t the best idea anyway.

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