

kosher cooking

There are three main categories of kosher foods: pareve, dairy, and meat.

pareve

Pareve dishes consist of fish, eggs, vegetables, fruits, and cereals. Shellfish, such as shrimp, lobster, clams, and oysters, lack fins and scales and are scavengers. They are not considered fit to eat at a kosher table.

dairy

Dairy foods are those that are made with milk products.

meat

Meat is kosher that has been purchased from a kosher butcher. Meat from pigs is not kosher and cannot be served at a kosher table.

pareve + dairy = O.K.

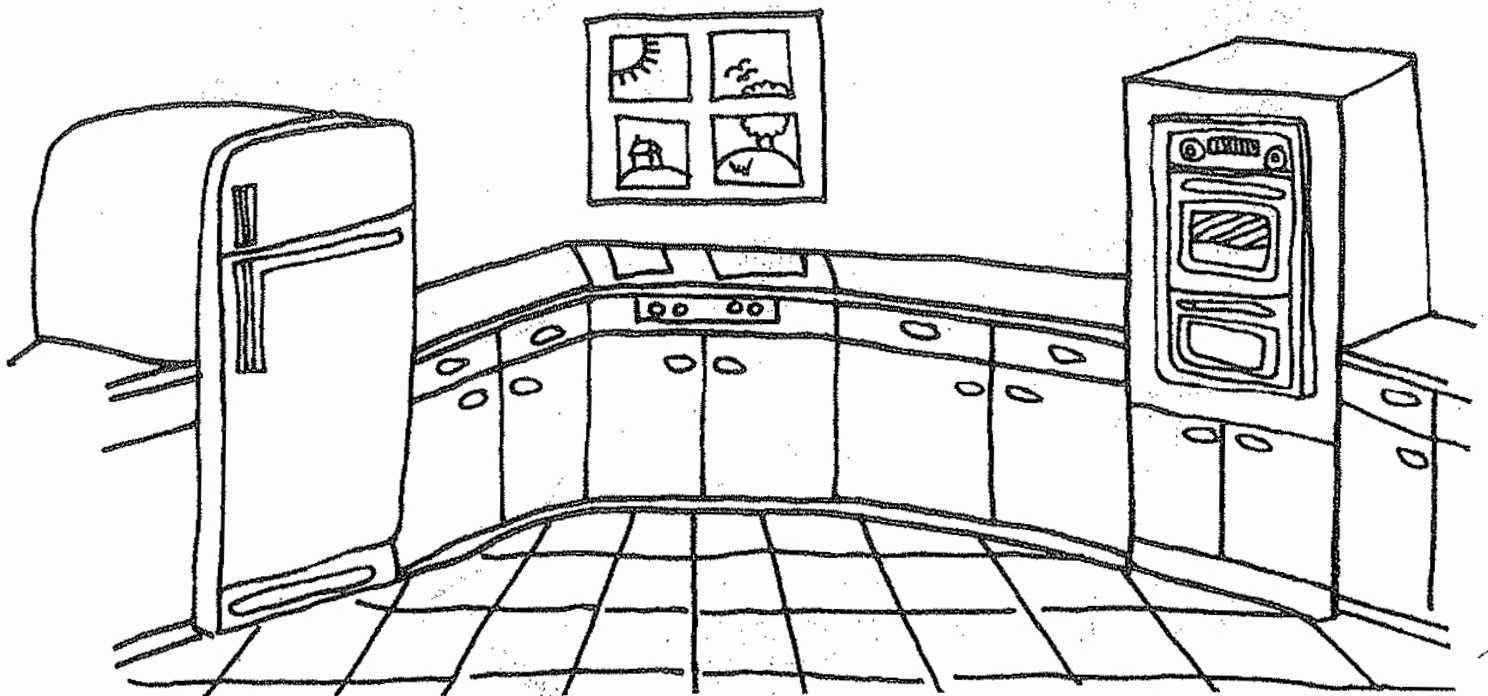
pareve + meat = O.K.

meat + dairy = ~~O.K.~~

Kosher food, according to Jewish tradition, means food has been "rendered fit" for eating. To render a meal fit for eating, certain rules must be followed. Here I have listed just a few of the many rules, to show how strict a kosher diet can be.

1. In some traditions, meat and fish may be eaten at the same meal, but the meat and the fish must be served on separate dishes.
2. Meat cannot be served with milk or butter during the same meal.
3. Pareve dishes may be eaten with dairy or meat.
4. Never serve pork or shellfish.
5. The cooking and serving utensils for meat and milk dishes must be kept separate.

★ **A note about kashrut and the recipes in this cookbook.** Some of the suggested holiday meals mix meat, pareve and dairy recipes. If you are attempting to adhere to a strict kashrut observance, please make sure to check the ingredients in the recipes. Sometimes there are other choices that can be made. For example, if you are serving roasted chicken (see pages 48-52) for Rosh ha-Shanah and wish to include knishes (see page 54-66) as a side dish, you will want to choose the potato filling, as it is pareve instead of the cheese filling that is dairy.



hallah makes 2 loaves



A hallah is a special egg bread we eat on **Shabbat**. Usually it is braided; sometimes people add raisins or chocolate chips to the dough. We also eat hallah on **Rosh ha-Shanah**. On Rosh ha-Shanah our hallah is formed into a spiral circle. We have included directions for making the basic dough, and how to form a hallah for Shabbat and for Rosh ha-Shanah.

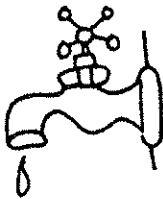
ingredients:



1/2 oz. package
active dry yeast



1/2 cup sugar



3 1/2 cups water



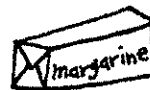
4 whole eggs



1/2 cup vegetable
oil



8 cups
all-purpose flour



2 Tablespoons
pareve margarine



4 teaspoons salt



1/3 cup poppy seeds

tools:



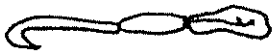
measuring cup



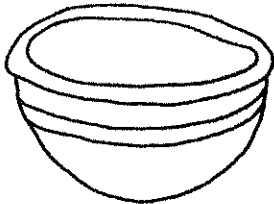
small bowl



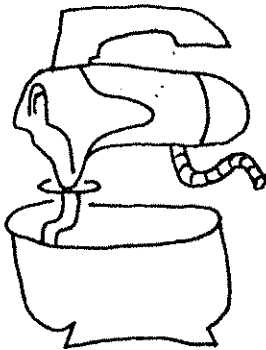
teaspoon



pastry
brush



bowl



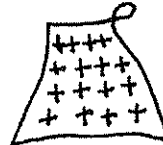
mixer with a
dough hook



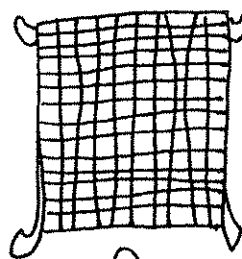
wax paper



scraper



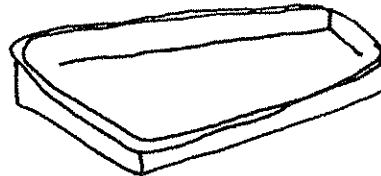
potholders



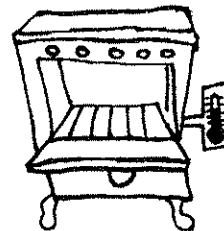
wire rack



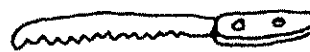
timer



2 sheet pans

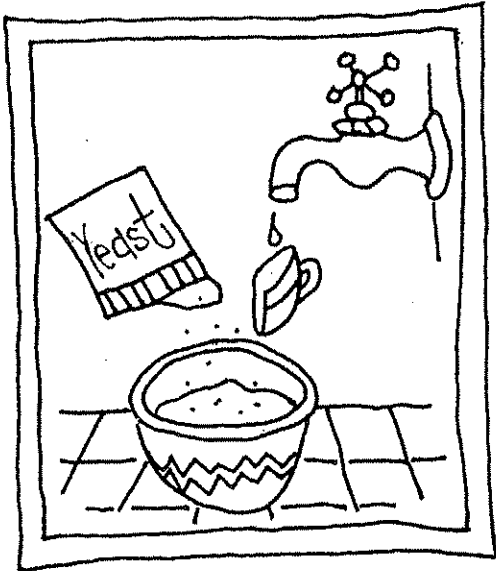


oven

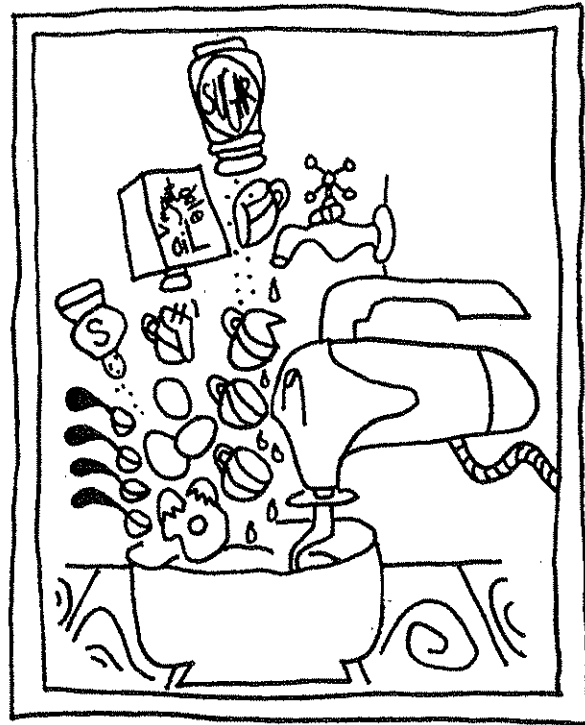


serrated knife

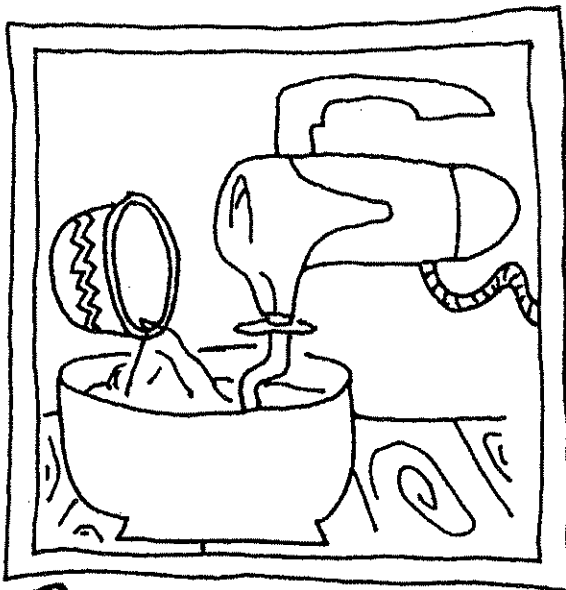
procedure:



1. Add $\frac{1}{4}$ cup warm water and yeast, stir, and set aside.



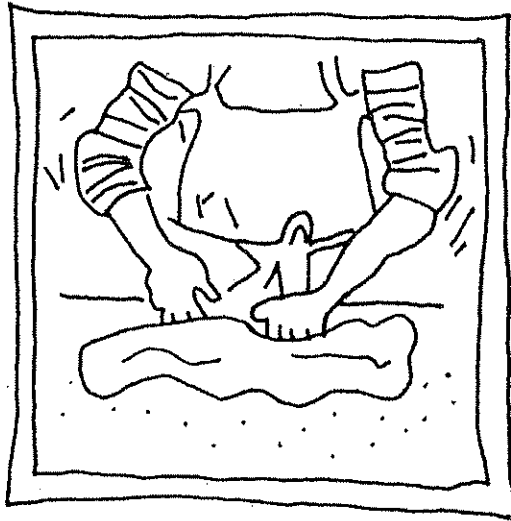
2. Mix water, oil, salt, sugar and eggs. Mix together well.



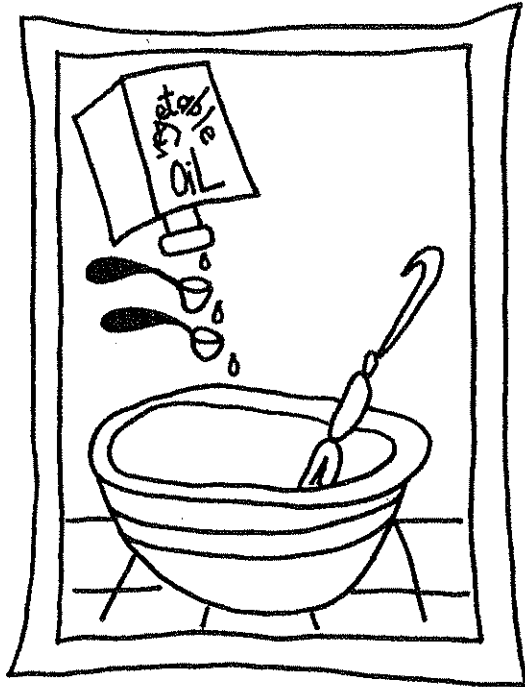
3. Add yeast to main mixture.



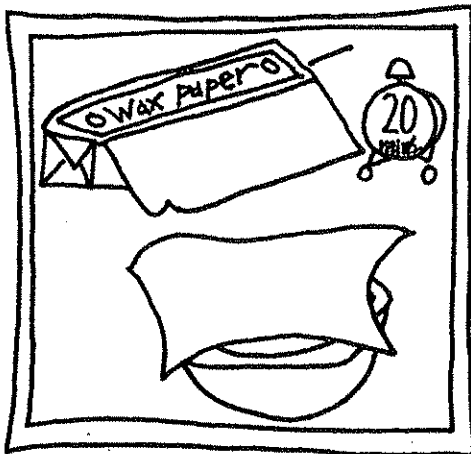
4. Add 8 cups of flour one cup at a time.



5 • Knead dough for 2 minutes until dough feels smooth.



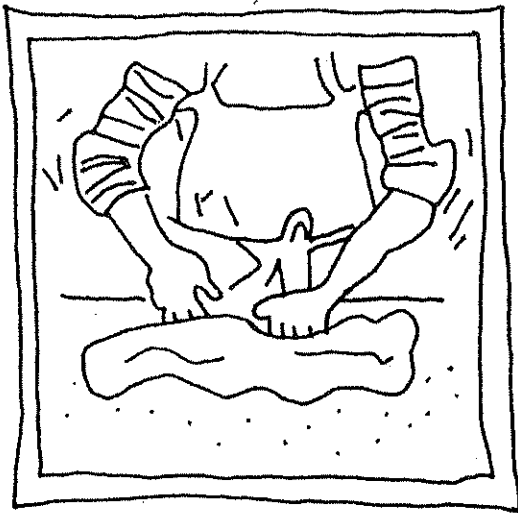
6 • Grease inside of bowl with vegetable oil.



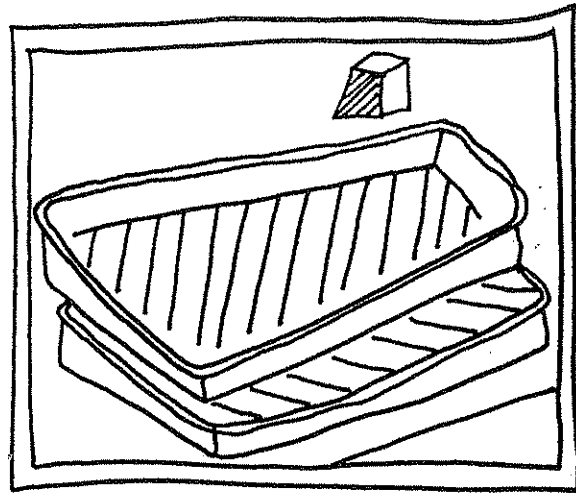
7 • Place ball of dough into the greased bowl and roll the dough all around. This will prevent a dry crust from forming on rising dough. Cover bowl with wax paper and place in warm area for 20 minutes (until dough doubles in size).



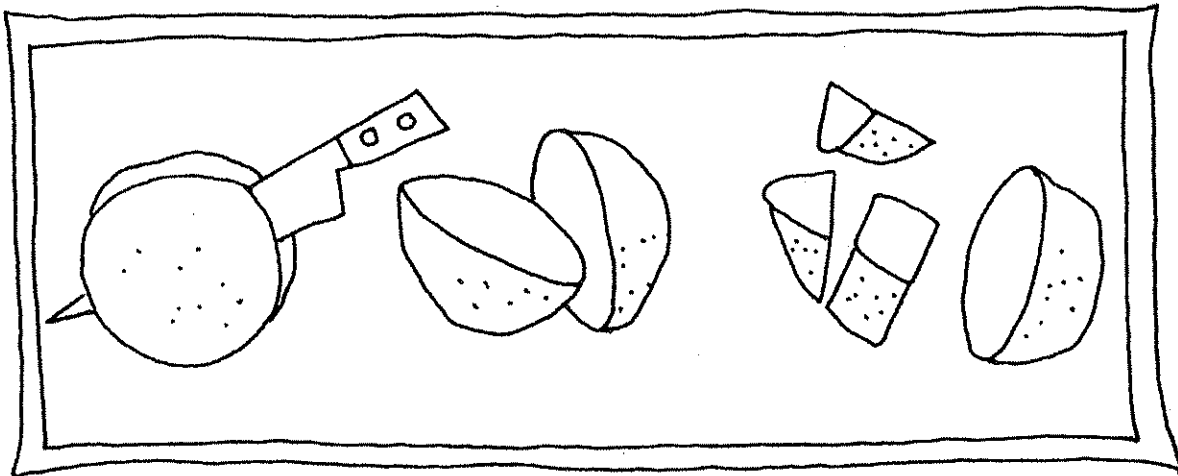
8 • Punch your fist into the center of the dough. This knocks the extra air bubbles out of the dough.



9. Remove the dough from the bowl and then place the dough on a floured surface. Knead the dough for one minute until dough feels smooth.

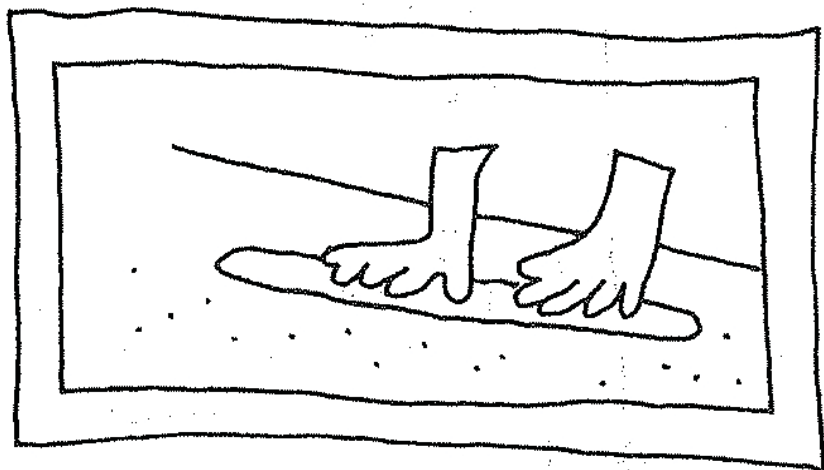


10. Grease two sheet pans with the margarine.

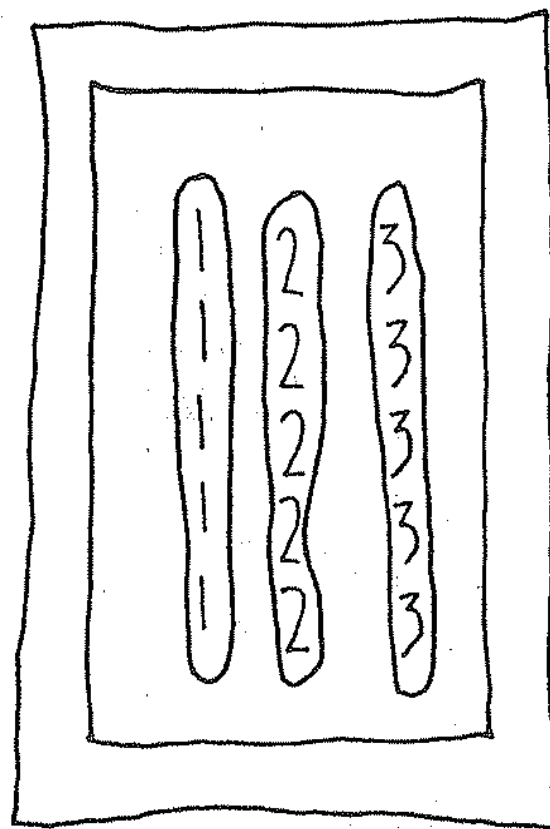


11. Divide the dough in half. Then divide one half into three equal lumps, leaving the one half whole. Go on to step 12 if you are making a Shabbat Hallah. Skip to step 20 to make a Rosh ha-Shanah Hallah.

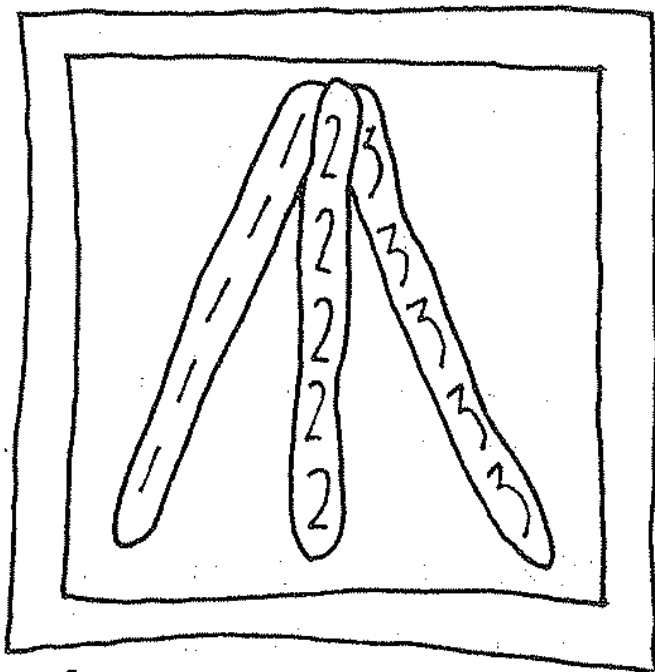
For a Shabbat Braided Hallah



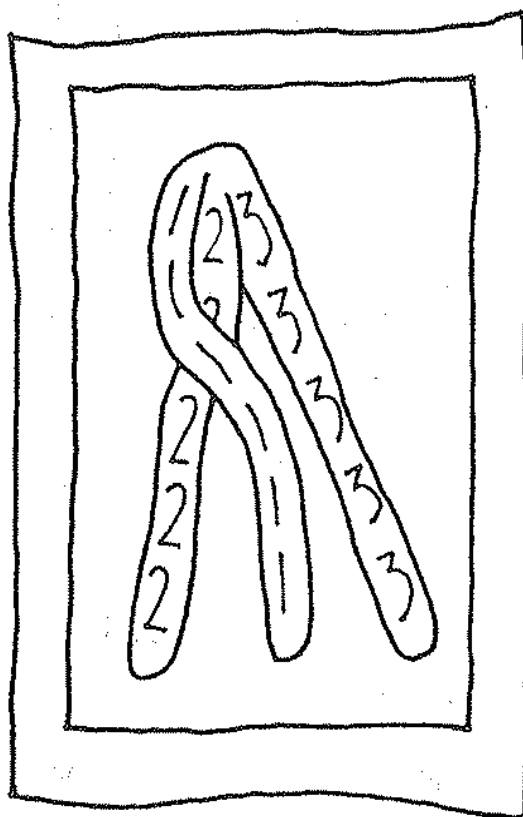
12. Roll each of the 3 lumps into ropes
• about 1 inch thick and 12 inches long.



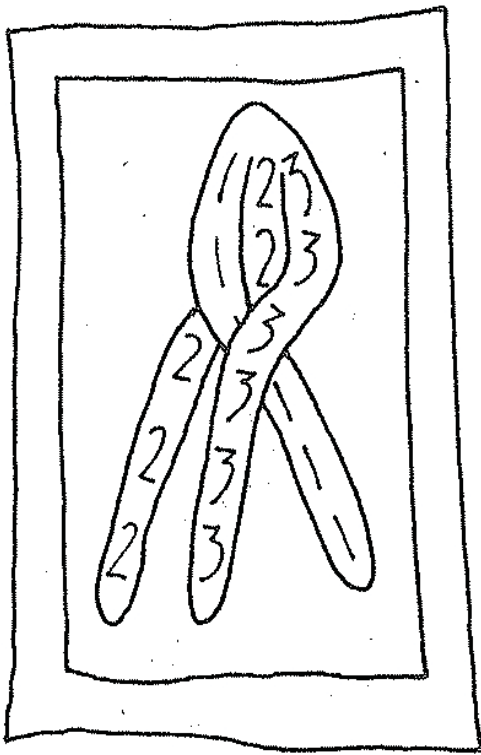
13. Lay 3 rolled pieces of
• dough side by side.



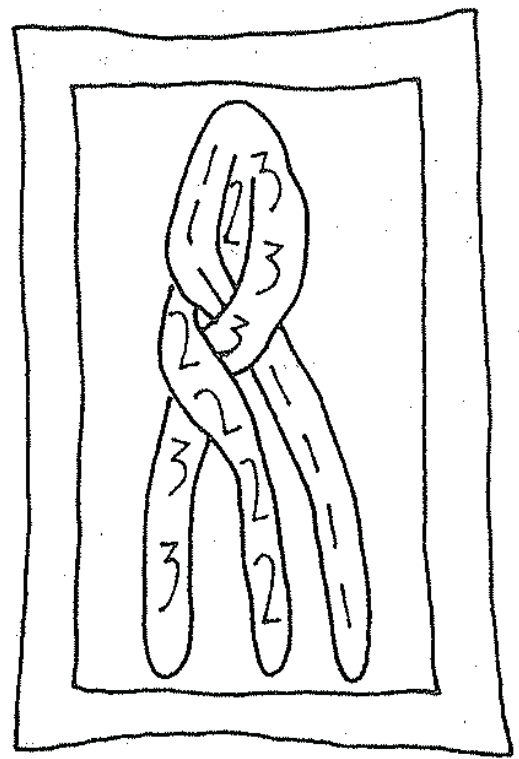
14. Pinch the 3 ends together.



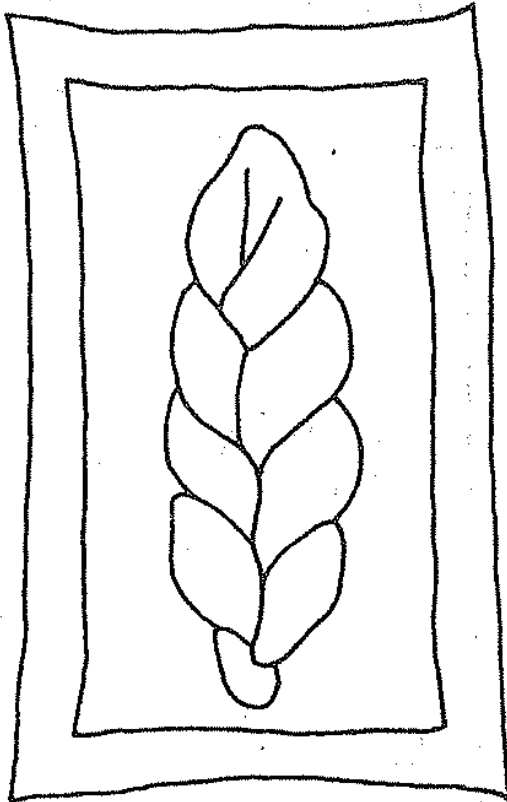
15. Cross 1 over 2.



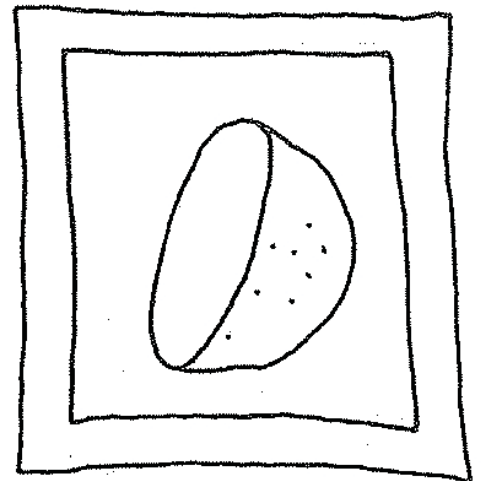
16. Cross 3 over 1.



17. Cross 2 over 3.

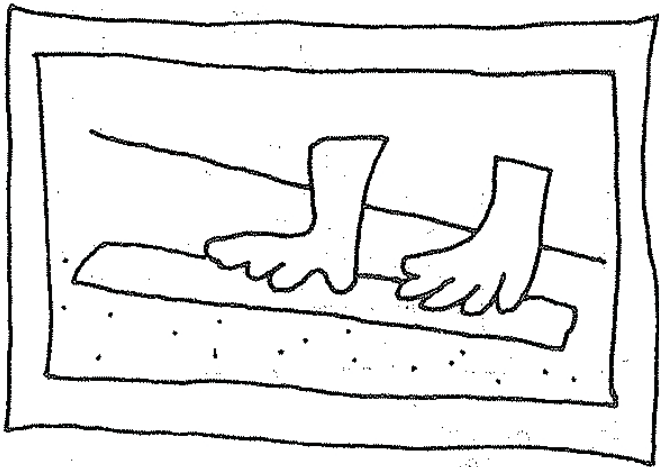


18. Repeat until you run out of dough.
Then pinch the 3 ends together and tuck under loaf.

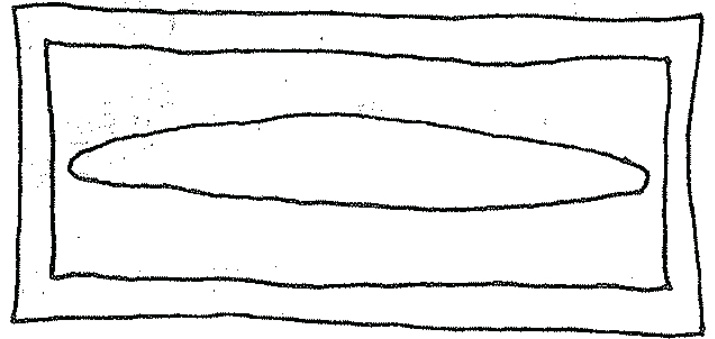


19. Repeat steps 12-18 to make the second Shabbat hallah.

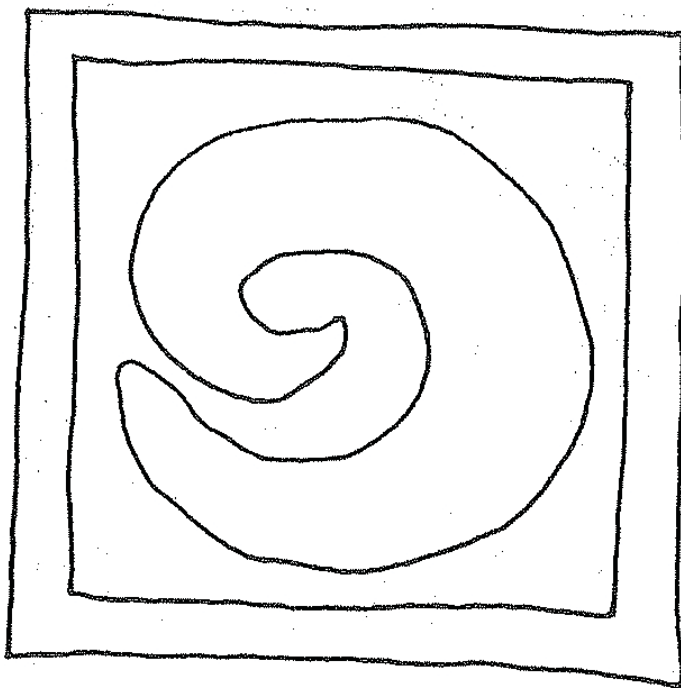
For a Rosh ha-Shanah Hallah



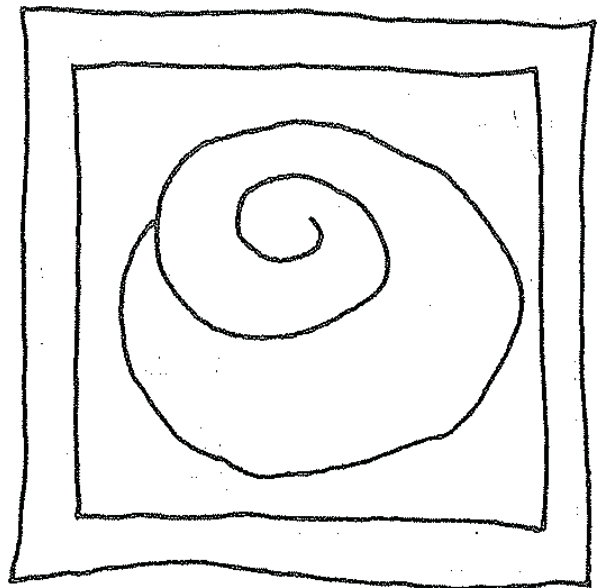
20. Roll half the dough into a thick rope about 2 inch thick and 12 inches long.



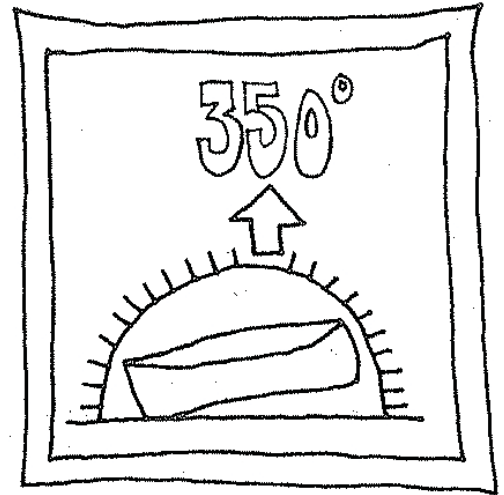
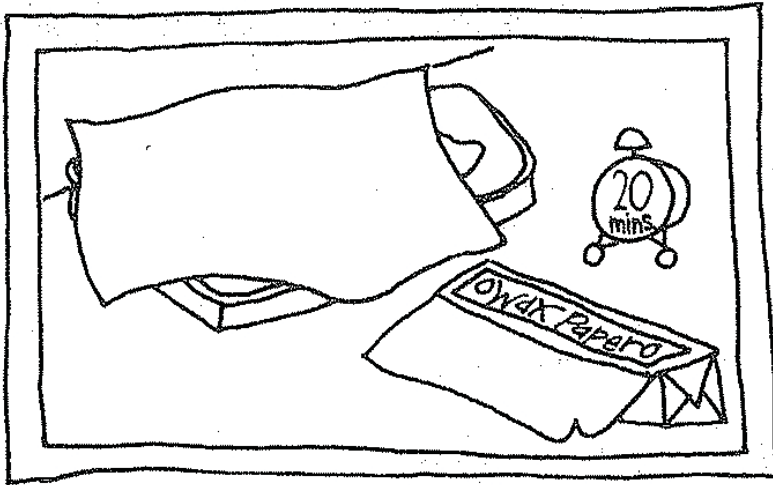
21. The rope should be formed to look like this.



22. Form into a spiral.



23. Tuck the end under loaf. When done, go on to step 24.

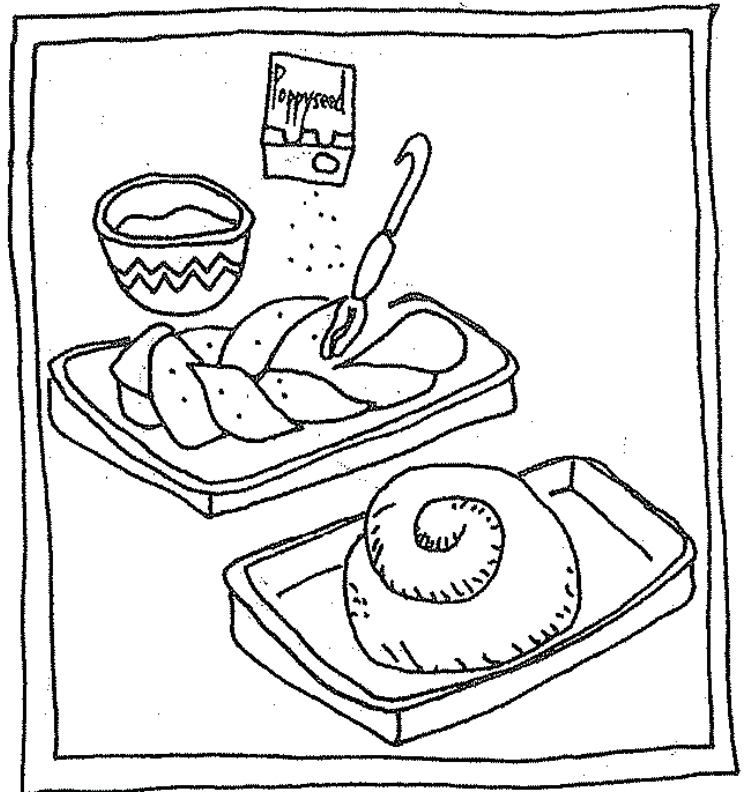


24. Cover shaped loaves with wax paper.
Set dough in warm place to rise, until
double in size, for 20 minutes.

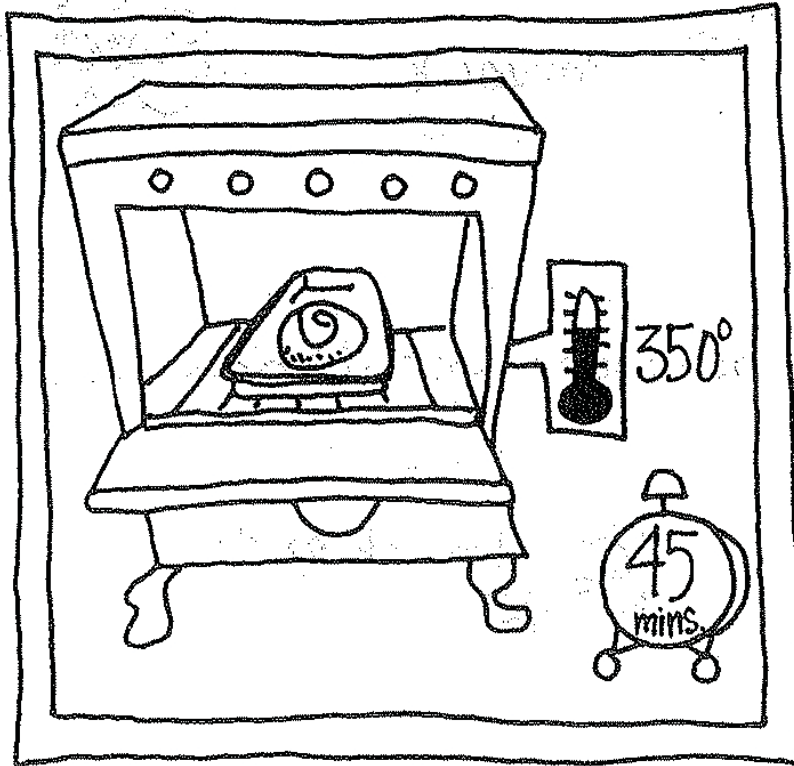
25. Preheat oven to 350°.



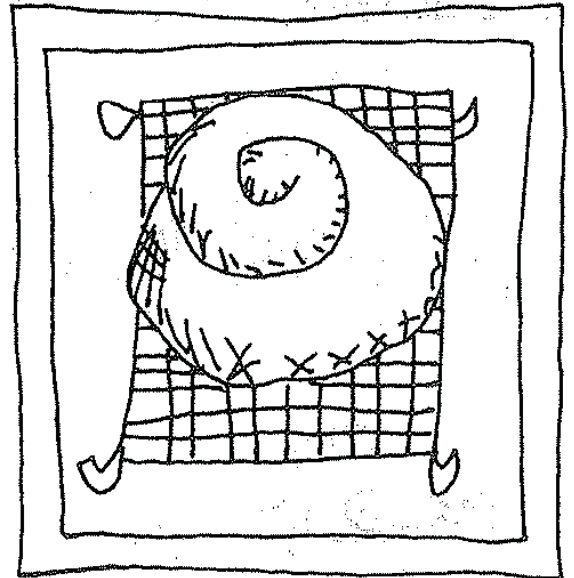
26. To prepare the glaze,
break a whole egg into
a bowl and beat well.



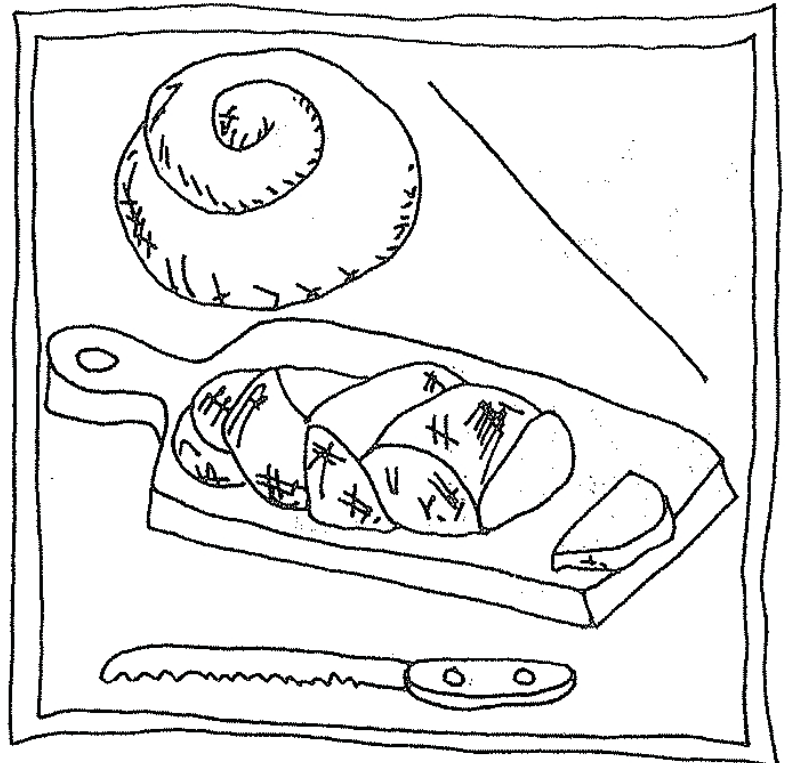
27. When dough has doubled in
size, remove wax paper. Brush
beaten egg over tops of loaves.
Sprinkle on poppy seeds.



28. Bake for 45 minutes at 350°, until bread is a rich, golden brown color. Lightly tap the loaves. They should sound hollow if they are done.



29. Then lift loaves onto wire racks to cool completely.



30. Serve and enjoy!