



YOUR GUIDE TO AN **INSPIRING DIY SHABBAT DINNER**

Interested in celebrating the joy and traditions of Shabbat with family and friends? This printable DIY guide from The Associated will help you plan a beautiful Shabbat dinner.

What is Shabbat?

Shabbat (Hebrew: שַׁבָּת also known as *Shabbos* or the *Sabbath*) is the cornerstone of Jewish life and is considered the Jewish day of rest and celebration. It begins every Friday afternoon before sunset and ends on the following evening after sunset. We welcome the Sabbath with candle lighting and prayers over *challah* and wine. We end Shabbat with a multisensory ceremony of *Havdalah*.

LOOKING FOR SOMETHING NEW? CHECK OUT THESE DELICIOUS RECIPES.

Linda A. Hurwitz's Challah Recipe

- 1 cup of warm water
- ¼ cup canola oil
- 2 eggs
- 1 teaspoon salt
- ½ cup sugar
- 3 teaspoons. vanilla sugar
- 4 1/2 cups bread flour esp. for bread machines
- 2 1/2 teaspoons yeast esp. for bread machines



1. In a bread machine, put ingredients in order. Press dough cycle, which should be 1 and ½ hours in machine. Remove dough.
2. Spray cookie sheet with canola spray. Divide dough in six equal balls. Take three at a time and roll out into logs about one foot long. Braid three logs into one challah and the other three into a second challah
3. Place both on sprayed cookie sheet and place a towel over to cover. Let sit for about two hours to rise.
4. Preheat oven to 350 degrees. Beat one egg and brush top of challah with egg wash. Then sprinkle cinnamon sugar on top of wash (can use poppy, sesame seeds, sunflower seeds, etc.).
5. Cook challah uncovered for 23 minutes.



Linda S. Elman's Israeli Salad

- 2 cucumbers
- 2 green peppers
- 2 tomatoes
- 2 scallions
- 3 pickles
- 2 tablespoons oil
- 4 teaspoons lemon juice
- 1 teaspoon salt
- Dash of pepper

1. Cut up all vegetables into small pieces.
2. Mix together all dressing ingredients and pour over vegetables. Marinate at least an hour before serving.



Keshet Zahar's* Maple Syrup Cake

- 3 eggs
- ½ cup oil
- 1/3 cup sugar
- ½ cup maple syrup
- 1 1/2 cups self-rising flour
- 1 full tablespoon cinnamon
- 1 tablespoon instant coffee powder
- For decoration: walnuts or sliced almonds

1. Preheat oven to 340°F.
2. In a bowl, add the eggs and start mixing. Mix in the oil and sugar, then mix in the maple syrup.
3. Add the rest of the ingredients and mix well.
4. In a baking pan, pour the mixture.
5. Bake the mixture in the oven for 25-30 minutes.
6. Decorate and enjoy the cake.

* Keshet Zahar was murdered on Saturday October 7 with her parents and her younger sister in their home in Kibbutz Nahal Oz. She was 20. She was friendly, curious about nature and loved animals. Her dog "Habibi" was also brutally murdered.

Keshet was a third-year student in the "Megama Le'Atid" program in Ashkelon, earning her cooking certificate with a specialty in hotels. This past *Sukkot*, a few days prior to her murder, she shared this maple syrup cake with her class.

BLESSINGS

In Jewish tradition, lighting candles at sundown on Friday is the last act of the workweek that carries us into Shabbat. Then before your meal, the first ritual is to say the blessing over wine/grape juice and then hamotzi over challah or bread.

The Shabbat Candle Blessings

Use your hands to shield your eyes from the flames and recite the blessing while your eyes are covered.

בְּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבַּת קֹדֶשׁ

Transliteration: Ba-ruch a-tah a-do-noi elo-hai-nu me-lech ha-o-lam ah-sheh ki-deh-shah-noo beh-mitz-voh-tahv veh-tzee-vah-noo leh-hahd-lik nehr shehl shah-baht koh-dehsh.

Translation: *Blessed are You, Lord our Gd, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbat.*

Blessing over the Wine/Grape Juice

The kiddush marks Shabbat as sacred time. Recite the blessing before sipping wine or grape juice.

בְּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

Transliteration: Ba-ruch a-tah a-do-noi elo-hai-nu me-lech ha-o-lam bo-rai pri ha-ga-fen

Translation: *Blessed are You, Lord our Gd, King of the Universe, Who creates the fruit of the vine.*

Blessing over the Challah

בְּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Transliteration: Ba-ruch a-tah a-do-noi elo-hai-nu me-lech ha-o-lam ha-mo-tzi le-chem min ha-a-aretz.

Translation: *Blessed are You, Lord our G-d, King of the Universe, Who brings forth bread from the earth.*

For other ways to celebrate Shabbat with meaning and song, check out these great resources:

- jewbelong.com/holidays/shabbat/shabbat-songs/
- myjewishlearning.com/article/9-things-you-didnt-know-about-shabbat/
- heyalma.com/a-nonbinary-jewish-prayer-book-for-everyone

EIGHT CONVERSATION STARTERS FOR THE SHABBAT TABLE

Here are some helpful conversation starters around each of the prayers from Brenda Footer, Senior Associate, Community Connections at Jewish Connection Network, an Associated agency.

On Light: Lighting the Shabbat Candles

1. Who is one person you want to send light to this week as we enter Shabbat?
2. How have you been a light to someone this week?

On Blessing the Child(ren)

3. What about your child(ren) are you eternally grateful for?
4. What is one thing you want to hold onto about your week with your child(ren)?

On Wine: Kiddush

5. What are some lifecycle events that have impacted you?
6. Why do you think wine is used at nearly every Jewish lifecycle event?

On Bread: Hamotzi

7. Our tradition teaches that more than three people coming together and breaking bread are considered to be experiencing a meal. What constitutes as a meal in your mind?
8. When was the last time you had a memorable meal? Where was it? What were the circumstances?



THE MEANING OF SHABBAT

By Rabbi Aaron Levitt, Executive Director, Jewish Educational Services, an Associated agency

The famous Zionist thinker, Ahad Ha'am (Asher Ginzburg) famously said "more than the Jews have maintained the Shabbat, the Shabbat has maintained the Jews." That statement has a lot of truth to it, not only on a national level, but on a personal and familial level as well.

When I sit around the Shabbat table with my family and friends, I feel a sense of

belonging, community, and joy. As we sing the songs, enjoy the feast, and engage each other in meaningful conversation, we put away all our devices and distractions and focus on each other. I bless my children and in so doing am reminded of all the blessings in my life. We share stories of the past and hopes for the future. And with this weekly ritual, perhaps without even realizing it, we pass on the

Jewish pride and identity generation after generation.

In a world that feels at times like it's spinning too fast, Shabbat is a sanctuary in time. Now more than ever, Shabbat can be an anchor that keeps us grounded, connected and uplifted.