

familytable

SIVAN 5781

THE SHAVUOS SPREAD



Brought to you by:



A few days after Pesach, we had a(n absolutely beautiful) family wedding. For a good few weeks, I was extremely busy pulling lots of details together, including making sure everyone had all the parts and pieces they needed for the wedding and the pre- and post-wedding events.

Actually, I wouldn't use the word "busy." I would say I had become hyper-focused on getting it all done. It was like living a high-stakes Tetris game. And since the big event was so close to Pesach, my lists kept growing.

A wedding is a deadline just like any other, except that it's a once-in-a-lifetime experience surrounded by other, smaller, but no less important experiences that all need to run smoothly. There was simply no room to get distracted.

And in the days leading up to the wedding, I didn't. (Which is probably why the production team may or may not have nudged me for this particular Shavuos supplement letter once or twice.) Once I was in that mode, it was hard for me to force myself to stop running and clear my mind to work on a deep-in-the-future grid or sit down and write a relevant letter. (I got it done in the end, as you see.)

Answering work questions, making layout suggestions, and tweaking font sizes are easy to fit in and out of. But where more thought is necessary, a split (and very tired) mind is just not going to work. Busy is my MO, but when you're this focused on one big thing, you can't focus on any other big things. The proof is in the pudding: even this letter is all about the big thing that I can't help but be pulled toward!

Sometimes I feel like I need to get into the "wedding planning" frame of mind more often — single-minded focus, one eye on the to-do list, one eye on the clock, not leaving much room for distractions. If you care that much about something, it grabs your attention, and everything else in your life gets viewed in relation to that one priority.

To me, this is the ultimate goal of Shavuos: shifting that laser-like focus to accepting and living the Torah without rationalization or distraction. Once that's mastered, fitting everything else in our lives around our true focus should be natural progression.

May we be *zocheh* to truly accept the Torah this year.

Chanie

CHANIE NAYMAN

Food Editor, Family Table
Editor in Chief, Kosher.com



FOOD EDITOR CHANIE NAYMAN
PRODUCTION ESTI VAGO, HADAS STERN
COPY EDITOR CHAYA BAILA LIEBER
PROOFREADER SHANA HALPERT
GRAPHIC DESIGN DEVORAH COHEN,
CHAYA PEREL NOJOWITZ
FOOD AND PROP STYLING RENEE MULLER
PHOTOGRAPHY HUDI GREENBERGER

FLORAL ART IN THIS SUPPLEMENT BY
LIBBY KLEIN ART, LIBBYKLEINART.COM,
LIBBY@LIBBYKLEINART.COM OR 917-881-4633

salmon scoops

MICHAL FRISCHMAN

*I've made a few variations of these for the magazine before, and honestly, they never get old.
If you come to me for a meal on Shabbos or Yom Tov, this is what you're getting!*

PAREVE
SERVES 6

● 1 bag Tostitos Multigrain Scoops

FISH

- 1 lb (450 g) salmon
- 1½ Tbsp white horseradish sauce (I use Gold's)
- 1 Tbsp honey
- 1½ tsp lime or lemon juice
- ½ tsp garlic salt or onion salt

RED CABBAGE SLAW

- 2 cups thinly sliced red cabbage
- ¼ cup cilantro, stems discarded, chopped roughly
- 1 Tbsp lime juice
- 1½ tsp red wine vinegar
- 1 Tbsp olive oil
- ¼ tsp salt

DRESSING

- ½ cup mayonnaise
- 1 tsp fish seasoning of choice
- 1 Tbsp water
- 1 tsp honey
- ¼ tsp salt

GARNISH

- pomegranate seeds
- beet sticks or vegetable chips (optional)

1. To make the salmon: Preheat oven to low broil and line a small baking dish with aluminum foil. Place salmon on foil. Combine horseradish sauce, honey, lime juice, and flavored salt, and coat salmon with the mixture. Broil for 5 minutes, then turn off oven and allow the salmon to sit in the closed oven for an additional 5–7 minutes or until just cooked through.
2. To make the slaw: Combine ingredients in a nonreactive bowl.
3. To serve: Flake the salmon. Lay out 20–25 whole scoops on a large platter or tray. Fill each one with some of the flaked salmon. Top with slaw, dressing, pomegranate seeds, and beet or vegetable sticks if desired. Serve immediately.

Tip

Multigrain scoops are crispier and don't get soggy as fast as the regular ones do.



lemon butter halibut

RIVKY KLEIMAN

This dish looks so elevated, yet it comes together in just minutes.

DAIRY

SERVES 4

- 1½ lbs (680 g) halibut fillet
- 1 Tbsp lemon juice
- onion powder, garlic powder, paprika, salt, and pepper, for seasoning
- 6 Tbsp butter, divided
- 1 small red onion, sliced
- 3 cloves garlic, crushed
- 1 red pepper, julienned
- 1 yellow pepper, julienned
- 1 orange pepper, julienned
- ⅔ cup dry white wine
- 2 Tbsp lemon juice
- 1 Tbsp chopped fresh parsley, plus more if desired
- kosher salt, to taste
- black pepper, to taste



1. Preheat oven to broil.
2. Pat fish dry. Brush with lemon juice and season with spices. Place in a 9x13-inch (20x30-cm) baking pan. Cut 3 Tbsp butter into little pieces and place on the fish. Broil for 7 minutes. Remove from oven and set aside to cool.
3. In a large frying pan, heat remaining 3 Tbsp butter. Add red onion and garlic. Sauté for 4 minutes, stirring occasionally. Add peppers and sauté 4 more minutes. Add wine, lemon juice, parsley, salt, and pepper. Bring to a boil. Boil for 3 minutes, then remove from heat.
4. Pour sauce over fish. If desired, season with additional salt and pepper and fresh parsley.



salmon veggie duo

BRYNIE GREISMAN

Colorful, easy, and full of flavor.

PAREVE
SERVES 4

- 4 thick salmon fillets
- 1 full Tbsp dehydrated vegetables (see note)
- 1 tsp Montreal steak seasoning
- 1 Tbsp honey
- 1 full tsp Dijon mustard
- 1 Tbsp olive oil
- salt and pepper, to taste

VEGETABLE LAYER

- 1 medium carrot, diced
- 1 medium zucchini, diced (see tip)
- 1-2 Tbsp olive oil
- salt, to taste

1. To make the vegetable layer, bring a small amount of water to boil in a saucepan. Add diced carrots and cook for 5 minutes. Add diced zucchini and cook for 2 minutes, or until al dente. Drain thoroughly. Add olive oil and salt. Lay on the bottom of a medium-sized pan lined with parchment paper.
2. Preheat oven to 350°F (175°C). Place salmon fillets on top of the veggies. Combine the dehydrated vegetables with the rest of the seasonings. Spoon on top of each piece of fish, covering it well. Bake for 10 minutes. Raise temperature to broil and broil for 10 minutes, until brown and crispy. Remove from oven. Cover the pan with foil so the fish can steam a bit. Serve on a bed of veggies.

Tip

If using light green zucchini, peel it, since the peel can be bitter. For a vibrant look, you can use half dark green and half yellow zucchini. Scrub first and then dice. You can omit the vegetable layer, if desired, and proceed with the fish.

Note

In the US, dehydrated veggies are usually sold in the spice section, to be added to soups. In Israel, they're sold as a flavor enhancer for rice. They add a delicious concentrated depth of flavor. If not available, you can sub with dehydrated onions.



trio of grilled skewers

RECIPE AND PHOTO BY MIRIAM (PASCAL) COHEN

This is one of my go-to appetizers for a Yom Tov meal. It's endlessly versatile, looks great on the plate, and is a portion-controlled way to ensure that people save room for the main. Using tiny tabletop hibachi grills (see tip) is definitely optional, but a really fun and interactive way to let people heat up their own appetizer. I've been doing it this way for years, and it's become a family tradition on Shavuos!

MEAT

YIELD VARIES, DEPENDING ON HOW MUCH MEAT/CHICKEN YOU USE

- 1–3 lb (450 g–1.36 kg) sandwich steaks, cut in long, thin strips (see note)
- 1–3 lb (450 g–1.36 kg) chicken cutlets, cut in long, thin strips (see note)

SWEET AND TANGY WINE MARINADE

- 2 Tbsp raspberry jam
- 2 Tbsp dry red wine
- 1 Tbsp maple syrup
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp ground mustard
- $\frac{1}{2}$ tsp dried sage

CITRUS AND GARLIC MARINADE

- $\frac{1}{4}$ cup fresh-squeezed orange juice
- 1 Tbsp fresh-squeezed lemon juice
- 1 Tbsp fresh-squeezed lime juice
- 2–3 cloves garlic, minced
- 1 Tbsp olive oil
- 1 tsp chili powder
- $\frac{1}{2}$ tsp kosher salt

PINEAPPLE-GINGER MARINADE

- $\frac{1}{3}$ cup pineapple juice
- 2 cubes frozen ginger
- 1 tsp soy sauce
- 1 Tbsp brown sugar
- 1 Tbsp lime juice

1. Combine all ingredients of your chosen marinade in a container or ziplock bag. Shake to combine. Add chicken or meat. Marinate for at least two hours, up to overnight.
2. Thread meat or chicken onto skewers.
3. For meat: Using a broiler or grill pan, grill for 1–2 minutes per side, until cooked to your desired doneness.
4. For chicken: Using a broiler or grill pan, grill for about 4 minutes per side, depending on thickness, until cooked through.

Note

This is a mix-and-match recipe, which makes it even more fun! Each of these marinades can be used for either chicken or meat. You can make one, two, or three of them. You can plate the trio individually or on a platter. Use more or less chicken or meat for each marinade, depending on what you need and how many marinades you'll be making. No matter how you serve it, this appetizer will be a huge hit!

Tip

For a really fun and interactive start to a seudah, I like to serve these with mini tabletop grills. Because the grills are Sterno powered, the flame goes off after a little while, making it perfect for Yom Tov. And letting people have fun grilling their skewers serves a hidden benefit: you can plate them room temperature and let everyone reheat their own food. (I know, so practical!) Note that using these grills does not affect the cook time. The skewers are fully cooked before being served, and the grill just adds a nice char flavor and heats them up.

The grills I use are Update International brand, model HG-35/CI, available on Amazon and at restaurant supply stores.



green machine spring salad

CHAIA FRISHMAN

Yeah, this title doesn't exactly scream "classy," but when I thought of my favorite produce, that's what came to mind! I'm not a big fan of cheese in my salad, but this dressing seemed like a good way to make it Shavuos friendly and, of course, stay in the color scheme.

PAREVE
SERVES 4

- 4 cups baby spinach
- $\frac{1}{2}$ cup cooked edamame
- $\frac{1}{2}$ cup sliced kirbies (sliced into half-moons)
- $\frac{1}{2}$ cup sliced kiwi (sliced into half-moons)
- $\frac{1}{4}$ cup chopped pistachios

DRESSING

- 1 Tbsp fresh lime juice
- $\frac{1}{2}$ tsp lime zest (you can add a bit more for a nicer color)
- 15–6-oz (140–170-g) container plain Greek yogurt
- 1 Tbsp honey



1. Divide the spinach among four plates. Divide edamame, kirbies, and kiwi and arrange on top of spinach.
2. Mix dressing ingredients. Drizzle dressing over the salad on each plate. (You'll probably have some left over.) Sprinkle pistachios on top.

Note

This dressing is great on salmon too!



creamy dairy-dressed salad

FAIGY GROSSMAN

When my daughter came home from a Shalosh Seudos meal raving about a dairy-dressed salad that was out of this world, I knew I had to get the recipe. Seems a sister-in-law got it from an old neighbor, who got it from a friend... the typical merry-go-round journey that recipes often travel. With some tweaking and adjusting, I present a rich, savory, lettuce salad, dressed with a flavorful and thick dressing. Enjoy every bite!

DAIRY

SERVES 8-10

- 2 8-oz (225-g) pkgs shredded romaine lettuce
- 1 pint grape tomatoes, sliced in half, lengthwise
- 1 pint fresh button mushrooms, sliced
- 1 cup sliced hearts of palm
- 2 cups large onion-garlic croutons

CHEESE DRESSING

- 2 Tbsp vinegar
- 1 clove garlic, crushed
- $\frac{1}{4}$ cup shredded mozzarella cheese
- 3 Tbsp cottage cheese
- $\frac{2}{3}$ cup oil
- 2 tsp sugar
- 1 tsp salt



1. In a large salad bowl, combine all salad ingredients aside from the croutons.
2. In a medium-sized mixing bowl, combine dressing ingredients. Blend, using an immersion blender, until a smooth, thick consistency is reached. Pour dressing over salad and mix very well. (It's a thick dressing; be sure to mix well enough to coat vegetables.) Add in croutons, and toss to incorporate.

Note

This dressing keeps very well in the fridge.



velvety yellow lentil soup

CHAVI FELDMAN

I never actually tried a soup with yellow split peas before, but I sampled a similar recipe in Dubai's kosher restaurant, located in the tallest building in the world, the Burj Khalifa. When I got back home I just had to recreate it, and I think I truly got it! It has a smooth and creamy texture along with subtle hints of Arabian flavor. Now I don't need to travel 14 hours just to enjoy this soup!

PAREVE

SERVES 8-10

- 1 16-oz (450-g) bag yellow split peas
- 1 large onion, diced
- 1 Tbsp oil
- 2 yellow squash, cubed
- 1 carrot, diced
- 1 small parsnip, diced
- 8 cups chicken soup (or pareve chicken consommé)
- 2 tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1–2 tsp cumin
- 2 tsp lemon juice
- fresh spinach leaves, for garnish
- onion-garlic croutons, for garnish

1. Place split peas in a large bowl. Pour boiling water over the peas and cover by several inches. Soak for at least one hour, or even overnight.
2. In a large pot, sauté onion in oil until soft and golden. Add squash, carrot, and parsnip and sauté an additional 10–15 minutes. Add chicken soup, soaked split peas, salt, pepper, and cumin. Bring to a boil and lower heat, simmering for at least an hour and a half, or until peas have disintegrated. Add lemon juice and blend with an immersion blender until smooth and creamy.
3. To serve, ladle hot soup into bowls and top each portion with several fresh spinach leaves, mixing gently. They will wilt slightly from the heat. Add a handful of croutons to each bowl and serve immediately.

Note

This freezes well, but you may need to add some additional chicken soup when reheating if the soup gets too thick.



mini caprese waffle bites

FAIGY GROSSMAN

These ultra-tasty bites are loaded with fresh mozzarella, avocado, and roasted tomatoes, piled upon a crisp waffle crust for a gourmet Shavuos appetizer or side. I included a kid-friendly version of “pizza waffle bites” for those customers with a less sophisticated palate; they are delicious as well and you may want to double these recipes, as they’ll all be gone before you blink!

DAIRY

YIELDS 20 MINI CAPRESE BITES AND
20 MINI PIZZA BITES

- 20 grape tomatoes, halved
- 5 frozen square waffles, each cut into 4 mini squares
- 4 Tbsp butter, melted
- 1 cube frozen garlic
- salt, for sprinkling
- 1½ ripe avocados, sliced
- 8 oz (225 g) fresh mozzarella, cut into 20 slices
- ½ cup coarsely chopped fresh basil leaves
- 1 cup balsamic vinegar
- 2 Tbsp confectioners’ sugar

PIZZA BITES

- 5 frozen square waffles, each cut into 4 mini squares
- 2 Tbsp butter, melted
- 1 cube frozen garlic
- ¼ cup pizza sauce
- 2 Tbsp ketchup
- 1 tsp Italian seasoning
- ½ tsp salt
- 2 vine-ripened tomatoes, chopped
- ½ cup shredded mozzarella cheese
- dried basil, for sprinkling

1. For the caprese bites: Preheat oven to 400°F (200°C).
2. Place tomato halves onto a lined baking sheet, spray with cooking spray, and roast until beginning to shrivel, about 10 minutes. Remove from oven and set aside.
3. Place waffle squares on a lined baking sheet. Combine butter and garlic and brush waffle squares generously with the mixture. Layer each waffle as follows: a slice of avocado, two tomato halves, a slice of cheese, and some chopped basil. Bake at 400°F (200°C) for 10 minutes.
4. While the waffles are baking, prepare balsamic reduction: Boil vinegar in a small pot for about 20 minutes, or until reduced and slightly syrupy. Add confectioners’ sugar and mix to combine. Remove reduction from heat and allow to cool. Remove waffles from oven and drizzle with balsamic reduction. Serve warm.
5. For the pizza bites: Preheat oven to 375°F (190°C).
6. Place waffle squares on a lined, greased baking sheet. In a small bowl, combine butter and garlic; brush over waffles. Combine pizza sauce, ketchup, Italian seasoning, and salt and spoon over waffles to fill surfaces. Sprinkle with chopped tomatoes, then cheese and basil. Bake for 10 minutes or until cheese is beginning to melt, and then broil for an additional 3–4 minutes, until tops are golden and bubbly. Serve hot.



mushroom asparagus pasta

MICHAL FRISCHMAN

Super easy and a great fill-in side dish to add to any meal. If serving with dairy, skip the soy sauce and add $\frac{1}{2}$ cup cream or cream cheese (yes, you heard me) instead!

PAREVE

SERVES 6-8

- 1 lb (450 g) bucatini or perciatelli
- 2 Tbsp olive oil
- 16 oz (450 g) cremini mushrooms, sliced
- salt, to taste
- 3 cloves garlic, minced
- 8 oz (225 g) frozen asparagus
- $\frac{1}{4}$ cup soy sauce

1. Prepare pasta according to package instructions.
2. Meanwhile, in your largest skillet, heat olive oil and sauté mushrooms until well browned. Season with a pinch of salt. Add garlic and asparagus and cook until asparagus is cooked through, about 5 minutes.
3. Once pasta is done, reserve $\frac{1}{4}$ cup pasta water and drain. Add pasta to the skillet along with reserved water and soy sauce. Allow to cook together for 2 minutes to combine flavors.
4. Serve warm or cold.



roasted veggie ravioli lasagna

CHAVI FELDMAN

This delectable lasagna is chock-full of flavorful veggies and makes the perfect dish for a crowd. Shhhh, don't tell, but I took some shortcuts to keep prep to a minimum. I bought pre-chopped veggies and used ready-made ravioli as the noodles, so there was no pre-boiling necessary. I also doctored up a bottled pizza sauce by adding a couple of extra ingredients to make it taste homemade! So go ahead and enjoy this quick and easy way to add a gourmet dish to your Yom Tov table.

DAIRY

SERVES 10–12

- 2 oz (55 g) sliced baby portobello mushrooms (about 4 cups)
- 12 oz (340 g) 1x1-inch diced zucchini, with peel (about 2 cups)
- 12 oz (340 g) 1x1-inch diced red, orange, and yellow peppers (about 2 cups)
- 2 Tbsp olive oil
- $\frac{3}{4}$ tsp salt
- black pepper, to taste
- oregano, for sprinkling
- 2 14-oz (400-g) pkgs precooked cheese-filled ravioli
- 2 cups coarsely chopped fresh spinach leaves
- 18-oz (225-g) bag shredded mozzarella cheese
- 2 Tbsp grated Parmesan cheese



SAUCE

- 1 Tbsp butter
- 3 cloves garlic, crushed
- 24 oz (680 g) pizza sauce (I used Tuscanini)
- $\frac{3}{4}$ cup heavy cream
- salt and pepper, to taste

1. Preheat oven to 425°F (220°C). Place vegetables in a large bowl and drizzle with olive oil. Season with salt and pepper and toss to coat.
2. Spray a baking sheet with cooking spray. Spread vegetables in an even layer onto the baking sheet and sprinkle lightly with oregano. Roast for about 40–45 minutes in the center of the oven until edges begin browning slightly.
3. While vegetables are roasting, prepare the sauce by melting the butter in a medium saucepan. Add garlic and stir gently until lightly browned and fragrant. Add pizza sauce and heavy cream. Season with salt and pepper to taste. Cook until heated through.
4. Lower oven temperature to 350°F (175°C).
5. To assemble the lasagna, spread about one-third of the sauce onto the bottom of a 9x13-inch (20x30-cm) pan. If you're using frozen ravioli, make sure to defrost completely before assembling. Using one entire package for the bottom layer, place the ravioli into the sauce, lining them up in even rows, overlapping slightly, taking care to cover the entire pan. Spoon half of the roasted vegetables over the ravioli and sprinkle one cup of spinach leaves on top. Top with half of the shredded cheese and sprinkle with 1 tablespoon of Parmesan cheese. Repeat with the second package of ravioli and remaining vegetables and spinach. Pour the remaining two-thirds of sauce over the spinach leaves and top with both cheeses.
6. Place pan into the oven and bake covered for about 35–40 minutes, until cheese is fully melted. Uncover and return to the oven. Broil for an additional 3–4 minutes or until cheese is bubbly and slightly browned. Serve immediately.

Tip

To assemble in advance, prepare until ready to bake and keep refrigerated for up to one day before baking.



spinach and feta stuffed mushrooms

NAOMI NACHMAN

These are my favorite ingredients all rolled up into one fantastic dairy recipe for Shavuos. My family loves feta cheese in salads, with pasta, or with this winning combo of spinach and mushrooms. Serve this dish with a nice chilled Late Harvest Riesling. The saltiness of the feta and the sweetness of the wine are a perfect marriage of flavors.

DAIRY
SERVES 8

- 8 portobello mushrooms, cleaned and gills removed
- 1 cup cherry tomatoes on the vine
- 1 Tbsp olive oil
- salt and pepper, to taste
- $\frac{1}{4}$ cup panko crumbs
- 1 Tbsp chopped fresh parsley
- 2 Tbsp Parmesan cheese

STUFFING

- 2 Tbsp olive oil
- 1 medium onion, diced
- $1\frac{1}{2}$ tsp kosher salt, divided
- 2 cloves garlic, minced
- 2 Tbsp butter
- 1 24-oz (680-g) bag frozen chopped spinach, defrosted
- $\frac{1}{2}$ cup heavy cream
- black pepper, to taste
- 8 oz (225 g) feta cheese, drained and crumbled

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and coat with cooking spray.
2. Place portobello mushroom caps and tomatoes on baking sheet; drizzle with 1 Tbsp olive oil and season with salt and pepper. Roast for 15 minutes. Set aside. Do not turn off oven.
3. In a small bowl, combine panko, parsley, and Parmesan cheese. Set aside.
4. Meanwhile, prepare the stuffing: Heat olive oil over medium heat in a large frying pan. Add onion and $\frac{1}{2}$ tsp salt, and sauté for 5–8 minutes, until lightly browned.
5. Add garlic and butter and sauté for an additional 2–3 minutes. Add spinach and cook until the liquid cooks off, about 5–8 minutes.
6. Add heavy cream and season with remaining 1 tsp salt and pepper. Stir in feta and roasted tomatoes.
7. Divide the stuffing among the portobello mushroom caps and top with the seasoned panko mixture. Return to oven and roast for 15 minutes.



caramelized onion and spinach soufflé

BRYNIE GREISMAN

Caramelizing the onions adds a natural sweetness to this soufflé. The custardy texture and flavor mimic a dairy quiche. It's so good, we even ate it cold!

PAREVE
SERVES 8

- 19-inch (23-cm) deep dish pie crust (if using your own pie crust, prebake for 10 minutes)

VEGETABLE FILLING

- $\frac{1}{4}$ cup olive oil
- 4 medium/large onions (approximately 2 lbs/910 g), quartered and sliced thinly
- 2 cloves garlic, crushed
- 2–4 oz (55–110 g) fresh spinach, finely chopped
- salt, pepper, and nutmeg to taste

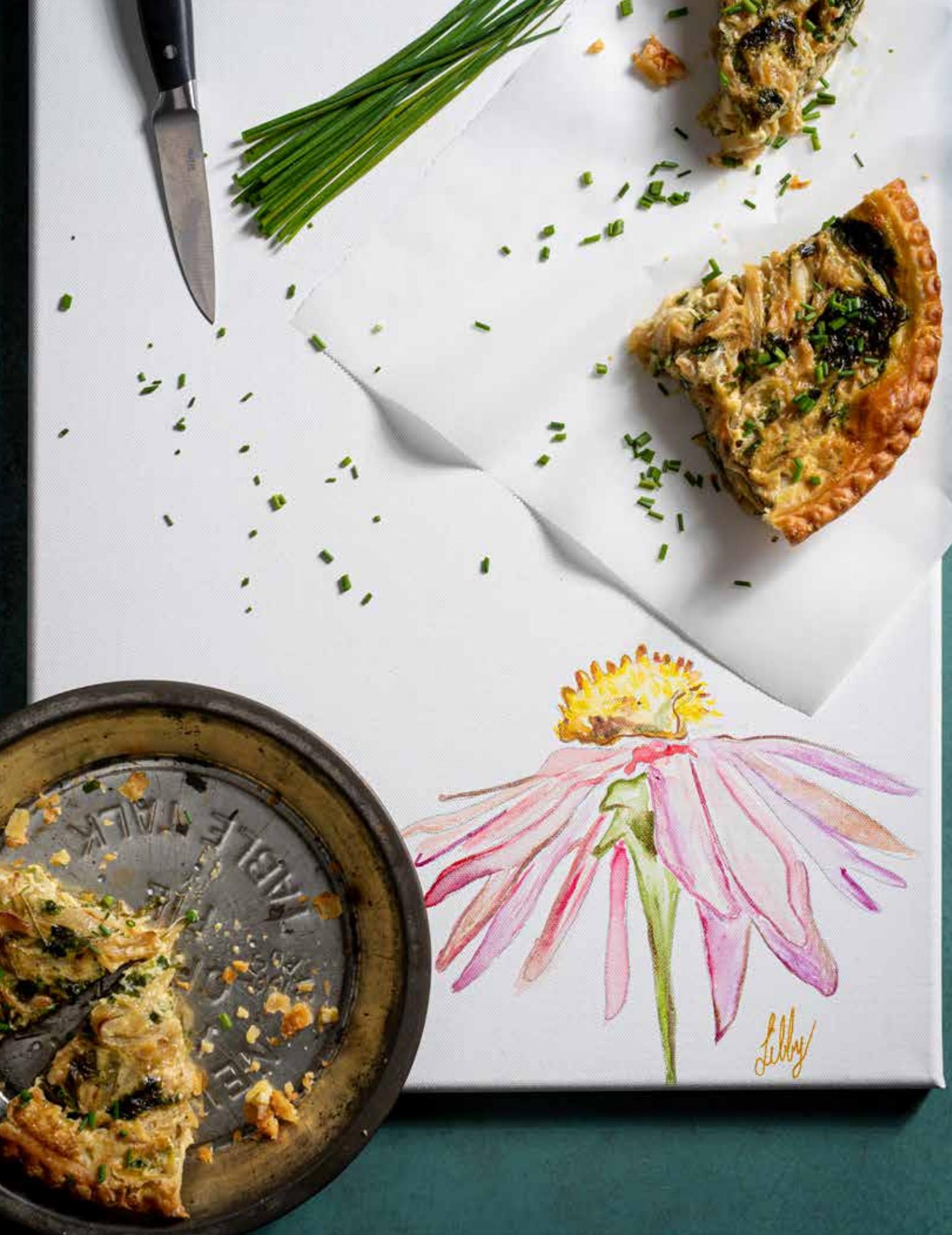
CUSTARD

- 113.5-oz (400-ml) can coconut milk (approximately $1\frac{1}{2}$ cups), refrigerated
- 3 eggs
- salt and pepper, to taste (be generous)
- pinch nutmeg
- chopped fresh chives (optional), for garnish

1. To make the filling: Heat oil in a large frying pan. Add onions and sauté over medium-low flame for one hour, stirring occasionally. Add the garlic and sauté 2–3 more minutes, turning up the heat for the last minute. Fifteen minutes before the end, preheat oven to 350°F (175°C).
2. Remove the onions from the heat and add the spinach and seasoning. Mix together well. Pour into the pie crust.
3. To make the custard: Whisk coconut milk, eggs, and seasonings together and carefully pour over the onion layer. Garnish with chives if desired.
4. Bake for 40–45 minutes, or until done. Let sit for a few minutes to set before serving.

Note

If using your own pie dough, I recommend making this in a greased Pyrex round dish.



lamb with figs

CHAYA SURI LEITNER

With all the Yom Tov meals, I like to switch up my meats. This recipe is not the typical Yom Tov meat you may be used to, which makes for a nice change.

MEAT

SERVES 4

- 4 lamb shanks
- oil, for frying
- 2 shallots, sliced
- 5 cloves garlic, roughly chopped
- 1 Tbsp tomato paste
- 2 cups dry red wine
- 1 cup chicken broth
- ½ cup chopped dried figs
- fresh mint, for garnish

SPICE MIX

- 1 Tbsp salt
- 1 Tbsp smoked paprika
- ¼ tsp coriander
- ¼ tsp cumin
- ¼ tsp cinnamon
- ¼ tsp black pepper

1. Preheat oven to 300°F (150°C).
2. Mix the spices in a small bowl and season the lamb shanks with the mix.
3. Heat a skillet with some oil. Add the seasoned lamb shanks (work in batches if needed) and brown about 5–8 minutes on each side.
4. Place the lamb shanks into an oven-safe dish.
5. Add the shallots and garlic to the skillet and sauté for about 5 minutes. Add the tomato paste, wine, broth, and figs to the skillet and bring to a boil.
6. Pour the sauce over the lamb and cover the pan tightly. Transfer the pan to the oven and cook for 4–5 hours or until the meat is falling-off-the-bone soft.
7. Best served over mashed potatoes or couscous. Garnish with fresh mint.

Note

Consult with your rav on how to check figs for bugs.



raspberry-glazed chicken steaks

RIVKY KLEIMAN

This delicacy can also be made more cost-effective by switching to standard cutlets. It will be enjoyed any time and any place.

MEAT

SERVES 6-8

- 6-8 chicken steaks
- onion powder, garlic powder, kosher salt, and chili powder, to taste

RASPBERRY GLAZE

- 1 12-oz (340-g) jar raspberry jam
- 3 heaping tsp brown sugar
- 3 heaping tsp ketchup
- 3 heaping tsp onion soup mix
- 2 heaping tsp yellow mustard

1. Preheat oven to 400°F (200°C).
2. Season chicken steaks with the spices and lay on a parchment-lined baking sheet.
3. In a small bowl, whisk together the raspberry glaze ingredients. Spoon evenly over chicken steaks.
4. Bake for 20-25 minutes, or until done.



green beans with sweet 'n pungent sauce

BRYNIE GREISMAN

To simplify this dish, I used frozen string beans. The sauce mimics the flavors of Chinese cuisine. It's sweet and savory with a bite to it, and can be used on noodles, in a stir fry, or even as a dipping sauce for grilled chicken. Personalize it to your liking.

PAREVE
SERVES 8

- 8 oz (225 g) extra-fine frozen green string beans
- 8 oz (225 g) extra-fine frozen yellow string beans (if unavailable, use 16 oz green string beans)

SAUCE

- 3 Tbsp soy sauce
- 1 Tbsp each balsamic vinegar and apple cider vinegar
- $\frac{1}{2}$ -1 Tbsp white vinegar
- 1 Tbsp sesame oil
- 1 Tbsp fresh ginger, minced
- 2 Tbsp brown sugar
- 1 Tbsp chili sauce
- scant $\frac{1}{4}$ tsp crushed red pepper flakes (more if you like it spicy)
- 1 clove garlic, crushed, or $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ Tbsp honey
- $\frac{1}{2}$ Tbsp chicken soup mix, dissolved in $\frac{1}{2}$ cup water
- 1 Tbsp cornstarch
- natural or toasted sesame seeds, for garnish

1. In a medium-sized pot, bring a small amount of salted water to a boil. Add both types of string beans and bring to a boil again. Reduce heat. Cook for 2-3 minutes or until desired doneness is reached. Don't overcook. Drain string beans and set aside.
2. Meanwhile, prepare the sauce: In a small pot, place all sauce ingredients aside from the dissolved chicken soup and cornstarch. Bring to a boil over medium heat, whisking all together. Combine chicken soup mixture with the cornstarch, stirring until dissolved. Add to the sauce and mix until it thickens, about 5 minutes, stirring occasionally. Pour over drained string beans.
3. Garnish with sesame seeds, if desired. Alternately, serve sauce separately from string beans.

Note

If you don't enjoy the pungent flavor of vinegar, put in just a drop. There's loads of flavor from all the other ingredients.



rainbow roasted vegetable tart

RECIPE AND PHOTO BY MIRIAM (PASCAL) COHEN

There's a candy company that famously uses the slogan "Eat the rainbow!" Well, let me tell you, you don't need candy to eat the most delicious rainbow. This roasted vegetable tart isn't just a showstopper for your Yom Tov meals — it's packed with flavor too!

PAREVE
SERVES 8

- 1½ large (10x15-inch/26x38-cm) puff pastry sheets
- 1 lightly beaten egg, for brushing

ROASTED VEGETABLES

- 1 small zucchini
- 1 small yellow squash
- 1 red pepper
- 1 orange pepper
- 1 red onion
- 1 sweet potato, peeled
- 2 Tbsp olive oil
- 1 tsp kosher salt
- ¼ tsp black pepper

GARLIC-DILL SAUCE

- ½ cup fresh dill, finely chopped
- 3–5 cloves garlic, minced
- 1 tsp kosher salt
- 1 Tbsp balsamic vinegar
- 2 tsp honey
- 1 cup mayonnaise

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper and set aside.
2. Prepare the roasted vegetables: Slice all vegetables and place on prepared baking sheet. Add oil, salt, and pepper. Toss to coat everything evenly.
3. Place in oven and roast for 40 minutes. Set aside to fully cool.
4. Prepare garlic-dill sauce: Combine all ingredients in a small bowl. Mix to combine.
5. Assemble the tart: Lower oven temperature to 375°F (190°C). Line a baking sheet with parchment paper and set aside.
6. Roll the full puff pastry sheet out to take up as much of a baking sheet as possible. Place on prepared baking sheet. Spread a generous layer of garlic-dill sauce over the entire surface of the puff pastry. If desired, lightly roll remaining half sheet of puff pastry. Cut 1-inch (2½-cm) strips to fit the length of each side of the tart. Set aside.
7. Arrange roasted vegetables over the surface of the tart, leaving about a ¼-inch (½-cm) border around the edge. Place prepared strips of puff pastry around the edge, adhering the strips to the empty pastry area. Brush well with egg.
8. Bake for about 35 minutes, until top crust is golden brown. Serve with remaining garlic-dill sauce.

Plan Ahead

Roasted vegetables can be prepared a day or two ahead of time. Garlic-dill sauce can be prepared ahead and stored in the fridge for up to a week. Prepared tart can be reheated up to a day or two. Reheat uncovered until warmed through.

Note

You'll have some leftover vegetables. You can eat them as is, or add to a salad to really elevate it. You can make extra garlic-dill sauce to use as a dressing for the salad as well. Two recipes in one!



caramelized onion, pastrami, and gnocchi bake

RECIPE AND PHOTO BY MIRIAM (PASCAL) COHEN

A while back, I came across a sheet-pan gnocchi recipe from NY Times Cooking. Curious about the method of baking gnocchi without boiling it first, I immediately tried my own version. We were astounded by how delicious it was, and how amazing the gnocchi texture was. I've been playing around with different ideas since, and this bake with caramelized onions and pastrami is the perfect Yom Tov side dish.

MEAT

SERVES 6-8

- 3 Tbsp oil
- 3 onions, sliced
- 1 tsp kosher salt
- 3 cloves garlic, minced
- 2 Tbsp brown sugar
- $\frac{1}{2}$ tsp black pepper
- 6-8 oz (170-225 g) shredded or sliced pastrami (see note)
- $\frac{1}{2}$ cup red wine (I use dry)
- 1 $\frac{1}{2}$ cups chicken or vegetable broth
- $\frac{1}{2}$ tsp dried thyme
- 2 Tbsp honey
- 112-oz (340-g) pkg frozen gnocchi, uncooked

1. Heat oil in a large, deep frying pan over medium-high heat. Add onions and salt. Cook, stirring occasionally, for about 10 minutes, until softened and translucent.
2. Turn heat to low. Add garlic, brown sugar, and black pepper. Stir to combine.
3. Continue to cook on low for at least 30 minutes, preferably 1-2 hours, until the onions are a deep golden-brown color. The longer they cook, the better the dish will taste.
4. Add shredded or sliced pastrami, wine, broth, thyme, and honey. Bring to a boil and then simmer on low for about 5 minutes. Taste and adjust salt and pepper as desired.
5. Preheat oven to 400°F (200°C). Grease a 9x13-inch (20x30-cm) baking dish with cooking spray.
6. Place frozen gnocchi into prepared baking pan. Add onion-pastrami sauce and stir to combine.
7. Bake uncovered for 35 minutes.

Note

You have two choices for the pastrami in this recipe. My preferred method is shredded navel pastrami. While it needs to cook for a while, it's completely hands-off. Simply buy a chunk of pastrami (often sold for cholent) and place inside the bag it comes in inside a slow cooker filled with water. Cook on medium for a few hours, until the meat is soft. Once cool enough to handle, shred the meat and use in this recipe. A one-pound piece of pastrami will yield the correct amount for this recipe.

The simpler method, if you want to save some time, is to buy a package of pastrami deli. Slice thinly and use in this recipe. For best results, add to caramelizing onions about half an hour before you add the other ingredients.

Plan Ahead

Sauce can be prepared ahead of time and frozen. Gnocchi bake can be made 2-3 days ahead of time, then rewarmed, uncovered, until heated through.



lace-cookie-dressed brownies

RIVKY KLEIMAN

A fabulous, Yom Tov-worthy finale. Who can resist brownies with rum-laced whipped cream?

PAREVE

SERVES 10

LACE COOKIES

- 1 cup flour
- 1 cup chopped walnuts
- $\frac{1}{2}$ cup (1 stick) margarine
- $\frac{1}{2}$ cup dark brown sugar
- $\frac{1}{2}$ cup light corn syrup
- 1 tsp vanilla extract
- 3 $\frac{1}{2}$ oz (100 g) good-quality chocolate, such as Noblesse

BROWNIES

- 1 cup (2 sticks) margarine
- $2\frac{1}{4}$ cups sugar
- $1\frac{1}{4}$ cups cocoa powder
- $\frac{1}{2}$ tsp salt
- 1 tsp baking powder
- 1 Tbsp vanilla extract
- 4 eggs
- $1\frac{1}{2}$ cups flour

RUM-FLAVORED WHIPPED CREAM

- $\frac{1}{4}$ cup pareve whipping cream
- 1 Tbsp confectioners' sugar
- $\frac{1}{2}$ tsp rum

1. To prepare the lace cookies: Preheat oven to 350°F (175°C). Line three baking sheets with parchment paper.
2. In a small bowl, mix the flour and nuts. In a 3-quart saucepan, melt the margarine, brown sugar, and corn syrup. Heat until bubbly. Remove from heat. Stir in the vanilla and then the flour and nut mixture.
3. Drop the mixture by the teaspoon onto the prepared baking sheets. Leave space between them, as they will spread. Bake for 8 minutes. Cool completely.
4. Melt the chocolate and drizzle over the cooled cookies.
5. To prepare the brownies: Preheat oven to 350°F (175°C). Lightly grease a 9-inch (23-cm) round tart pan.
6. In a 3-quart saucepan, melt the margarine. Add sugar and stir to combine. Return mixture to heat until hot. Remove from heat and stir in cocoa, salt, baking powder, and vanilla. Add the eggs and whisk until smooth. Add flour and whisk until smooth. Transfer batter to the prepared tart pan. Place the pan on a baking sheet and bake on the center rack of your oven for 28–30 minutes.
7. Allow brownies to cool. Lift out of tart pan.
8. To prepare the whipped cream: Beat pareve whipping cream until soft peaks form. Add confectioners' sugar and rum and continue to beat until combined.
9. Transfer whipped cream to a piping bag. Pipe rosettes of whipped cream around the brownies (or just use a spoon to dollop the whipped cream instead). Lean lace cookies on the whipped cream mounds. Serve at room temperature.

Tip

If you're short on time, just use a box of brownie mix, prepared according to package instructions.



cinnabun cookie

RIVKY KLEIMAN

These cookies are not just a cookie. They are truly an experience.

DAIRY

YIELDS 24 COOKIES

- $\frac{3}{4}$ cup (1½ sticks) butter, room temperature
- $\frac{1}{2}$ cup confectioners' sugar
- 1½ tsp vanilla extract
- $\frac{1}{2}$ tsp salt
- 1½ cups flour
- 3 Tbsp butter, melted

CINNAMON FILLING

- $\frac{1}{3}$ cup light brown sugar, packed
- 2½ tsp cinnamon
- $\frac{1}{8}$ tsp salt

1. In an electric mixer fitted with cookie paddles, cream butter, sugar, vanilla, and salt. Add the flour. Mix until dough comes together. Flatten dough into a disc, wrap in plastic wrap, and refrigerate for an hour until the dough firms up. If you leave it refrigerated overnight, allow the dough to soften until you can handle it.
2. Transfer the chilled dough to a lightly floured piece of parchment paper. Top with a second piece of parchment paper. Roll dough out into a 9x12-inch (20x30-cm) rectangle. Remove the top piece of parchment paper and brush melted butter over the dough.
3. In a small bowl, combine brown sugar, cinnamon, and salt. Spread mixture evenly over the dough.
4. Starting with the long edge, carefully roll the dough into a log (deli-roll style), making sure to seal tightly. Wrap log in parchment paper and freeze until firm.
5. Preheat oven to 350°F (175°C). Line two baking sheets with parchment paper.
6. Remove the log from the freezer. Unwrap and use a very sharp knife to gently cut into $\frac{1}{2}$ -inch (1-cm) slices. Lay cookies on prepared baking sheet. Bake for 12 minutes.



cinnabun cheesecake

RIVKY KLEIMAN

My inspiration for this cheesecake was the classic cinnamon bun. I honestly think it's the best piece of cake I've ever had. Need I say more?

DAIRY

SERVES 10-12

- 1 recipe Cinnabun Cookies, for crust and topping
- cinnamon, for sprinkling (optional)

CINNAMON FILLING

- 1 cup light brown sugar, packed
- 1 Tbsp cinnamon
- 6 Tbsp flour
- 6 Tbsp butter, melted

CHEESECAKE FILLING

- 4 8-oz (225-g) bars cream cheese, room temperature
- 1 cup light brown sugar
- 1 Tbsp vanilla extract
- 5 eggs, room temperature
- $\frac{3}{4}$ cup sour cream
- $\frac{1}{3}$ cup heavy cream



CREAM CHEESE FROSTING

- 4 Tbsp ($\frac{1}{2}$ stick) butter, room temperature
- 4 oz (110 g) cream cheese
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{8}$ tsp salt
- 2 cups confectioners' sugar

1. Prepare 1 recipe of Cinnabun Cookies. Set aside half the cookies, filled and rolled but unbaked, to use as the cheesecake crust. Bake the other half of the recipe and reserve for garnish.
2. To prepare the cheesecake crust: Grease sides and bottom of a 9-inch (23-cm) springform pan. Line with parchment paper. Lay the unbaked cookies on the bottom of the pan, covering most of the bottom. (They will spread slightly while baking, but you should try to fill most of the bottom of the pan.) Bake for 12 minutes. Remove from oven and cool.
3. Preheat oven to 325°F (160°C).
4. To prepare the cinnamon filling: Combine ingredients in a medium-sized bowl. Use a fork to mix completely. Set aside.
5. To prepare the cheesecake filling: Place cream cheese into the bowl of an electric mixer. Cream until completely smooth, scraping the bottom and sides as needed. Add sugar and mix for 1 minute on low speed. Add the vanilla. Add one egg at a time, allowing each egg to combine fully before adding the next (about 30 seconds). Add sour cream and heavy cream. Beat until completely smooth.
6. Pour one-third of the cheesecake filling over the cooled crust. Sprinkle with half the cinnamon filling. Add another third of the cheesecake filling, followed by the remaining cinnamon filling. Top with the last third of cheesecake filling. Wrap the pan with aluminum foil. Tap the pan on the counter to release any air bubbles.
7. Fill a 9x13-inch (20x30-cm) baking pan with 2 inches (5 cm) of water and place on the bottom rack of your oven. Place the springform pan on the center rack. Bake for 1 hour.
8. Turn off oven, open oven door, and allow cheesecake to cool for 1 hour. Remove cake from the oven and chill overnight in the fridge.
9. Once the cheesecake is set, prepare the cream cheese frosting: Combine butter and cream cheese in the bowl of an electric mixer and beat until creamy and lump-free. Add vanilla and salt and beat until combined. Add confectioners' sugar and beat until combined. Transfer to a piping bag and garnish the cake. Use reserved cookies to garnish. If desired, sprinkle a very light coating of cinnamon over the cheesecake.



phyllo-crust cheese mousse

MICHAL FRISCHMAN

From time to time I really enjoy working on a labor-intensive laminated dough. Three days of work? Doesn't scare me. Sometimes, though, the practical side of me wins out, and I want all of the wow factor but none of the envelope folds that you need for making it from scratch. Anyway, long story short: this is by far the best recipe I have ever developed.

DAIRY
SERVES 12

CRUST

- 5 sheets phyllo dough
- $\frac{1}{2}$ cup (1 stick) butter, melted
- $\frac{1}{2}$ cup sugar
- 1 tsp salt

FILLING

- 1 cup cream
- $\frac{1}{3}$ cup + 1 Tbsp confectioners' sugar
- 1 tsp vanilla bean paste or extract
- 8 oz (225 g) whipped cream cheese, room temperature



1. Preheat oven to 350°F (175°C). Spray a muffin pan with cooking spray and set aside.
2. Combine sugar and salt in a small bowl. Lay a large piece of parchment paper on your workspace. Carefully unroll your phyllo and separate one sheet. Cover the rest with a clean dishcloth. Lay the phyllo on your parchment and carefully brush with melted butter. Sprinkle with sugar mixture. Add another phyllo sheet and another layer of melted butter and sugar. Repeat until you have 5 layers of dough, each covered in butter and sugar.
3. Cut the dough into 12 squares and carefully transfer each one to a muffin cup, pushing the center into the cup and letting the sides come up. Bake for 18–20 minutes or until your house smells amazing and they're golden brown. Remove from the tray to a cooling rack immediately, so they don't stick. Let cool completely.
4. To make the filling: Beat the cream until medium peaks form. Add sugar and vanilla bean paste. Continue beating until stiff peaks form. Add the cream cheese and beat until fully mixed and a stiff mousse has formed. Transfer to a large ziplock or piping bag. Pipe into the cooled phyllo crusts.

Tip

You can make the phyllo cups up to a week in advance and store in an airtight container at room temperature until ready to fill. Do not fill in advance. The filling can be made up to 3 days in advance and stored in the fridge until you're ready to serve.

Note

Phyllo is temperamental. If you're not able to get even a single sheet to separate nicely, it's possible the box wasn't stored properly in the grocery store. Buy another box and try again. If small pieces rip, it's okay. Patch it back up with melted butter.



mocha fudge dessert

BRYNIE GREISMAN

Two of my favorite foods combined in one dessert! This dessert starts with a fudgy chocolate layer, topped with a cream that's laced with coffee and a ganache with coffee undertones. Impressive but simple to create.

PAREVE

SERVES AT LEAST 12

CAKE LAYER

- 2 3.5-oz (100-g) bars bittersweet chocolate
- $\frac{3}{4}$ cup coconut oil
- 1 Tbsp coffee liqueur (I used Sabra)
- 4 eggs
- $\frac{1}{4}$ tsp salt
- $\frac{2}{3}$ cup sugar
- 1 cup flour
- 1 tsp baking powder
- 1 tsp vanilla extract

CREAM LAYER

- 18-oz (225-ml) container pareve whipping cream
- 2 Tbsp vanilla-flavored instant pudding mix
- 1 Tbsp confectioners' sugar
- $\frac{1}{2}$ tsp instant coffee granules

GANACHE

- $\frac{1}{2}$ cup pareve whipping cream
- 13.5-oz (100-g) bar bittersweet chocolate
- 1 Tbsp coffee liqueur
- crushed chocolate-covered coffee beans or chocolate shavings, for garnish (optional)

1. Preheat oven to 350°F (175°C).

2. To make the cake: Melt chocolate and coconut oil in the microwave in increments of 30 seconds or in a double boiler. Add coffee liqueur at the end. Stir and set aside.

3. Beat eggs with salt and sugar until light and lemony, about 3 minutes. Add the flour, baking powder, and vanilla extract and mix to combine. Add the chocolate mixture and mix together. Pour into a greased 9- or 10-inch (23- or 26-cm) pan with a removable bottom. Bake for 30–32 minutes, or until done. Cool.

4. For the cream: Beat all the ingredients together until they become a spreadable cream. Spread on cooled cake. It will be a thick layer.

5. To make the glaze: Heat pareve whipping cream and chocolate in the microwave or double boiler. Whisk together until well combined. Remove from heat and add coffee liqueur. Stir to incorporate. Spoon over cream, taking care to cover it completely. Garnish if desired. Refrigerate or freeze until serving.

Note

Some people prefer the strong dark taste of authentic pareve chocolate, while others prefer a lighter flavor and use chocolate with less cacao solids. Use whatever works for you.

Tip

To make this into a pie, halve the cake layer and adjust baking time accordingly.



Spice of Life

As women who cook and bake, we know that turning out that perfect dish takes thought. No, it's not throwing the steak on the grill or peeling potatoes that takes brainpower, and no foodie rises to fame because she finally figured out how to squish all the chicken legs into one 9x13. The real time and thought goes into flavoring our dishes so that they're transformed from bland to delicious.

Hashem told Bnei Yisrael, "Barasi yetzer hara, u'varasi lo Torah tavlin — I created the yetzer hara, and I created Torah as its antidote" (*Kiddushin* 30b). Learning Torah is Hashem's prescription for freeing ourselves from the yetzer hara.

But the word *tavlin*, antidote, also means "spice." One of the ways that Torah keeps us from sin is by training us to live mindfully. We don't just pour spices on impulse. Haphazardly pouring unlimited cayenne pepper, basil, and turmeric onto just about anything would end in disaster. Spicing takes time and thought; it forces us to be mindful, to make conscious choices, sometimes even to take out a measuring spoon when things get sensitive.

The Torah transformed us from people who were suddenly free to people who were responsible for harnessing our freedom and channeling it to make the right choices. It behooves us to live and act not impulsively, but mindfully. In that way, Torah is like *tavlin*. It is the spice, the mindfulness that Torah brings out in us, that enables us to overcome our animalistic urges and behave royally instead.

Respond, Don't React

In this column, we've covered many helpful topics about how to make proactive choices about caring for our bodies. But as much as we know about taking care of ourselves, in the moment, it's not always easy to tell if you're making a conscious choice or reacting impulsively.

Rorie Recommends: Lemon Pepper

Talk about spices! This one gets a lot of use in my kitchen. Surprisingly, lots of popular brands add sugar to their lemon pepper, even though it's really not necessary for the flavor. Look for brands that don't contain added sugar, like Trader Joe's or Celtic Sea Salt, or try making your own!

For about $\frac{1}{4}$ cup of lemon pepper, mix $\frac{1}{2}$ cup dehydrated lemon zest, $2\frac{1}{2}$ Tbsp black pepper, 1 Tbsp onion powder (optional), 1 Tbsp salt, 2 tsp garlic powder (optional), and 2 tsp dried parsley (optional). Store in an airtight container for a few months.

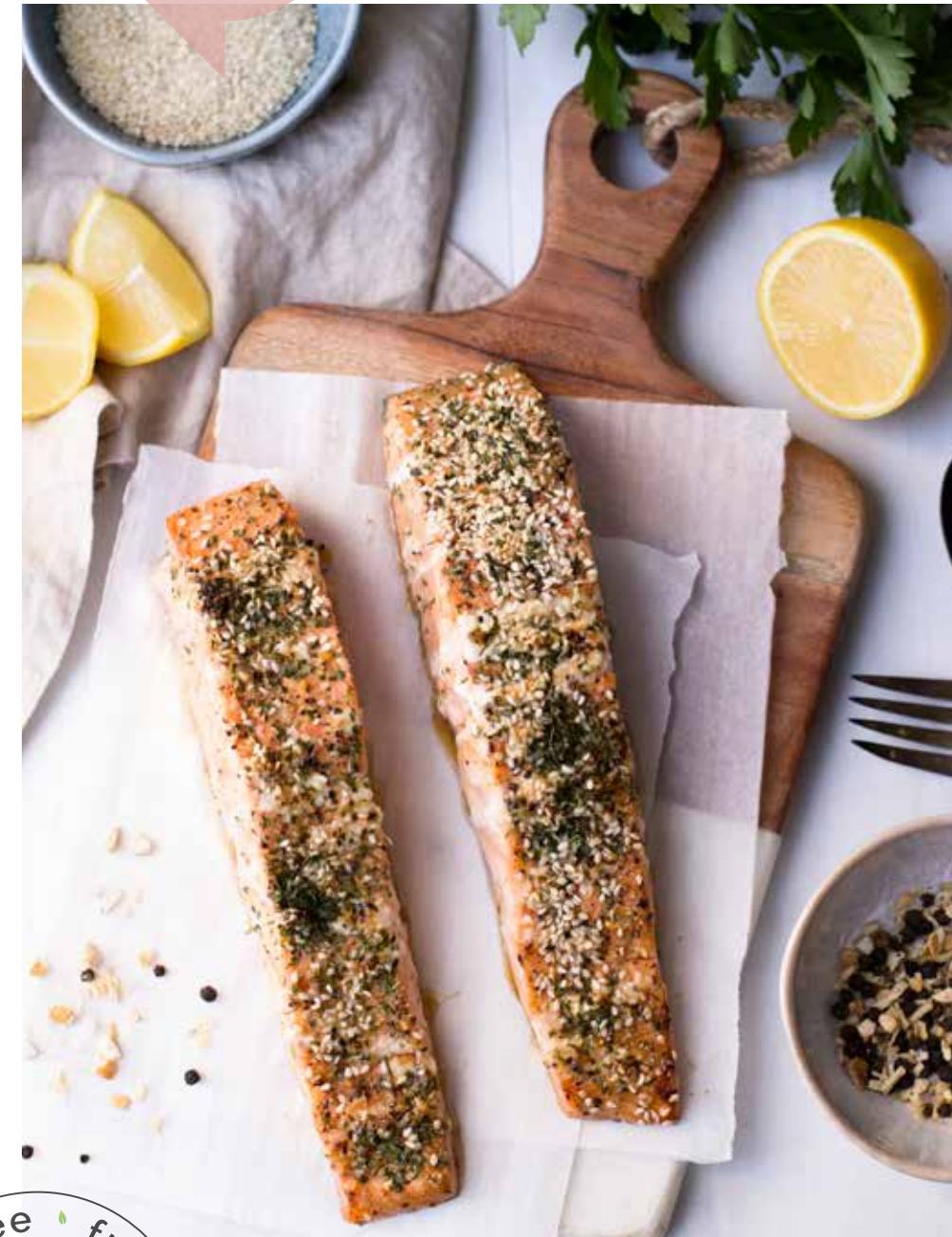
(To dehydrate your own lemon zest, toast on a foil-lined baking sheet at the lowest setting of your oven or toaster until completely dry, around half an hour or longer.)

Rorie



lemon pepper salmon

Simple spices, thoughtfully measured and combined, bring out this salmon's delectable flavor. It's always nice to incorporate a fish at your dairy meal, but many fish recipes don't complement dairy dishes. This one does! It's my absolute go-to favorite, and the best part is that it's super easy.



SERVES 4 AS A MAIN, 6 AS AN APPETIZER

- 4 thick or 6 appetizer-size salmon fillets with skin
- juice of 1 lemon
- 2 Tbsp coconut aminos (or tamari sauce)
- 1 tsp pink Himalayan salt or sea salt
- 2 tsp lemon pepper
- $\frac{1}{4}$ cup Rorie's Creamy Dressing or store-bought Caesar dressing
- 2 Tbsp sesame seeds
- 1-2 tsp dried parsley

Marinate the fish fillets in lemon juice and coconut aminos for about 15 minutes. Preheat oven to low broil.

Arrange fillets on an oiled baking sheet; discard marinade. Season with salt and lemon pepper to taste. For a beautiful presentation, use a squeeze bottle to drizzle creamy dressing over fish; alternatively, simply brush the fish with dressing. Top with seeds and parsley.

Broil fish in the preheated broiler for 8-10 minutes until crispy and cooked through. (If your fish is thicker, it might need more time — just watch it closely.) Once cool, remove fish from the pan with a thin spatula or fork. It should separate easily from the skin, so that the skin remains on the pan.

Delicious served warm, cold, or at room temperature.

Tip: Don't use parchment paper for this recipe. Just spray the pan with olive oil and the skin will stay behind when you serve it.

STYLING AND PHOTOGRAPHY BY BAILA ROCHEL LEINER

As a health coach certified in integrative nutrition, Rorie shows the *frum* community how delicious, fun, and doable it can be to incorporate healthy habits into our lifestyle, one small step at a time. She's the health ambassador of Kosher.com, founder of Full 'N Free, LLC, and a diehard recipe developer who's always whipping up foods and treats that love us back. Her most recent project? Bringing the goodness of spelt sourdough to the public! Check out her all-new video demos and detailed instructions at www.fullnfree.com.

All statements are suggestive only. Please consult with your doctor before making any dietary or lifestyle changes.

SHAVUOS IN PEACH

TEXT AND STYLING BY SHEVY SHANIK

PHOTOGRAPHY BY HUDI GREENBERGER

This palette just couldn't be any prettier or more perfect for a Shavuos table. Peach just encapsulates spring, creating a vibrant and cheerful look after a long and gray winter.







Effortless Elegance

Exude an air of effortless elegance with a minimal floral runner, fresh peach florals, and simple terra-cotta color plating. For a touch of character, place an unexpectedly shaped menu card at each setting.

Blush and Peach

Peach is a quintessential spring color, and I love how cheerful it looks when paired with a soft blush accent. This citrusy color combo is quite versatile, and it can be as whimsical or as elegant as you want.

These peach single-stem anthurium arrangements are utterly sophisticated, with a minimalistic feel. Anthuriums aren't the most conventional choice of flowers, but they're just so chic. When clustered, their stems create a centerpiece that will catch everyone's attention.



Simple Florals

Shavuos is all about flowers. I wanted the floral feature here to be simple yet elaborate, practical yet unique, and most of all exquisite yet attainable.

My number-one no-fail rule when purchasing or arranging flowers is go monochromatic. One thing I don't like about grocery store flowers is that they're often sold in mixed bouquets. I prefer to decorate with flowers that are all one color and type. Find one flower in a color you like and fill the vase or container with them.



Sourdough Breads and Olive Dip

We're jumping on the sourdough bandwagon. With no added sweeteners or oils and lots of benefits for your gut, the sourdough hype is real. Each place setting was set with two sourdough rolls, and paired with the best olive dip ever!

Here's my olive dip recipe: For optimum results, use Spanish olives stuffed with pimientos (I use Kirkland). Strain the jar of olives and rinse to reduce the saltiness. Pour into a food processor fitted with the S blade. Add mayonnaise (lite is fine) and 5 cloves garlic. Blend until it reaches the desired consistency. Add more mayonnaise if desired.

Menu Card Creativity

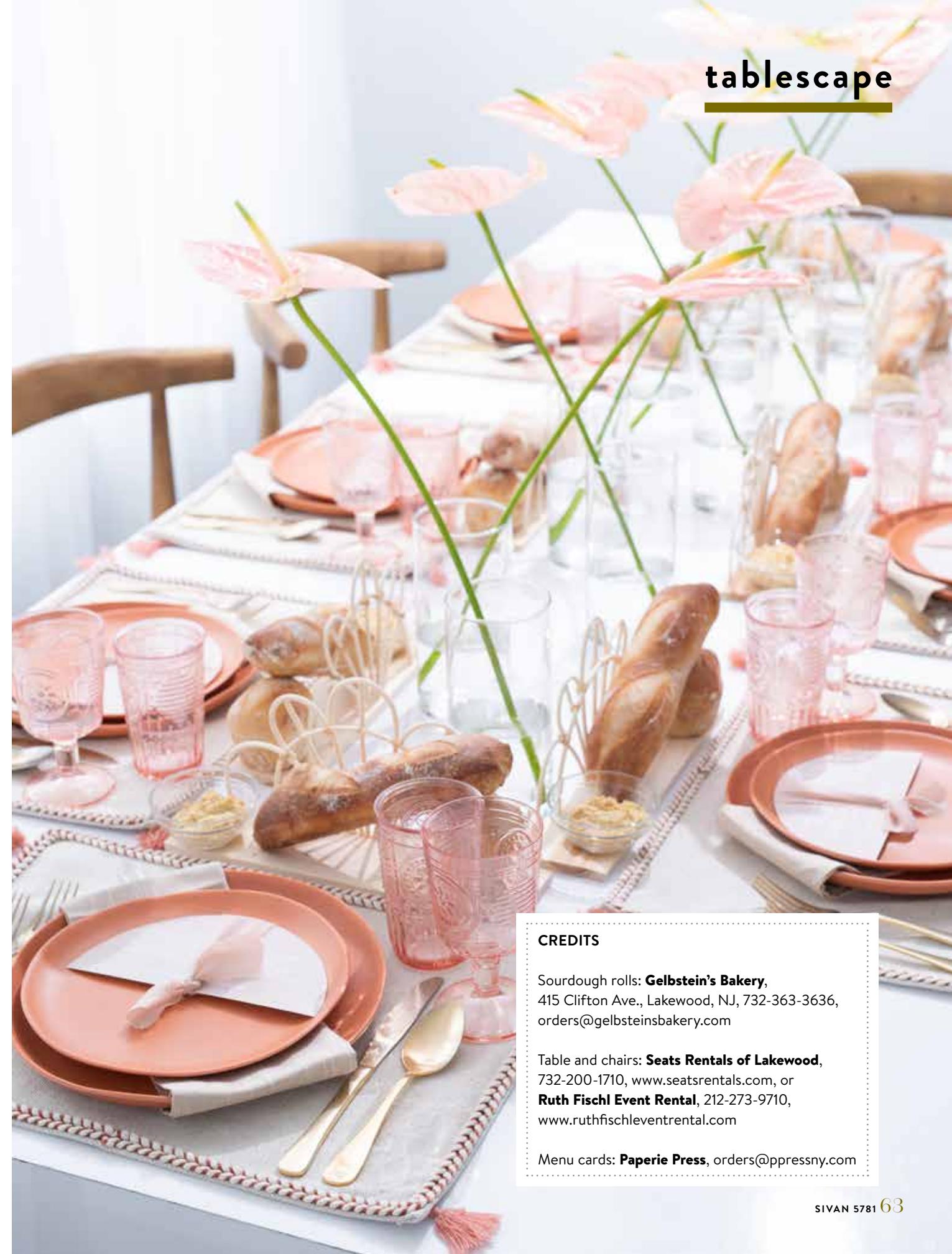
I love this semicircle shape of the menu cards – it adds a creative element while piquing everyone's interest!

To purchase the tableware here, look for these items on the following websites (links available on Mishpacha.com):

Brown Speckled Plates and Beige & Peach Braided Placemats available from **Hobby Lobby**

Bormioli Rocco Romantic Stemware and Tumblers available from **Amazon**

Wooden board under the rolls available from **Target**



CREDITS

Sourdough rolls: **Gelbstein's Bakery**, 415 Clifton Ave., Lakewood, NJ, 732-363-3636, orders@gelsteinsbakery.com

Table and chairs: **Seats Rentals of Lakewood**, 732-200-1710, www.seatsrentals.com, or **Ruth Fischl Event Rental**, 212-273-9710, www.ruthfischleventrental.com

Menu cards: **Paperie Press**, orders@ppressny.com