

Parsha Plates Recipes



סֵפֶר שְׁמוֹת
Sefer Shemos

Shabbat Shalom
and B'tyavon!

Burning Broccoli Bush

Parshas Shemos

פַּרְשַׁת שְׁמוֹת

סֵפֶר שְׁמוֹת

Ingredients

1 package of frozen broccoli

4 Tbsp Oil

Salt and pepper to taste



Parsha Connections

Hashem appears to Moshe in a burning bush that was not being consumed. Hashem tells Moshe to go to Pharaoh to demand to “let My people go so they can serve Me (Shemos 7:16)” The food of the week is to make broccoli look like a burning bush. Shabbat Shalom and B’tayavon!

Instructions

1. On the stovetop, add oil to a pan on medium to high heat.
2. Add frozen broccoli pieces and sauté until desired burnt-ness.

Blood Red Soup

Parshas Va'eira

פֶּרַשַׁת וַאֲרָא

סֵפֶר שְׁמוֹת

Ingredients

- 2 onions
- 2 tomatoes
- 1 frozen garlic cube
- 1 Tablespoon Vegetable oil
- 1 can of tomato sauce (28 ounces)
- 1 cup water
- 1 Tablespoon granulated sugar
- 1/3 cup of ketchup
- 1 teaspoon salt
- 1/4 teaspoon pepper



Parsha Connections

In this week's parsha, Hashem sent a series of plagues on the Egyptians who repeatedly refused to let the people of Israel leave Egypt. The food of the week is tomato soup which can look like the plague of blood where the waters of Egypt were turned to blood. Shabbat Shalom and B'tayavon! '

Instructions

1. Dice onions and tomatoes and add to a soup pot.
2. Add the frozen garlic cube and vegetable oil to the soup pot.
3. Sauté the vegetables.
4. Pour tomato sauce, water, and sugar into the soup pot.
5. Stir the soup pot ingredients and bring to a boil.
6. Then reduce the heat, stir in ketchup and simmer for 10 minutes.
7. Add salt and pepper to taste.
8. *Optional:* puree the soup to be a creamier consistency. Rice can be added to the soup as well if desired.

Oatmeal Raisin Chocolate Chip Cookies

Parshas Va'eira

פֶּרַשַׁת וַאֲרָא

סֵפֶר שְׁמוֹת

Ingredients

2 eggs
 1/2 cup oil
 1/2 cup granulated sugar
 1 cup brown sugar
 1 tsp vanilla extract
 1 tsp baking soda
 1/2 tsp salt
 1 and 1/2 cup flour
 2 cups oats
 2/3 cups raisins
 2/3 cups chocolate chips



Parsha Connections

In this week's parsha, Hashem sent a series of plagues on the Egyptians who repeatedly refused to let the people of Israel leave Egypt. The food of the week is oatmeal raisin chocolate chip cookies which can look like hail. The hail was raining fire and ice together and these cookies have both chocolate chips and raisins. Shabbat Shalom and B'tayavon! '

Instructions

9. In a mixing bowl, mix eggs, oil, granulated sugar, brown sugar, vanilla extract, baking soda, and salt.
10. Add in flour to the mixture and mix well.
11. Add in raisins and chocolate chips and mix well.
12. Form 1.5-inch balls and place on a cookie sheet.
13. Place cookies into the oven for 15 minutes at 350 degrees Fahrenheit.

Lamb Cholent

Parshas Bo

פֶּרֶשַׁת בֹּא

סֵפֶר שְׁמוֹת

Ingredients

- 2 potatoes, cubed
- 2 onions, cubed
- 1 pound of lamb meat
- 1 cup pearl barley
- 1/2 cup kidney beans
- 1 cup sushi rice
- 1 Tbsp paprika
- 1 Tbsp garlic powder
- 1 tsp salt
- 1/3 cup barbeque sauce
- 1/3 cup ketchup
- 1 Tbsp sriracha sauce



Parsha Connections

In this week's parsha, Hashem commanded the Israelites to slaughter a lamb or kid goat and to spread its blood on the doorpost of every Israelite home so Hashem will pass over these homes when He goes to kill the firstborn Egyptians. The roasted meat offering was to be eaten that night with matzah and bitter herbs. The food of the week is a cholent with lamb in it to connect to the lamb offering mentioned in the Parsha. Shabbat Shalom and B'tayavon!

Instructions

1. Soak beans, rice, and barley in water in a bowl and check for any bugs.
2. In a crock-pot add in potatoes and onions.
3. Add in the lamb meat and sprinkle with salt.
4. Add in the barley, beans, and rice.
5. Add the barbeque sauce, ketchup, garlic powder, paprika, and optional sriracha sauce.
6. Mix it all together and pour water to cover the cholent.
7. Optional: place a kishka in the cholent pot.
8. Cook on low heat overnight in the crockpot or for at least 8 hours.

Split 'Sea' (Pea) Soup

Parshas Beshalach

פֶּרַשַׁת בְּשַׁלַּח

סֵפֶר שְׁמוֹת

Ingredients

- 2 Tbsp oil
- 1 cup split peas
- 6 cups water
- 1 onion diced
- 2 celery stalks diced
- 2 carrots diced
- 2 yellow potatoes
- 2 tsp salt
- 1 tsp red pepper flakes
- Dash of pepper
- 3 gloves of garlic minced



Parsha Connections

In this week's Parsha Pharaoh changes his mind about allowing the Israelites to leave Egypt and chases after them. The Israelites are trapped between Pharaoh's army coming after them and the sea in front of them. Hashem tells Moshe to raise his staff over the water and miraculously the sea splits for the Israelites to pass through it. The sea then closes back up and Egyptians drown. The food of the week is Split Sea (pea) soup where you can imagine with your spoon the splitting of the peas (sea). Shabbat Shalom and B'tayavon!

Instructions

1. In a soup pot on medium heat add oil, onion, carrots, and celery. Sauté for 5 minutes.
2. Add seasonings and stir together for one minute.
3. Add water and bring to a boil.
4. Add potatoes and split peas and reduce the heat to simmer.
5. Cook until split peas are soft for about 1 hour.

Torah Hot Dogs

Parshas Yisro

פֶּרַשַׁת יִתְרוֹ

סֵפֶר שְׁמוֹת

Ingredients

2 hot dogs

1 piece of puff pastry dough

1 egg

Optional: Ketchup, barbeque sauce



Parsha Connections

In this week's Parsha, the nation of Israel gathers at Mount Sinai for Matan Torah (the giving of the Torah). We learn the Ten Commandments. The food of the week are Torah hot dogs which is hot dogs in puff pastry or challah dough to look like the shape of a Torah. Shabbat Shalom and B'tayavon!

Instructions

1. In a greased pan, wrap a piece of puff pastry dough or challah dough around 2 hot dogs.
Optional to add inside ketchup and/or barbeque sauce.
2. Brush egg wash on top of the puff pastry dough.
3. Bake in the oven at 350 degrees Fahrenheit for 10 minutes.

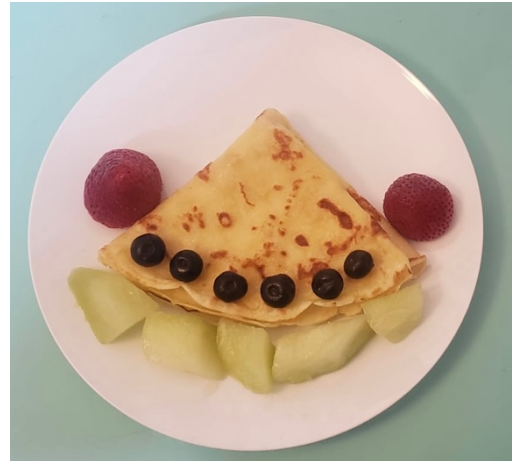
Har Sinai Mountain Crepes

Parshas Mishpatim פְּרַשַׁת מִשְׁפָּטִים

סֵפֶר שְׁמוֹת

Ingredients

3 eggs
 1 cup milk (or oat or almond milk)
 1/2 tsp salt
 2/3 cup flour
 5 Tbsp oil for cooking
 Optional: fruit such as honeydew,
 blueberries, strawberries



Parsha Connections

In this week's parsha the people of Israel say, "we will do and we will hear all that Hashem commands us (Shemos 19:8)." Aharon and Chor were left in charge of the Israelites while Moshe ascended Mount Sinai for 40 days and 40 nights to receive the Torah from Hashem. The food of the week is Har Sinai mountain crepes of a crepe in the shape of a mountain. Shabbat Shalom and B'tayavon!

Instructions

1. In a mixing bowl, mix flour and salt.
2. Add in eggs.
3. Slowly pour in milk, mixing until smooth.
4. In a skillet pan over medium heat add 1/2 Tbsp of oil.
5. Pour 1/2 cup of crepe batter into the pan. Swirl it around to cover the bottom of the pan.
6. Cook for about 1 minute and then carefully flip the crepe.
7. Continue the process until all the batter has been used.
8. *Optional:* add fillings or chocolate inside the crepes or powdered sugar or fruit on top of the crepe.

Stuffed Money Bags

Parshas Terumah

פַּרְשַׁת תְּרוּמָה

סֵפֶר שְׁמוֹת

Ingredients

1 Tbsp oil
1 pound of ground meat
2 peppers, chopped
1 onion, chopped
16-ounce tomato sauce
Puff pastry dough slices
Cilantro stems



Parsha Connections

In this week's Parsha, the people of Israel give their Terumah donations to build the mishkan (tabernacle). They give generously of money and gifts that they end up telling the people to stop bringing donations. The food of this week is stuffed meat bags resembling the stuffed money bags. Shabbat Shalom and B'tayavon!

Instructions

1. Defrost the puff pastry dough slices.
2. In a pot on medium heat, add oil and chopped peppers and onions.
3. Meanwhile bring a medium pot of water to a boil and set aside another bowl of cold/ice water. Put the cilantro stems in the boiling water for 5-10 seconds and then quickly put them into cold water to stop the cooking process.
4. After peppers and onions are softened, add ground meat to the pot.
5. Add in the tomato sauce to the pot and mix in with the ground meat and vegetables.
6. Place a Tbsp of the meat and vegetables in the middle of each puff pastry dough slice
7. Gently close the puff pastry dough over the filling by pinching the bundle together.
8. Use of the cilantro string stems to tie the puff pastry together.
9. Repeat the process until the filling is used or desired amount.
10. Bake in the oven at 350 degrees Fahrenheit for 10 minutes.

Chicken Breast Plate

Parshas Tetzaveh

פֶּרֶשֶׁת תִּצְוָה

סֵפֶר שְׁמוֹת

Ingredients

- 1 thin chicken breast piece
- 1 red pepper
- 1 orange pepper
- 1 yellow pepper
- 1 onion
- 1 tomato
- 1 cucumber
- 1 grape
- 1 blueberry



Parsha Connections

In this week's Parsha, the kohel gadol (high priest) wore priestly garments including the choshen (a breastplate) containing the twelve stones inscribed with the names of the twelve shevatim (tribes) of Israel. The food of the week was to make a choshen breastplate with chicken breast and fruits and vegetables. Shabbat Shalom and B'tayavon!

Instructions

1. In a pan, place a piece of thinly sliced square shaped chicken breast.
2. Cook at 350 degrees Fahrenheit for 10 minutes.
3. Cut up the fruits and vegetables for the breast plate design and place 12 pieces of different colored fruits and vegetables on top of the chicken breast in a 3x4 format.

Smashed Potatoes

Parshas Ki Tisa

פֶּרַשַׁת כִּי תִשָּׂא

סֵפֶר שְׁמוֹת

Ingredients

- 4 yellow potatoes
- 4 Tbsp kosher salt
- 4 Tbsp oil
- Pepper to taste



Parsha Connections

In this week's Parsha, Moshe did not come down from Har Sinai mountain when expected and the people of Israel made a golden calf to worship. Then when Moshe came down the mountain with the Ten Commandments which were written on the Luchos HaBrit (2 tablets) and sees the people dancing around the idol, he breaks the tablets. The food of the week is smashed potatoes resembling the smashed luchos (tablets). Shabbat Shalom and B'tayavon!

Instructions

1. In a large pot add potatoes (no need to peel them).
2. Add salt to the pot.
3. Boil the potatoes and then reduce the heat to a simmer for 15 minutes depending on size of the potato until fork tender but not too soft.
4. Drain potatoes and transfer the potatoes to a greased baking sheet.
5. Use the bottom of a glass or mug to firmly smash the potatoes (not too firm as it will then fall apart into many pieces).
6. Drizzle oil on top of the potatoes and season potatoes with salt and pepper.
7. Roast in oven at 450 degrees Fahrenheit for 30 minutes.

Shabbos Candles

Parshas Vayakhel

פָּרַשַׁת וַיִּקְהֵל

סֵפֶר שְׁמוֹת

Ingredients

- 1 tomato
- 1 yellow pepper
- 1 cucumber



Parsha Connections

The name of this week's Parsha is "Vayakhel" meaning "And he gathered." Moshe gathered the people of Israel and goes over the commandment to observe Shabbos. The food of the week is to create Shabbos candles using cucumbers, peppers, and tomatoes. Shabbat Shalom and B'tayavon!

Instructions

1. Peel a cucumber, cut the cucumber in half horizontally into two pieces.
2. Cut a tomato to obtain 4 square pieces.
3. Cut a yellow pepper to obtain 2 short rectangles.
4. Arrange the cucumber with the tomatoes forming a triangle on top with a pepper standing between the tomato and cucumber (see photo for reference).

Potato Clouds

Parshas Pekudei

פֶּרַשַׁת פְּקוּדֵי

סֵפֶר שְׁמוֹת

Ingredients

5-6 Yukon yellow potatoes

1 tsp salt

Pepper to taste



Parsha Connections

At the end of this week's Parsha, a cloud appears over the Mishkan (tabernacle), symbolizing Hashem is dwelling in it. The food of the week is to use potatoes to create a potato looking cloud. Shabbat Shalom and B'tayavon!

Instructions

1. In a pot, place 5-6 peeled potatoes.
2. Bring potatoes to a boil on high heat.
3. Then reduce heat to a medium-high to maintain the boil and continue cooking for another 10 minutes.
4. Once potatoes are soft, drain out the water.
5. Mash potatoes to desired consistency.
6. Add in salt and pepper to taste.
7. Create a fluffy cloud-like texture with the potato dish.