



ParshaPlates is a concept and website - parshaplates.com - which makes a Parsha Connection between the weekly sedra and a recipe for your Shabbat Table that will hopefully trigger conversation about Parshat HaShavua, in addition to providing a tasty treat in honor of Shabbat.

RugaLECH Footsteps

In this week's Parsha, Hashem speaks to Avram and commands him to "Go from your land, from your birthplace and from your father's house to the land which I will show you." Avram and Sarai, his wife, as well as his nephew Lot, all journey to the land of Canaan. The food of the week is rugalechs with a toothpick in it to look like a person's leg and shoes walking as Avram, Sarai, and Lot had done.

Shabbat Shalom & B'tayavon!

Ingredients

For the dough:

- 1 Tbsp rapid rise yeast
- 3/4 cup water
- 1/4 cup sugar
- 1 egg

- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 3 cups flour

Filling:

- 1/2 cup light brown sugar
- 1 tsp cinnamon

Instructions

- 1] Mix all the dough ingredients in a bowl and knead for a few minutes.
- 2] Grease a bowl and form the dough in a ball shape
- 3] Let dough rise in a greased bowl for at least 1.5 hours, cover with sealed plastic wrap.
- 4] After the dough has risen, roll the dough out into a flat circle.
- 5] Spread the cinnamon filling onto the flattened-out dough.
- 6] Use a pizza cutter or a knife to cut the dough into 16 triangles.
- 7] Roll each triangle from the wide end part to the narrow middle part.
- 8] Place all the rugelachs onto a baking pan. Brush the rugelachs with a beaten egg wash.
- 9] Bake at 350 degrees F (175 C) for 20 minutes.
Place a toothpick on each rugalech.

