

Black and White Creation Cookies

Parshas Bereshis

פֶּרַשַׁת בְּרֵאשִׁית

סֵפֶר בְּרֵאשִׁית

Ingredients

Cookies:

1/2 cup oil
1 and 1/3 cup sugar
4 eggs
1 tsp vanilla extract
1/2 tsp salt
1/2 tsp baking powder
4 cups flour

White Glaze:

1 cup confectioners' sugar
1/2 tsp sugar
1 Tbsp oil
1/2 tsp lemon juice
1-2 Tbsp boiling water

Chocolate Glaze:

3/4 cup confectioners' sugar
4 tsp cocoa
1 Tbsp oil
1-2 Tbsp boiling water



Parsha Connections

In this week's Parsha, Hashem created the world in six days. On the first day He created light and darkness so for the food of the week we made black and white creation cookies with the white part of the cookie resembling the light and the black part of the cookie resembling the darkness. Shabbat Shalom and B'tayavon!

Instructions

1. Mix all the cookie ingredients together in a bowl.
2. Form 1.5-inch balls and place on a cookie sheet.
3. Bake at 350 degrees Fahrenheit for 20 minutes. Cool the cookies.
4. To prepare the glaze, in 2 separate bowls mix all ingredients for the glazes until it is a smooth consistency.
5. Frost on the flat part of the cookies with one half white glaze and the other half chocolate glaze.

Noach's Chocolate Cake Ark

Parshas Noach

פרשת נח

ספר בראשית

Ingredients

Cake:

- 3 eggs
- 1 cup water
- 1/2 cup oil
- 1.5 cups sugar
- 2 cups flour
- 3/4 cup cocoa powder
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt

Other:

- 1 pack of rainbow sour sticks
- 1 pack of blueberries



Parsha Connections

In this week's Parsha, Noach is told by Hashem to build a large wooden teivah (ark) because a mabul (flood) would be destroying all of civilization. The food of the week is a chocolate cake shaped like an ark and surrounded by blueberries. The blueberries resemble the flood. Optional to add rainbow sour sticks to resemble the rainbow which Hashem designated as the sign of his promise to never bring a flood to destroy the world. Shabbat Shalom and B'tayavon!

Instructions

1. In a large bowl combine all the cake ingredients together.
2. Place into a greased 9x9 pan evenly spread.
3. Bake for 30 minutes at 350 degrees Fahrenheit.
4. Carve out an ark shape from the cake using a knife.
5. *Optional:* add rainbow sour sticks for the rainbow and blueberries to create the water around the ark

RugaLECH Footsteps

Parshas Lech-Lecha

פֶּרַשַׁת לֶךְ-לְךָ

סֵפֶר בְּרָאשִׁית

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

For cinnamon filling:

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

Optional: toothpicks



Parsha Connections

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 and B'tayavon!

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 Fahrenheit for 20 minutes. Place a toothpick on each rugalech.

Laughing Snickerdoodles

Parshas Vayera

פֶּרַשַׁת וַיֵּרָא

סֵפֶר בְּרָאשִׁית

Ingredients

Cookie:

- 2 eggs
- 3/4 cup oil
- 2 tsp vanilla extract
- 2 tsp lemon juice
- 1/2 tsp salt
- 1 tsp baking powder
- 1.5 cups granulated sugar
- 3 cups flour

Cinnamon-Sugar topping:

- 3 Tbsp granulated sugar
- 1.5 tsp ground cinnamon

Optional: icing for cookies



Parsha Connections

In this week's Parsha an angel told Avrohom that in a year, his wife Sarah would give birth to a son. Sarah was standing in a doorway behind the angel and laughed when she heard this information. The food of the week is snickerdoodles which have the word "snicker" in the name as she laughed in reaction to the news. Icing can also be used on the cookies to make the cookie look like a face laughing. Shabbat Shalom and B'tayavon!

Instructions

1. Mix all the cookie ingredients in a bowl.
2. In a separate bowl, mix the sugar and cinnamon topping.
3. Form tablespoon sized cookie balls and roll them into the topping mixture.
4. Bake in oven at 350 degrees Fahrenheit for 10 minutes.
5. *Optional:* add icing on top of the cookies to make the cookies look like a face laughing.

Onion Rings Wedding Rings

Parshas Chayei Sarah

פַּרְשַׁת חַיֵּי שָׂרָה

סֵפֶר בְּרֵאשִׁית

Ingredients

2 large onions cut 1/4" thick
1 cup flour
1/3 cup cornstarch
1/2 tsp baking powder
1 tsp garlic powder
1 tsp salt
1/4 tsp black pepper
1/4 tsp cayenne pepper or hot paprika
1 and 1/3 cup cold seltzer
2 cups Breadcrumbs (panko)
Vegetable oil for frying



Parsha Connections

In this week's Parsha Avraham's servant Eliezer goes to find a wife for Yitzchak. Yitzchak marries Rivkah so the food of the week is onion rings which look like wedding rings. Onion rings can be made in different sizes with larger onion rings representing the bracelets Eliezer gave Rivkah as jewelry and a smaller onion ring representing a wedding ring. Shabbat Shalom and B'tayavon!

Instructions

1. Cut onions into 1/4-inch slices and separate into individual rings.
2. In a mixing bowl, mix flour, cornstarch, baking powder, cayenne pepper, garlic powder, salt and pepper.
3. Gradually add seltzer and mix until smooth consistency.
4. Dip the onion rings into the batter, then coat with breadcrumbs.
5. Repeat for all the onion rings.
6. Heat oil in a pot and fry onion rings for 1-2 minutes until golden and crisp.

Red Lentil Soup

Parshas Toldos

פֶּרַשַׁת תּוֹלְדוֹת

סֵפֶר בְּרֵאשִׁית

Ingredients

1 Tbsp oil
3 carrots diced
5 celery stalks diced
1 large onion diced
3 minced garlic cloves
1 tsp thyme
1 tsp basil
1 tsp parsley
2 Tbsp tomato paste
1 can of tomatoes (14 1/2 oz)
3 cups water
3 cups red lentils
1 potato diced
1 tsp salt
1/4 tsp pepper



Parsha Connections

In this week's Parsha, Esav returned from hunting one day tired and hungry. He sells his birthright (his rights as the firstborn) to Yaakov in exchange for a pot of red lentil stew. Therefore, the food of the week is red lentil soup. Shabbat Shalom and B'tayavon!

Instructions

1. Soak lentils in a bowl of water (properly check the lentils as needed)
2. In a soup pot, pour in oil and sauté the carrots, celery and onion on medium heat.
3. Add garlic, thyme, basil, and parsley to the soup pot.
4. Once vegetables have been sautéed, add tomato paste, can of tomatoes, water, red lentils, and diced potatoes to the soup pot.
5. Bring the soup to a boil and then leave the pot on a low heat for at least half an hour (until lentils are creamy).
6. Add in salt and pepper.
7. Cook for another ten minutes on low heat and then remove the soup from heat.

Ladder Pretzel

Parshas Vayetzei

פֶּרֶשַׁת וַיֵּצֵא

סֵפֶר בְּרָאשִׁית

Ingredients

Dough:

- 1 packet instant yeast (2 and 1/4 tsp)
- 1.5 cups warm water
- 1 Tbsp granulated sugar
- 1.5 Tbsp oil
- 1 tsp salt
- 4 cups flour

Optional: coarse sea salt for sprinkling pretzels

For boiling:

- 2/3 cup baking soda
- 10 cups water



Parsha Connections

In this week's Parsha Yaakov took stones and placed them at his head. He had a dream of a ladder which connects the heaven and earth, and angels ascend and descend the ladder. The food of the week is a pretzel dough in the shape of 12 stones that became one stone. The pretzel can also be made into the shape of a ladder. Shabbat Shalom and B'tayavon!

Instructions

1. In a bowl, mix warm water, yeast and sugar.
2. Add oil, salt and gradually add flour. Mix until dough is formed.
3. Place the dough into a ball shape in a new greased bowl. Cover with plastic ramp, and let it rise in a warm place for about 1 hour.
4. After dough has risen, fill a large pot with 10 cups of water to a boil on medium heat.
5. While water is coming to a boil, divide dough into at least 12 balls and ladder pieces.
6. Very slowly pour the baking soda into the boiling water (will foam/boil over if added too fast).
7. Add the pretzel pieces in batches into the baking soda pot for around 30 seconds.
8. Remove the pretzel pieces and place onto a baking sheet.
9. Brush the top with an egg wash and optional to sprinkle on coarse salt.
10. Bake at 425 degrees Fahrenheit for 15 minutes

Marble Cake

Parshas Vayishlach

פֶּרֶשַׁת וַיִּשְׁלַח

סֵפֶר בְּרֵאשִׁית

Ingredients

- 2 eggs
- 3/4 cup granulated sugar
- 1/2 cup water
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 1 Tbsp baking powder
- 1 and 1/4 cups flour
- 2 Tbsp cocoa powder



Parsha Connections

In this week's parsha, Yaakov and Esav reunite. It says

“וַיֵּרָץ עֵשָׂו לִקְרֹאתוֹ ... צִוְּאוּ וַיִּשָּׁקֵהוּ וַיִּבְכּוּ”

“Esav ran to greet him. He embraced him and, falling on his neck, he kissed him; and they wept (Bereshit 33:4).”

In the Torah, the writing of the word “וַיִּשָּׁקֵהוּ” “kissed” has dots above each letter. Rabbi Yannai said it teaches us that Esav did not actually kiss Yaakov but tried to bite him (Bereshit Rabbah 78:9). However, Yaakov's neck miraculously became like marble and hurt Esav's teeth. Hence, the food of the week is marble cake. Shabbat Shalom and B'tayavon!

Instructions

1. In a mixing bowl, combine all ingredients except the cocoa powder until the batter is a smooth consistency.
2. Divide the batter evenly into 2 different bowls.
3. Mix cocoa powder into one of the bowls, while keeping the other bowl plain vanilla.
4. Grease a loaf pan with cooking spray.
5. Alternate between pouring the vanilla and cocoa batters into the loaf pan.
6. Once all the batters are in the pan, use a toothpick (or knife) to swirl around the batter in various directions to make a marble effect.
7. Bake for 50 minutes at 350 degrees Fahrenheit.

Multicolor Sprinkle Cookies

Parshas Vayeshev

פֶּרַשַׁת וַיֵּשֶׁב

סֵפֶר בְּרֵאשִׁית

Ingredients

- 1 egg
- 1/2 cup oil
- 3/4 cup granulated sugar
- 1.5 cups flour
- 1.5 tsp baking powder
- 1/4 tsp salt
- 1.5 tsp vanilla extract
- 1/2 cup rainbow sprinkles



Parsha Connections

In this week's Parsha Yosef receives a coat of many colors from his father Yaakov so the food of the week is multicolor sprinkle cookies. Shabbat Shalom and B'tayavon!

Instructions

1. In a bowl mix all the ingredients except for sprinkles until smooth.
2. Add 1/4 cup sprinkles and mix by hand until combined.
3. Roll the dough into balls of around 2 Tbsp in size.
4. On a plate place 1/4 cup of sprinkles.
5. Roll each ball of dough onto the plate of rainbow sprinkles.
6. Place cookies into the oven on a greased pan for 10 minutes at 350 degrees Fahrenheit.

Cow Shaped Gefiltah Fish

Parshas Miketz

פֶּרַשַׁת מִקֵּץ

סֵפֶר בְּרָאשִׁית

Ingredients

1 package of gefiltah fish

4-5 mini carrots



Parsha Connections

In this week's Parsha, Yosef interprets Pharoah's dream of seven fat cows swallowed up by seven lean cows to mean that there will be seven years of plenty of food and then seven years of famine. The food of the week was to make seven cows. Shabbat Shalom and B'tayavon!

Instructions

1. In a greased pan place 4-5 chopped mini carrots and gefiltah fish.
2. Cook for 1.5 hours at 350 degrees Fahrenheit in a covered pan.
3. Take the gefiltah fish out of the oven and cut the gefiltah fish into slices.
4. Shape each slice to look like a cow (reference picture).
5. Use the carrots use for the eyes of the cow-shaped gefiltah fish.

A Tearful Onion Soup Reunion

Parshas Vayigash

פָּרַשַׁת וַיִּגַּשׁ

סֵפֶר בְּרָאשִׁית

Ingredients

4 Tbsp oil
5 cups sliced/diced yellow onions
1 tsp salt
2 tsp minced garlic
1 tsp basil
1 tsp thyme
1 tsp onion powder
3 Tbsp flour
4-5 cups water
Pepper to taste



Parsha Connections

In this week's Parsha, Yosef cries, the brothers cry, Yosef and Binyamin cry. When Yosef reunites with his father Yaakov, he weeps on his neck for a long time (B'reishit 46:29). The food most associated with crying is the onion. And the flood of tears makes this week's choice - Onion Soup Shabbat Shalom and B'tayavon!

Instructions

1. In a soup pot on moderate heat add oil, sliced or diced onions and seasonings.
2. Stir occasionally for 15 minutes until onions are a golden-brown color.
3. Pour flour into the pot and continue stirring for another 2 minutes.
4. Slowly add water and simmer for another 30 minutes.
5. *Optional:* to make the recipe dairy you can sprinkle in shredded cheese.

Hand Switch Sandwich

Parshas Vayechi

פֶּרַשַׁת וַיַּחֲיוּ

סֵפֶר בְּרָאשִׁית

Ingredients

Challah dough:

- 1 package of rapid-rise yeast
- 1 cup of warm water
- 1/3 cup sugar
- 1/3 cup oil
- 1 egg
- 4 cups flour
- 1/2 Tbsp salt

Optional: garlic cube



Parsha Connections

In this week's Parsha Yaakov blesses Yosef's sons, Menashe and Ephraim. Yosef places Menashe under his father's right hand since he was older to receive the greater blessing from Yaakov's dominant right hand. Ephraim who was younger than Menashe was placed under Yaakov's left. However, Yaakov switches his hands and places his right hand on Ephraim's head and his left hand on Menashe's head. The food of the week is challah but in the shape of hands resembling the hand switch. Shabbat Shalom and B'tayavon!

Instructions

1. In a bowl, dissolve yeast in water.
2. Add and stir in 1 Tbsp of sugar, leave it for 10 minutes until it starts bubbling.
3. Add salt, oil, egg, sugar, garlic cube and mix well.
4. Gradually add flour 1 cup at a time mixing after each addition.
5. As mixture becomes stiff knead until dough is smooth and elastic (not sticky).
6. Cover with plastic and allow to rise in a warm spot for 2-3 hours or until doubled in bulk.
7. Separate challah and make a blessing if appropriate.
8. Form dough into the shape of two hands.
9. Paint challah with beaten egg.
10. Bake in a preheated oven at 350 degrees Fahrenheit for 15 minutes.

